



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 administration of the results of the medical examination by completing the following:

Results of Medical Examination

- The student/player has been examined and no concussion has been diagnosed and therefore may resume full participation in learning and physical activity with no restrictions.
- The student/player 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.

Location of diagnosis

emergency department family medicine clinic walk-in clinic sports clinic other: _____

Physician / Nurse

Practitioner Signature: _____ Date: _____

Physician / Nurse Practitioner Comments: _____

Notice to parents/guardians:

If a concussion has been diagnosed, it is strongly recommended to make an appointment with your primary healthcare provider (family physician or nurse practitioner) as soon as possible in order to ensure a continuous medical follow up during the progressive return to learn and physical activity.

- As a parent./guardian, I assume the responsibility to notify the school of the results of the medical examination.
- As a parent./guardian, I assume the responsibility to notify the sports coach of the results of the medical examination (if applicable).

Parent./guardian signature : _____ Date: _____

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/player 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 the student's/player's recovery:

- Provide the **Documentation of Medical Examination** form to the medical doctor or nurse practitioner for a diagnostic assessment.
- The parent/guardian will need to contact the school administration and the sports coach (if applicable) to communicate the results of the medical examination.

If a concussion has been diagnosed:

- The student/player should continue with cognitive, physical and social rest at home for a minimum of 24h and until they are symptom free. The parent/guardian should monitor the student/player for the first 24-48 hours after the injury.
- A close communication with the school must be done on a continual basis during the student's/player's progressive recovery process.
- A follow up assessment of the student/player 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, they may 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/player'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.