



Lincoln Public Schools

Health Services Department • 5905 O Street • Lincoln, NE 68510

HOME INFORMATION FOR PARENTS AND CONCUSSED STUDENT

Student Name: _____ Date of Symptoms: _____

Your student is showing the following signs and/or symptoms of a concussion/head injury:

SYMPTOMS Reported by Student	SIGNS Observed by Health Office/Athletic Trainer	SIGNS Observed by School Staff
<input type="checkbox"/> Headache <input type="checkbox"/> Nausea, Vomiting <input type="checkbox"/> Balance Problems or Dizziness <input type="checkbox"/> Blurry or Double Vision <input type="checkbox"/> Sensitivity to Light <input type="checkbox"/> Sensitivity to Noise <input type="checkbox"/> Pain Other than Headache <input type="checkbox"/> Feeling "in a fog" <input type="checkbox"/> Feeling Slowed Down <input type="checkbox"/> Difficulty Concentrating <input type="checkbox"/> Difficulty Remembering <input type="checkbox"/> Trouble Falling Asleep <input type="checkbox"/> Fatigue or Low Energy <input type="checkbox"/> Drowsiness <input type="checkbox"/> Feeling More Emotional Than Usual <input type="checkbox"/> Irritability <input type="checkbox"/> Sadness <input type="checkbox"/> Nervousness	<input type="checkbox"/> Loss of Consciousness <input type="checkbox"/> Seizure Activity <input type="checkbox"/> Can't Recall Events Prior to incident <input type="checkbox"/> Can't Recall events after Incident <input type="checkbox"/> Disoriented (as to self, place, time) <input type="checkbox"/> Confusion (as to incident, events) <input type="checkbox"/> moves Clumsily, Unsteady <input type="checkbox"/> Appears Dazed, Stunned <input type="checkbox"/> Memory Problems <input type="checkbox"/> Answers Questions Slowly <input type="checkbox"/> Asks Same Questions Repeatedly <input type="checkbox"/> Vacant Stare, Glossy-Eyed <input type="checkbox"/> Easily Distracted <input type="checkbox"/> More Emotional <input type="checkbox"/> Behavioral/Personality Changes <input type="checkbox"/> Unusually Irritable	<input type="checkbox"/> Increased Problems Paying Attention or Concentrating <input type="checkbox"/> Increased Problems Remembering or Learning New Information <input type="checkbox"/> Longer Time Needed to Complete Tasks or Assignments <input type="checkbox"/> Difficulty Organizing Tasks or Shifting Between Tasks <input type="checkbox"/> Inappropriate or Impulsive Behavior During Class <input type="checkbox"/> Greater Irritability <input type="checkbox"/> Less Ability to Cope With Stress <input type="checkbox"/> More Emotional Than Usual <input type="checkbox"/> Difficulty Handling a Stimulating School Environment (lights, noise, etc) <input type="checkbox"/> Physical Symptoms (headache, dizziness, nausea, visual problems)

*CDC Heads Up To Schools. "Returning to School After A Concussion: A Fact Sheet For School Professionals"
Adapted from Nebraska Sports Concussion Network: Home Instructions for Parents & Concussed Athlete (Aug. 2017)*

Observing and Monitoring Signs & Symptoms of a Concussion/Mild Traumatic Brain Injury

In some instances, signs & symptoms of a concussion may not become apparent until several hours or even days after the injury. Therefore, your son/daughter needs to be monitored closely over time, and checked at regular intervals for any of signs and symptoms listed on the front side of this form. A good guideline is to note signs/symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. **Please be especially observant for signs and symptoms listed below. The following indicate the need to report immediately to the nearest emergency department for medical care, or in an emergency, to activate Emergency Medical Services (EMS) by dialing 911:**

1. Headaches that increase in intensity
2. Repeated Vomiting
3. Decreased or irregular pulse or respiration
4. Unequal, dilated, unreactive pupils
5. Slurred speech
6. Seizure activity
7. Changes in level of consciousness, very drowsy, difficulty awakening, or losing consciousness
8. Can't recognize people or places, or becomes increasingly confused

Please Review Reverse Side for Additional Information Regarding Concussions

If you have any questions or concerns about the signs or symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency department. Otherwise, you can follow the instructions outlined below.

It's OK to	There is NO need to	DO NOT
<ul style="list-style-type: none"> Go to sleep Rest—periodic naps when fatigued/tired Use acetaminophen (Tylenol) for headaches Use ice pack on head/neck for comfort Participate in daily activities that do not provoke symptoms 	<ul style="list-style-type: none"> Check eyes with a flashlight Wake up every hour, unless directed by a physician/LHCP Test reflexes Stay in bed until symptoms subside 	<ul style="list-style-type: none"> DO NOT exercise or lift weights DO NOT do strenuous activity that provokes symptoms including PE, at work, playing sports, video games, texting, or using a computer DO NOT take ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory medications (NSAID) within 48 hours of incident (acetaminophen is okay any time) DO NOT drive vehicle while having symptoms (i.e., due to slow reflexes, impaired judgement, vision issues, etc.)

Adapted from National Athletic Trainers Association Position Statement: Management of Sports-Related Concussion. J Athl. Trng. 2014;49(2):245-265.

Returning to School NDE Gradual Return to Learn Progression (Adapted from Berlin Consensus Statement 2016) - Refer to LPS CMT Color Progression guidelines (found on LPS website under 'Parents'>'Student Services'> 'CMT')

Returning to Sport NDE Gradual Return to Sport Strategy (Adapted from Berlin Consensus Statement 2016) - found on LPS website under 'Parents'>'Student Services'> 'CMT'

School Accommodation Options Based on Symptom Type

CONCUSSION SYMPTOM	MODIFICATION & ACCOMODATION OPTIONS
Headaches	Allow to lay head down at desk Allow frequent breaks Identify triggers that cause headaches to worsen
Sensitivity to Noise (phonophobia)	No PE band, chorus, shop; meet in library Avoid lunch room; eat in quiet setting Avoid attending athletic events, gymnasiums Allow early hall pass to class avoiding loud corridors Refrain from using cell phone, headphones/earbuds
Sensitivity to Light (photophobia)	Allow to wear sunglasses Move to area with low-lighting, dimly-lit room Avoid seating with direct sunlight from windows Avoid or minimize bright projector/computer screens
Other visual problems <ul style="list-style-type: none"> blurred or double-vision saccadic eye movements (tracking) near-point convergence (close-up) 	Limit computer use Reduce/shorten reading assignments Record lectures, use auditory learning apps Allow for more listening & discussion vs. reading Increase font size on computer screens Desktop work only Refrain from texting, video gaming Refrain from watching TV close-up or from afar
Concentration or Memory (Cognitive) Problems	Place main focus on essential academic content/concepts Postpone major tests or participation in standardized testing Allow extra time for assignments, quizzes Allow extra time to complete tests, projects Reduce class assignments, homework
Sleep Difficulties	Allow late start to school Allow frequent rest breaks

Adapted from Nebraska Sports Concussion Network website: Return to Learn Guidelines, Home Instructions for Parents & Concussed Athlete (Aug. 2017).

For follow up or questions, contact your school's Concussion Management Team.