

## Concussion Management Model for Schools and Teams

<b>Step 1</b> Pre Season Baseline Testing and Education	<b>Step 2</b> Concussion is Suspected	<b>Step 3</b> Post Injury Testing & Treatment Plan	<b>Step 4</b> Is Athlete Ready for Non Contact Activity	<b>Step 5</b> Determining Safe Return-to-Play
<p>Educate athletes, parents, coaches, teachers on concussion</p> <p>Have a Concussion Management Protocol on-hand and have your team of health professionals (listed below) ready to treat</p> <p>Athlete roles/duties should be established</p> <p>Have parents sign permission slip</p> <p>Schedule supervised baseline, tests</p>	<p>Sideline assessment</p> <p>If concussion is suspected - immediate removal play/activity</p> <p>Health professionals sets up referral for concussion specialist (MD/DO/PhD)</p> <p>Vestibular screening</p> <p>At the discretion of trained medical personnel...Optimal Brain imaging if needed</p>	<p>Athlete to take supervised Post Injury Test 24-48 hours after injury supervised health professionals continues to coordinate concussion specialist (MD/Do/PhD) referral</p> <p>Team coordinates care between athlete, parent, doc, therapist/coach</p> <p>Does the athlete need additional and more extensive neuropsychological testing? If so, refer to neuropsychologist</p>	<p><b>Criteria:</b></p> <p><b>A:</b> Symptom free @ rest and with cognitive exertion</p> <p><b>B:</b> Post SCAT2 Test: Within normal range of baseline</p> <p><b>C:</b> Written clearance for progression to activity by supervising doctor (non-ER doctor)</p> <p>Normal vestibular evaluation</p> <p>IF NOT, return to Step 3</p> <p>If YES: Stepwise Return-to-Play progression beginning with light non-contact activity, progressing to full non-contact exertion</p>	<p>Return-to-Play decisions should always be made by a concussion specialist (doctor)</p> <p>No recurring symptoms at rest or following physical or cognitive exertion</p> <p>SCAT2 test scores back to baseline</p> <p>After return to play, athlete's final SCAT2 score is set as their new baseline</p>