

Acton Public Schools/ Acton-Boxborough Regional School District

Head Injury Recovery Plan and Accommodations

Patient Name: _____

Date: _____

The above patient was evaluated after sustaining a head injury on _____.

The following document summarizes our academic recovery plan and accommodations.

GENERAL CONSIDERATIONS: Although there is significant variability in symptom presentation and duration, all individuals who sustain a head injury will need time for their brains to recover. It is not unusual to experience headaches and difficulties with attention, concentration and memory. These symptoms resolve over time. However, if individuals return to pre-injury activity levels too quickly there is the potential for long term impact. Getting more rest than usual, modifying daily routines, and managing expectations can all help facilitate recovery and minimize symptom severity.

EDUCATIONAL ACCOMMODATIONS: The symptoms associated with head injury may affect academic performance. The cognitive exertion that school requires can provoke symptoms. Therefore, the following academic accommodations are recommended (please check those that apply):

School Re-entry/Attendance:

- Full days as tolerated partial day, may advance as tolerated
No school until _____, then attempt half/full days as tolerated

Academic Testing: Students recovering from head injury often demonstrate difficulties with memory, attention, and processing speed. Highly demanding activities such as testing may exacerbate other symptoms.

- Extra time to complete tests
Testing in a quiet environment
Schedule no more than one test per day

Curriculum Accommodations:

Extended time: Allow student extended time to turn in assignments. While experiencing symptoms and whenever symptoms increase, students are advised to rest, and therefore may need a modified schedule for completing assignments.

Make up/Keep up: Develop a systematic plan for balancing the "make up/keep up" challenge of recovery. The process of making up missed work can be anxiety provoking and needs to be undertaken over time, with support and supervision.

Note taking: Allow student to obtain class notes or outlines ahead of time to aid organization and reduce multi-tasking demands. If this is not possible, allow the student photocopied notes from another student.

Breaks: Take breaks as needed. For example, if headache worsens during class, the student may need to put his/her head on the desk to rest. For more severe symptoms, he/she may need to go to the nurse's office. In some situations, scheduled breaks interspersed throughout the day may be required.

ATHLETIC ACCOMMODATIONS: Your child should not return to athletics until allowed to do so by a physician experienced in the management of sport-related concussion. The return to athletics should be gradual, should be monitored by a physician, and should proceed in a step-wise fashion.

- 1. Complete rest, no sport-related activity until completely recovered from all concussion symptoms. The length of the rest should be determined by a physician experienced in the management of sport-related concussion.
2. Light aerobic activity such as walking or stationary bicycle riding.
3. Sport specific aerobic activity such as running, ice skating, swimming or cycling.
4. Non-contact training drills and gradually progressive resistance training.
5. Full contact, after medical clearance.

Restrictions No gym class Restricted gym class as follows _____

Follow-up evaluation and revision of recommendations to occur _____

Physician Name _____

Physician Signature _____

Date _____