



Documentation of _____ medical examination

This form to be provided to the parent/guardian of all students/players suspected of having a concussion for the assessment by a physician or a nurse practitioner.

_____ (student/player name) sustained a suspected concussion on

_____ (date). As a result, this student/player must be seen by a medical doctor or nurse practitioner. Prior to returning to school, the parent/guardian must inform the school principal of the results of the medical examination by completing the following:

Results of Medical Examination

- ☐ My child/ward has been examined and no concussion has been diagnosed and therefore may resume full participation in learning and physical activity with no restrictions.
- ☐ My child/ward has been examined and a concussion has been diagnosed and therefore must begin a medically supervised, individualized and gradual Return to Learn / Return to Physical Activity Plan.

Physician / Nurse

Practitioner Signature: _____ Date: _____

Location of diagnosis: _____
(e.g. emergency department, family medicine clinic, walk-in clinic, sports clinic, etc.)

- ☐ The school has been notified of the results of the medical examination
- ☐ The sport coach has been notified of the results of the medical examination (if applicable)

Parent / Guardian Signature: _____ Date: _____

Comments:

Guidelines for parents/guardians of a student in which a concussion is suspected

A concussion is a clinical diagnosis made by a medical doctor or nurse practitioner. It is critical that a student with a suspected concussion be examined by a medical doctor or nurse practitioner before returning to school.

Please follow these guidelines in order to help with a concussed student's/player's return to learn plan:

- The parent/guardian will need to complete the **Documentation of Medical Examination** form after the clinical diagnosis by a medical doctor or nurse practitioner.
- The parent/guardian will need to contact the school to communicate the results of the medical examination

If a concussion has been diagnosed:

- The student/player should continue with cognitive and physical rest at home for a minimum of 24h and until the student is symptom free. The parent/guardian should monitor the student/player for the first 24-48 hours after the injury.
- A follow up assessment of the student with a diagnosed concussion needs to be completed by their primary healthcare provider (e.g. family physician, nurse practitioner) in order to follow a medically supervised, individualized and gradual Return to Learn / Return to Physical Activity Plan.
- If the student/player is asymptomatic at rest for 24h, begin the gradual reintroduction of cognitive effort at home. It is important to remember that each step should last at least 24h.
- When the student is able to tolerate one hour of cognitive activities, the parent/guardian must communicate with the school administration to help coordinate the student's/player's **Return to Learn Plan**. They will require individualized classroom strategies (accommodations) in order to help with their return to participating in learning activities. These accommodations will need to be adjusted throughout the recovery process.
- At this stage of the recovery process, the student's cognitive load must be increased gradually (both at school and at home), since the concussion may still affect his/her academic performance. Please remember that the reintroduction of cognitive activities can cause a student's concussion symptoms to reappear or worsen.
- Once the student is able to complete a full cognitive workload with no learning accommodations and without any signs and symptoms of concussion, they may progress to the first step of the **Return to Physical Activity Plan**.

If, at any time, concussion signs and/or symptoms persist, worsen or return, please consult a physician or nurse practitioner in order to discuss the next steps to follow.