



Notification of Concussion

Dear teacher,

_____ has sustained a concussion, on [date] _____

Concussion affects the way the brain functions. Different people can be affected in different ways. It is common for concussed children or adolescents to have difficulty concentrating in class and they will not perform as well as usual in exams and assessments. They may require more time to complete work.

When a concussed child or adolescent starts to concentrate for long periods, the 'load' on the brain can bring on or worsen symptoms of concussion. Some of the subtle symptoms of concussion include:

- > fatigue
- > difficulty concentrating
- > sensitivity to light and noise
- > confusion or disorientation
- > memory impairment
- > nausea
- > headache or pressure in the head
- > feeling slowed or not right
- > dazed, blank or vacant stare
- > behaviour or emotional changes, not themselves.

Gradually increasing the load on the brain without provoking symptoms is recommended. Medical recommendations to be considered in assisting a successful return to learn include:

- > Decreased screen time, particularly in the 48 hours after concussion
- > Breaks from class as required
- > Postpone exams as required
- > Additional time for completion of exams and assessments
- > Additional time to complete tasks in class

_____ has been reviewed by a healthcare practitioner and cleared for return to school. If there are any occurrence or worsening of symptoms, please seek further review.

Students recovering from concussion should rest from physical exertion for 24-48 hours following concussion. Thereafter they can follow a gentle progression of non-collision/contact physical activity, as tolerated.

Students must be 14 days symptom-free [at rest] for 14 days before return to contact training, and not return to competitive contact sport for a minimum of 21 days from the time of concussion.

The symptoms of concussion usually resolve in less than 4 weeks in young people aged 19 years or younger. If you notice that your student is having symptoms beyond the expected 4 week period, please discuss with their parent/guardian so that a medical review can be arranged.

Health care practitioner details: _____

Name: _____

Practice: _____

Contact details: _____