



Physician Evaluation for Concussion of Student



Student Name: _____ DOB: _____

School: _____ Date of Evaluation: _____

Please return completed form to Athletic Trainer (High School) or School Nurse (Middle School)

Note to the Physician: This student demonstrated signs, symptoms or behaviors of concussion at his/her school and is seeing you for professional evaluation and recommendation for care.

Per Kansas State Law, Kansas State High School Activities Association, and the National Federation of High Schools, any student who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice/contest and shall not return to play until cleared by an appropriate health care professional (MD/DO).

SIGNS AND SYMPTOMS OBSERVED/REPORTED (Scat 5 attached if available):

INITIAL PHYSICIAN (MD/DO) ASSESSMENT (Check all that apply):

- Not diagnosed with a concussion. May return to full school participation at this time.
- Student diagnosed with an alternative medical condition and **MAY/MAY NOT** (circle one) return to full participation at this time.
- Student diagnosed with a concussion. Athlete may return to participation under the supervision of their school’s Athletic Trainer (only available for grades 9-12) and may begin Return to Play protocol.
- Diagnosed with a concussion. **CANNOT** return to physical activity, sport or competition and must be re-evaluated by MD/DO.

RETURNING TO SCHOOL: Please select all that apply.

- Please excuse student’s prior absence from school while waiting for evaluation.
- Student may return to school with **NO** restrictions.
- Student may return to school with restrictions (see next section).
- Student may **NOT** return to school. Re-evaluation needed and scheduled _____.

ACADEMIC ACCOMODATIONS: Please select all that apply. *(Please notify school nurse of academic accommodations in order to case manage communication of classroom accommodations.)*

- No physical education classes, weight lifting, or sports participation
- Allow extra time to complete assignments and tests
- Testing in a quiet environment

___ No major testing (e.g. midterms, finals, standardized tests) during the recovery period and/or until _____ (date).
___ Consider reducing make-up work to critical work only, e.g., reduce about _____%.
___ Abbreviated daily schedule (1/2 day, AM/PM, every other day, etc.) _____
___ Other considerations: _____

Physician Signature: _____ **Date:** _____

Printed Name: _____

Phone: _____ **Fax:** _____

FOLLOW-UP PHYSICIAN ASSESSMENT

___ Follow up examination indicates that the patient continues to demonstrate signs, symptoms or behaviors of concussion and **MAY NOT** return to physical activity or sports (including but not limited to sports, practice, PE classes, running, jumping or weight lifting).

___ Accommodations still required until next follow-up assessment on _____ (date):

___ Release from academic accommodations on _____ without additional follow-up.

___ Upon follow-up examination, the patient demonstrates continued recovery from concussion.
May begin the graduated Return to Play protocol under the supervision of the Athletic Trainer.

Restrictions: _____

Only after successful completion of the graduated RTP will the student be cleared to participate.

- May be cleared by Athletic Trainer (available only for grades 9-12)
- Must be cleared by MD/DO

___ Upon follow-up examination the patient demonstrated complete recovery from concussion and may return to all activities without restriction.

Name of Physician: _____ MD/DO

Signature _____ Date: _____

Phone: _____ Fax: _____

Parents and Student

UNDERSTANDING THE CONCUSSION PROCESS AND RETURN TO PLAY PROTOCOL

Olathe Public Schools

Best practice under current circumstances is to treat every concussion as a unique and singular injury. The severity varies from case to case, so we treat every instance a new one with new treatment guidelines and restrictions. While previous history of concussion will be taken into consideration, it is not a standard by which the current injury will be treated.

The return to play protocol (RTP) is designed to allow the athlete to return to participation following a diagnosed concussion in the safest and most effective way possible. A question that athletes and parents have is “when will my son/daughter be back on the field?”. Unfortunately, there is no clear cut way to give an exact date (see above). The RTP is standard of care, best practice and there are several factors in determining when to start.

1. The athlete will begin the RTP after symptoms have resolved and/or as directed by treating physician (MD/DO).
2. While the student athlete remains symptomatic, they will not return to physical activity at school or club sports/outside school activities (unless directed by treating physician MD/DO).
3. Academic accommodations will be put in place as needed by the MD, the school nurse, or the school counseling department upon return to school. Examples are limiting school hours of attendance, test taking, and homework guidelines and/or limitations.
4. If a post injury ImpACT test is needed it shall be performed after 48 hours of recovery.
5. Post injury assessment is determined by a MD/DO.
6. USD 233 Athletic Trainers **do not** read or interpret the ImpACT Test results.
7. The RTP will only begin under the clearance of the attending MD/DO and (for grades 9-12) the supervision of the school Athletic Trainer (ATC).
8. The 5 step RTP protocol can only be done in a minimum of 5 days. 24 asymptomatic hours are required to advance to the next step/level. Each step is more demanding than the last and will exponentially tax and test different systems of the body.
9. Full clearance will only be granted by the attending MD/DO. If the physician of care wants the athletic trainer to establish full return to participation, there must be paperwork documenting these wishes. Per Kansas law, only a MD/DO may release an athlete.

In the Olathe School District all baseline ImpACT assessments, follow up ImpACT assessments, post injury assessments/RTP administration by the school Athletic Trainer, are conducted free of charge thanks to the partnership with Olathe Health.

Concussion Resources: <http://www.kshsaa.org/Public/General/ConcussionGuidelines.cfm>

