

STUDENT CONCUSSIONS

This procedure is governed by its parent policy. Questions regarding this procedure are to be directed to the identified Procedure Owner.

Category:	D. Student / Academic
Parent Policy:	D18
Approval Date:	March 9, 2022
Effective Date:	March 9, 2022
Procedure Owner:	Director, Teaching and Learning Centre of Innovation

Overview:	<p>This procedure supports the management of students who may have a suspected or diagnosed concussion and covers the following topics:</p> <ul style="list-style-type: none"> • Head Injury Recognition • Medical Assessment • Concussion Management • Multidisciplinary Concussion After Care <p>Note that all Olds College Student Athletes are subject to the Olds College Broncos Athletics - Concussion Protocol</p> <p><i>This Procedure was adapted from: Parachute. (2017). Canadian Guideline on Concussion in Sport. www.parachute.ca/concussion</i></p>
Procedures:	<p>Head Injury Recognition</p> <p>A concussion should be suspected in any student who sustains a significant impact to the head, face, neck, or body and demonstrates ANY of the visual signs of a suspected concussion or reports ANY symptoms of a suspected concussion.</p> <p>A concussion should be suspected if a student reports ANY concussion symptoms to one of their peers, instructors, coaches or if anyone witnesses a student exhibiting any of the visual signs of concussion.</p> <p>The Concussion Recognition Tool 5 can be used to recognize concussion symptoms.</p> <p>Medical Assessment</p> <p>In order to provide comprehensive evaluation of students with a suspected concussion, a medical assessment is required. The Medical Assessment must rule out more serious forms of traumatic brain and spine injuries, and must rule out medical and neurological conditions that can present with concussion-like symptoms.</p>

The medical assessment is responsible for determining whether the student has been diagnosed with a concussion or not. Students with a diagnosed concussion should be provided with a *Medical Assessment Letter* provided by a Concussion-Trained Medical Professional (Athletic Therapist, Medical Doctor or Nurse Practitioner) indicating a concussion has been diagnosed.

Students that are determined to have not sustained a concussion must be provided with a *Medical Assessment Letter* by a Medical Doctor or Nurse Practitioner indicating a concussion has not been diagnosed and the student can return to school, work, sports / physical activities without restriction.

Concussion Management

Students diagnosed with a concussion are to be managed according to their *Return-to-School and/or Return-to-Sport* / Physical Activity Strategy* under the supervision of a concussion-trained medical professional (e.g., Athletic Therapist, Medical Doctor, Nurse Practitioner).

Where Individuals have completed their *Return-to-School and/or Return-to-Sport* /Physical Activity Strategy* and are deemed to be clinically recovered from their concussion, including normalized concussion testing, a medical doctor or nurse practitioner can consider the student for a return to full sports / physical activities and issue a *Medical Clearance Letter*.

The *Return-to-Sport* /Physical Activity Strategy* is included within the [Olds College Broncos Athletics - Concussion Protocol](#).

Return-to-School Strategy

The following is an outline of the *Return-to-School Strategy* that should be used to help students make a gradual return to school activities. Depending on the severity and type of the symptoms present, as well as the specific context of the learning environment, students will progress through the following stages at different rates.

If the student experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage.

Stage	Aim	Activity	Goal of each step
1	Daily activities at home that do not give the student symptoms	Typical activities during the day as long as they do not increase symptoms (i.e. reading, texting, screen time). Start at 5-15 minutes at a time and gradually build up.	Gradual return to typical activities
2	School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work

3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.	Increase academic activities
4	Return to school full-time	Gradually progress	Return to full academic activities and catch up on missed school work

McCrory et al. (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.

All students who are impacted by concussions should consult with Accessibility Services to access Academic Accommodations as necessary. Where the classroom is a non-traditional learning environment, the determination to return to specific settings is at the discretion of the Accessibility Services Office in consultation with the Associate Dean.

Multidisciplinary Concussion After Care

Referral to a multidisciplinary clinic for assessment should be made on an individualized basis at the discretion of a student’s medical doctor or nurse practitioner. If access to a multidisciplinary concussion clinic is not available, a referral to a medical doctor with clinical training and experience in concussion (e.g. a sport medicine physician, neurologist, or rehabilitation medicine physician) should be considered for the purposes of developing an individualized treatment plan. Depending on the clinical presentation of the individual, this treatment plan may involve a variety of healthcare professionals with areas of expertise that address the specific needs of the student based on the assessment findings.

Definitions:

Related Information:

[Olds College Broncos Athletics - Concussion Protocol](#)
[Medical Assessment Letter](#)
[Medical Clearance Letter](#)

Review Period:

3 Years

Revision History:

New: February 2022