

Procedures for Students with Head Injuries / Diagnosed Concussions

The concussion policy at Cretin-Derham Hall is provided for all students that sustain a head injury. This document provides details for students with head injuries that are athletic and non-athletic related. When a student sustains a head injury, it is important that the student, parents/guardians, guidance counselor, nurse, teachers, physician, and athletic trainer (if applicable) all work together to help the student recover. Frequent communication is essential throughout the recovery process. The following is meant to be a guideline only, as each injury and recovery must ultimately be handled on an individual basis.

Protocol for Students with Diagnosed Head Injuries:

1. When the student returns to school, he/she should report to the nurse's office before beginning classes.
2. When the student returns to school, he/she will meet with his/her guidance counselor to discuss the plan for accommodations. Accommodations will be made using the guidelines provided by the student's physician. No Accommodations will be provided without physician recommendation.
3. The guidance counselor will communicate the accommodations to the student's teachers.
4. The guidance counselor will continue to meet with the student regularly until the student is symptom free in order to provide support and/or adjust accommodations as needed.
5. If the concussion is serious enough to keep the student out of school for more than one week, the parents/guardians will provide the student's guidance counselor with weekly updates on the student's status and these updates will be shared with the student's teachers. The effectiveness of the accommodations for each class will be reviewed at this time and adjusted as needed. These reviews will continue until the student returns to school and/or is symptom free and accommodations will end.
6. The student must also meet with the school nurse once a week in order to track symptoms. The nurse may work with the student's physician to determine when the student is symptom free and accommodations will end.
7. The administration may become involved if a schedule change is required.

Reporting Concussions to Cretin-Derham Hall:

1. If a student sustains a head injury outside of school, parents/guardians should make an appointment with a physician right away.
2. If a student sustains a head injury while participating in athletics/activities at CDH, the athletic trainer will assess the student and contact parents/guardians. If a concussion is indicated, the athletic trainer will contact the nurse and the student's guidance counselor. The athletic trainer may also recommend that the student be seen by a physician.
3. Regardless of where the concussion was sustained, in order to receive accommodations from the school, the nurse must receive the following two items (available on the CDH website):
 - a. Medical Release of Information: signed by parents/guardians
 - b. Recommended Accommodations*: filled out by physician (*To be used if clinic does not have its own comprehensive form)

4. Once the nurse receives these two items, she will put the student's information into a confidential database and notify the student's guidance counselor.

Return to Play Progression - Additional protocol for student-athletes:

1. If a student went to a doctor for the initial diagnosis, the school must receive a document from the student's physician giving him/her clearance to play before the athlete can return to the team. At that time, the athlete will begin a Return-to-Play Progression as established by the athletic trainer.
2. A student must be symptom-free at rest before he/she can begin the Return-to-Play Progression. This progression will be established and monitored by the athletic trainer. Once symptom-free, a student may retake the ImPact Baseline Test.
3. In accordance with Minnesota State High School League rules, the Return-to-Play Progression requires the athlete must participate in a full contact, full practice before he/she can compete in a game/match.
4. When a student is cleared to Return-to-Play, no additional academic accommodations will be made; however, students may still need extended time for outstanding work, as determined by Guidance, the student, and individual teachers.

Concussion Baseline Testing

All student-athletes are encouraged to take the **ImPact Baseline Test** once every two years. In the event of a concussion, this information can be used in evaluation and recovery. CDH provides this service free of charge at appointed times. See the CDH athletic website for details.

Note: Please allow 24 hours notice when requesting a print-out of a Baseline Test.