



The mission of the Lansdale Catholic Concussion Management Team is to ensure that each student who is diagnosed with a concussion receives the best possible care during his/her recovery period. Our goal is to provide the necessary support and accommodations to help each student meet his/her academic, emotional, and physical standards for success.

The Lansdale Catholic Concussion Management Team consists of:

- **Administration** (Mr. Jon Slabek, Mr. Mike Culnan)
- **Guidance Department** (Mrs. Mary Lou Graham)
- **Nurse** (Mrs. Karen Cleary, Ms. Kathy Rober)
- **Athletic Trainer** (Mrs. Sylvia Doran)
- **Athletic Director and Individual Team Coaches**

Lansdale Catholic High School is committed to educating their faculty and staff on current concussion management procedures and best practices to assist each student inside and outside of the classroom after he/she sustains a concussion.

Every athlete who plays a contact or collision sport at Lansdale Catholic High School will be IMPACT tested at the start of their 9th grade and 11th grade seasons to ensure that the individual athlete has a baseline score to reference should he or she sustain a concussion during a particular athletic season. New students or students who returned from an injury are also IMPACT tested during these specific times. The IMPACT baseline test helps the physician and the athletic trainer best assess and treat each student in the event of a concussion.

Information on the IMPACT test can be found at <http://www.impacttest.com/audience/?parents-3>

All questions or concerns can be directed to any member of the Lansdale Catholic Concussion Management Team. All specific athletic (Return to Play) should be directed to:

Mrs. Sylvia Doran
215-362-6160. Ext. 174
lctrainer@lansdalecatholic.com

All specific academic or attendance (Return to School) questions should be directed to:

Mr. Jon Slabek
215-362-6160 ext 127
jslabek@lansdalecatholic.com

Lansdale Catholic High School Concussion Management Team

Post-Concussion Checklist

This checklist serves as the standard protocol to be followed when a student sustains a concussion:

____ 1. When a student is diagnosed with or has symptoms of a concussion, the student must be seen immediately by the Lansdale Catholic High School Trainer or a licensed physician who is trained in the evaluation and management of concussions.

____ 2. A parent or guardian should contact a member of the Lansdale Catholic Concussion Management Team to discuss the nature of the incident and the action plan of return. Parents and students are to review the concussion take home instructions (provided by a member of this team, specifically...)

Mrs. Karen Cleary
215-362-6160 ext. 140
nurse@lansdalecatholic.com

Mrs. Sylvia Doran
215-362-6160. Ext. 174
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Mr. Jon Slabek
215-362-6160 Ext. 127
jslabek@lansdalecatholic.com

____ 3. Once official documentation from a licensed physician is received by a member of the Lansdale Catholic Concussion Management Team, an action plan is established to accommodate the student's needs and aid in his/ her return to the classroom or field/ court as soon as possible. The action plan will be updated bi-weekly and will remain in effect until the student is cleared medically and academically.

____ 4. The student will schedule an appointment to retake his/her IMPACT test with the school trainer. (Test results, as well as Baseline scores, can be provided to the parent/guardian, upon request for review by the certified concussion management professional.)

____ 5. The student and his/her parent/guardian will schedule a follow up exam with the licensed physician who is trained in the evaluation and management of concussions.

____ 6. The student is to provide copies of updated medical information related to the concussion to a member of the concussion management team (Specifically Mr. Jon Slabek or Mrs. Sylvia Doran.)

____ 7. Once the student is asymptomatic at rest and seen by his/her licensed physician, the student can begin following the "Return to Play/ Return to School" Protocol.

Lansdale Catholic High School Concussion Management Team

Return to Play Protocol (See enclosed information):

*** Begins once the student is asymptomatic at rest for 24 hrs. and seen by his/her licensed physician.***

1. No Activity
2. Light Aerobic Exercise
3. Sport Specific Exercise
4. Non-contact Practice/ Drills
5. Full-contact Practice and Drills
6. Reinstatement to Game Participation

*** Each stage of the "Return to Play" protocol is separated by 24 hours with no reported symptoms from the athlete. Supervision of the "Return to Play" protocol is conducted by the Lansdale Catholic High School Athletic Trainer if the student is playing a school sponsored PIAA sport for Lansdale Catholic High School. Athletes are not permitted to return to play without written permission from their licensed physician who is trained in the evaluation and management of concussions.***

Return to School Protocol (See enclosed information):

1. Complete Cognitive Rest: No school, No cognitive work, No technology
 - While a student is on complete cognitive rest, he/she is not permitted to attend school dances, sporting events, school bus rides, concerts, etc.
2. Return to school on a modified ½ day schedule; No cognitive school work.
3. Return to school for a full school day with light cognitive school work but no formal test taking followed by attending full school days with limited test taking (one test per day.)
4. Full school days resuming normal school activity. Student will receive additional time to complete any/all missed work.
 - Students may be medically cleared to play at this stage yet still under monitoring by a member of the Lansdale Catholic Concussion Management Team until all school make up work is complete.

*Supervision of the "Return to School" Protocol is conducted by the Lansdale Catholic High School Administration when a student sustains a concussion. All medical information pertaining to the student's concussion is to be kept on file in the student services office. *

Concussion Take Home Instructions

General Information about CONCUSSIONS (Mild Traumatic Brain Injury)

We have assessed your student-athlete for a concussion. A concussion is a mild injury of the brain. Concussions can occur when there is a blow to the head or another part of the body that causes a jolt to the brain. The brain does not function properly for a short time after this. Your child may have a concussion even without a loss of consciousness.

Home Management Following a Concussion

Following a concussion, **rest** is key. While experiencing symptoms of a concussion, your child:

- Should NOT participate in contact activities.
- Should NOT participate in cardio activities or strength training (can increase pressure in the brain and cause symptoms to worsen or last longer).
- Should limit activities that require a lot of concentration (schoolwork, video games, etc).
- Should NOT drive a car until cleared to do so by a physician.
- Should get good sleep and take naps when needed.

It is okay for your child to:

- Use an ice pack on their head or neck as needed to reduce discomfort.
- Eat a light diet.
- Go to sleep.
- Rest until cleared by an appropriate medical professional.

You do not have to:

- Test reflexes or test your child's eyes
- Stay in bed all the time

We will notify the Health Suite Staff who will inform the appropriate school personnel that your child will not be able to participate in PE until further notice. It is important that your child stay at home from school until he/she is symptom free without the help of medicine for 24 hours. He/she should not return to physical activity until cleared by an appropriate medical professional.

Serious Signs to Watch For

Please watch carefully for any of the following serious signs and symptoms. Signs and symptoms of a head injury do not always appear immediately after trauma, but can develop up to 24 hours after the injury occurred. The best guideline is to note symptoms that **worsen**.

If you observe any of the following signs, please seek medical attention IMMEDIATELY:

- Amnesia
- Severe headache
- Severe neck pain
- Blood or clear fluid dripping from the ears or nose
- Mental confusion or feeling of strangeness
- Nausea or vomiting
- Dizziness, poor balance or unsteadiness
- Weakness/numbness in arms or legs
- Looks drowsy or is hard to wake up
- Seizures
- Unequal pupils
- Persistent ringing in the ears
- Slurring of speech
- Loss of appetite
- Can't recognize people or places
- Unusual behavior change
- Significant irritability
- Change in state of consciousness

The below listed symptoms that are **circled** are symptoms that your child was experiencing during our evaluation. If these symptoms worsen or if he/she develops any new symptoms, call your doctor or go to the emergency department immediately.

- Headache
- "Pressure in head"
- Neck Pain
- Nausea
- Vomiting
- Dizziness
- Blurred vision
- Other visual problems
- Numbness or tingling
- Balance problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling mentally "foggy"
- Difficulty concentrating
- Difficulty remembering
- Fatigue
- Confusion
- Drowsiness
- Trouble falling asleep
- Sleeping more than usual
- Sleeping less than usual
- Feeling more emotional
- Irritability
- Sadness
- Nervous or Anxious

Further Instructions

- Do not take any medication in the first 24 hours
- Speak with your physician if your child is prescribed medication for ADHD, depression, or any other medication that may affect the central nervous system (i.e. benzodiazepines, stimulants, anti-nausea, etc) to see if it is safe to continue with treatment.
- If at any time there is doubt about the well being of your child, seek medical attention immediately.
- When your child returns to school, please have he/she report to the Athletic Training Room with copies of any medical notes.

If you have any questions about the home care for your child, please feel free to contact us. For more information about Lansdale Catholic's protocol for concussion management, please refer to the attached information.

In December 2011, the General Assembly of Pennsylvania passed the Safety in Youth Sports Act that establishes “standards for managing concussions and traumatic brain injuries for student athletes.” This Act will be effective as of July 1, 2012. Our protocol at Lansdale Catholic High School is designed to follow these legislative guidelines and outline the procedures following an injury to an athlete’s brain. These procedures are to help insure that injured athletes are identified, treated appropriately by an appropriate medical professional, and are fully recovered prior to returning to play.

There are common signs and symptoms that help us recognize a concussion. To see a complete list of these signs and symptoms, please refer to the Take Home Instruction Sheet. If your child is experiencing any signs or symptoms after a head injury then he/she should remain home from school until he/she is symptom free without the help of medications for 24 hours.

After we have diagnosed your child with a concussion, we will notify the Health Suite Staff of the injury so that the school nurse will notify your child’s PE teacher as concussed athletes should not be participating. After your child sees a physician, he/she should bring in a note that reiterates that the child should not participate in gym, as well as any other restrictions the physician may provide. If your child requires any academic accommodations from his/her physician, he/she should bring this paperwork to either his/her Home Office or the Health Suite.

When an athlete suffers from a head injury, we take them through a series of neurocognitive tests. A SCAT3 test can be performed immediately after the injury on the sideline or in the Athletic Training Room. The SCAT3 tests for general cognitive function, such as memory, orientation, and balance, and also offers a standardized symptom evaluation that we can continue to utilize through your child’s treatment. The athlete should check in to the Athletic Training Room every day to go through a daily symptom evaluation.

We also utilize ImPACT testing. ImPACT is a computerized assessment that is utilized as a tool to evaluate neurocognitive function recovery after a concussion. These functions include memory, attention, brain processing speed, reaction time and post concussion symptoms. At the beginning of each season, we require all new athletes participating in moderate to high risk sports to take a baseline ImPACT test. After an athlete is concussed, we would like to do post injury testing within 24-72 hours of the initial injury. Please contact the Athletic Trainers to set up a time for your child to take his/her Post-Injury ImPACT test. After the first Post-Injury test, we will repeat these tests at the appropriate intervals. These neurocognitive test results are extremely helpful for your physician so we recommend bringing them to your appointment. ImPACT is **NOT** a test that will diagnose a concussion, but rather a tool used in the evaluation of concussions and the management of concussion recovery.

Return to Play Procedures

If an athlete exhibits any signs or symptoms of a concussion or has any abnormal cognitive testing, he/she will **NOT** be permitted to return to play on the same day of the injury.

In order to progress back into activity after a concussion, a concussed athlete must meet **ALL** of the following criteria:

- Asymptomatic at rest without the aid of medications that mask or modify the symptoms of a concussion
- Asymptomatic with mental exertion (athlete must attend a full day of school)
- Within normal range of baseline on Post-Injury ImPACT testing
- Have written clearance from a physician

When all of the above criteria are met, your child will be progressed back to full activity following a stepwise process. Progression is individualized and is determined on a case by case basis. Factors such as concussion history, duration and type of symptoms, age, and the type of sports can affect the rate of their progression. The progression consists of six steps as follows:

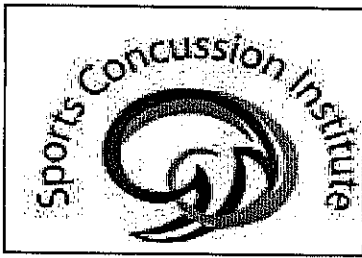
Rehabilitation Stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Symptom limited physical and cognitive rest.	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% maximum permitted heart rate. <i>No resistance training.</i>	Increase HR
3. Sport-specific exercise	Skating drills in ice hockey, running drills in soccer. <i>No head impact activities.</i>	Add movement
4. Non-contact training drills	Progression to more complex training drills, eg, passing drills in football and ice hockey. May start progressive resistance training.	Exercise, coordination and cognitive load
5. Full-contact practice	Following medical clearance participate in normal training activities.	Restore confidence and assess functional skills by coaching staff
6. Return to play	Normal game play.	

A minimum of 24 hours must occur between each step. If an athlete experiences any symptoms during a step of the progression, they must wait 24 hours after symptoms resolve before restarting their progression at the same step.

We will review appropriate activities for the day with your child prior to activity. We ask that your child report to us for re-assessment **daily** (or for the days that he/she is in school) until he/she has progressed to unrestricted activity and is fully cleared for return to play.

If you have any questions regarding our protocol or if you need to schedule a Post-Injury ImPACT test, please contact the Athletic Trainer.

Sylvia Sokol Doran, LAT/ ATC
Nova Care Rehabilitation
Licensed Athletic Trainer
Lansdale Catholic High School
700 Lansdale Avenue
Lansdale, PA 19446
610-406-2325



Graduated Return to School Protocol

<p>RECOVERY STAGE 1 <i>Complete Rest</i></p> <ul style="list-style-type: none"> - Attend School Full Time - Self-Advocate at School (meal, due dates, etc) - Resume Normal Activities - Resume Sports following Graduated Return to Play 	<p>RECOVERY STAGE 2 <i>Return to School with Academic Accommodations</i></p> <ul style="list-style-type: none"> - Attend School Full Time if Possible - Increase Work Load Gradually (resting, homework, etc) - Monitor Symptoms - Incorporate light aerobic activity - REST at home 	<p>RECOVERY STAGE 3 <i>Continue Academic Accommodations</i></p> <ul style="list-style-type: none"> - Attend School Full Time - Self-Advocate at School (meal, due dates, etc) - Resume Normal Activities - Resume Sports following Graduated Return to Play 	<p>RECOVERY STAGE 4 <i>Full Recovery to Academics</i></p> <ul style="list-style-type: none"> - Attend School Full Time - Self-Advocate at School (meal, due dates, etc) - Resume Normal Activities - Resume Sports following Graduated Return to Play
<p>Symptom Free for 24 Hours? **</p> <p>Yes Begin Stage 2</p> <p>No Continue Resting</p>	<p>Symptom Free for Next 24 hours? **</p> <p>Yes Begin Stage 3</p> <p>No Rest Further until Symptom Free</p>	<p>Symptom Free for Next 24 Hours? **</p> <p>Yes Begin Stage 4</p> <p>No Return to Stage 2 until Symptom Free</p>	<p>Symptom Free Next 24 Hours? **</p> <p>Yes Return to School</p> <p>No Return to Stage 4 until Symptom Free</p>
<p>Date Attained:</p>	<p>Date Attained:</p>	<p>Date Attained:</p>	<p>Date Attained:</p>

** Symptom-Free means NO lingering Headaches, Sensitivity to Light/Noise, Fogginess, Drowsiness, etc

Reference: HeadSmart Handbook: A Healthy Transition After Concussion (2010). www.Southshorehospital.org.



Office of Student Services

Memo/ Confidential

To: Faculty

From: Office of Student Services

Date:

Re: Academic Accommodations for student _____

The following action plan form is to be distributed in the event that a student is diagnosed with a concussion.

Nature of Incident: Student recovering from a concussion suffered during the week of _____. A doctor's note requesting modifications was received on _____. Will monitor the student's progress throughout the month of _____ and will re-evaluate the student's progress during the week of _____. Additional accommodations are appreciated.

Academic Accommodations:

- Will follow a 1/2 day schedule during the week of _____
- Allow student extra time to complete assignments
- No test taking until re-evaluation
- Not allowed to participate in gym or athletic practices/ games
- Student may see the nurse as needed while at school
- Print notes for the student if possible; limited computer work
- Additional academic accommodations may be required

Thank you for your cooperation with this matter. Please see Mr. Slabek or Mr. Culnan with any questions.

CC:	Trainer	Nurse	Guidance	Academics
	Teacher 1	Teacher 3	Teacher 5	Teacher 7
	Teacher 2	Teacher 4	Teacher 6	Teacher 8
	Parent Email: _____	_____	_____	Attendance

Lansdale Catholic High School Concussion Management Team
Cooperating Concussion Specialists and Providers

Dr. Edward Rosero, D.O.

OrthopaediCare

1200 Manor Drive, Chalfont, Pennsylvania 18914

(215) 830-8700

Dr. Grady, Dr. Master, Dr. Turner

Children's Hospital of Philadelphia

500 W. Butler Avenue, Chalfont, PA 18914

(215) 997-5730

Upper Bucks Orthopaedics

711 Lawn Ave. Building 3

Sellersville, PA 18960

215-257-3700

Post-Concussion Rehabilitation-Vestibular Therapy

Clayton Cartwright, PT/ATC

Nova Care Rehabilitation

1025 S Broad St, Lansdale, PA 19446

(215) 361-0322