

**Return to Learn: Daily School Checklist of Concussion-related Symptoms**

Student Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_ Date of Concussion: \_\_\_\_\_

“Cognitive rest” improves outcomes after concussion. Students may stay home the day after a concussion and try a half-day of upon return. Teachers must provide accommodations (examples attached; page 2-“symptom wheel”) based on physical, emotional, cognitive and sleep/energy ability. Teacher or school nurse (based on teacher input) should record symptoms on this page during week(s) post-concussion. Share with: (i) school nurse, (ii) student’s doctor, (iii) parent. May share with athletic trainer **[If multiple classes per day, may use multiple forms per day.]** Also see “Return to Play” form for activity.

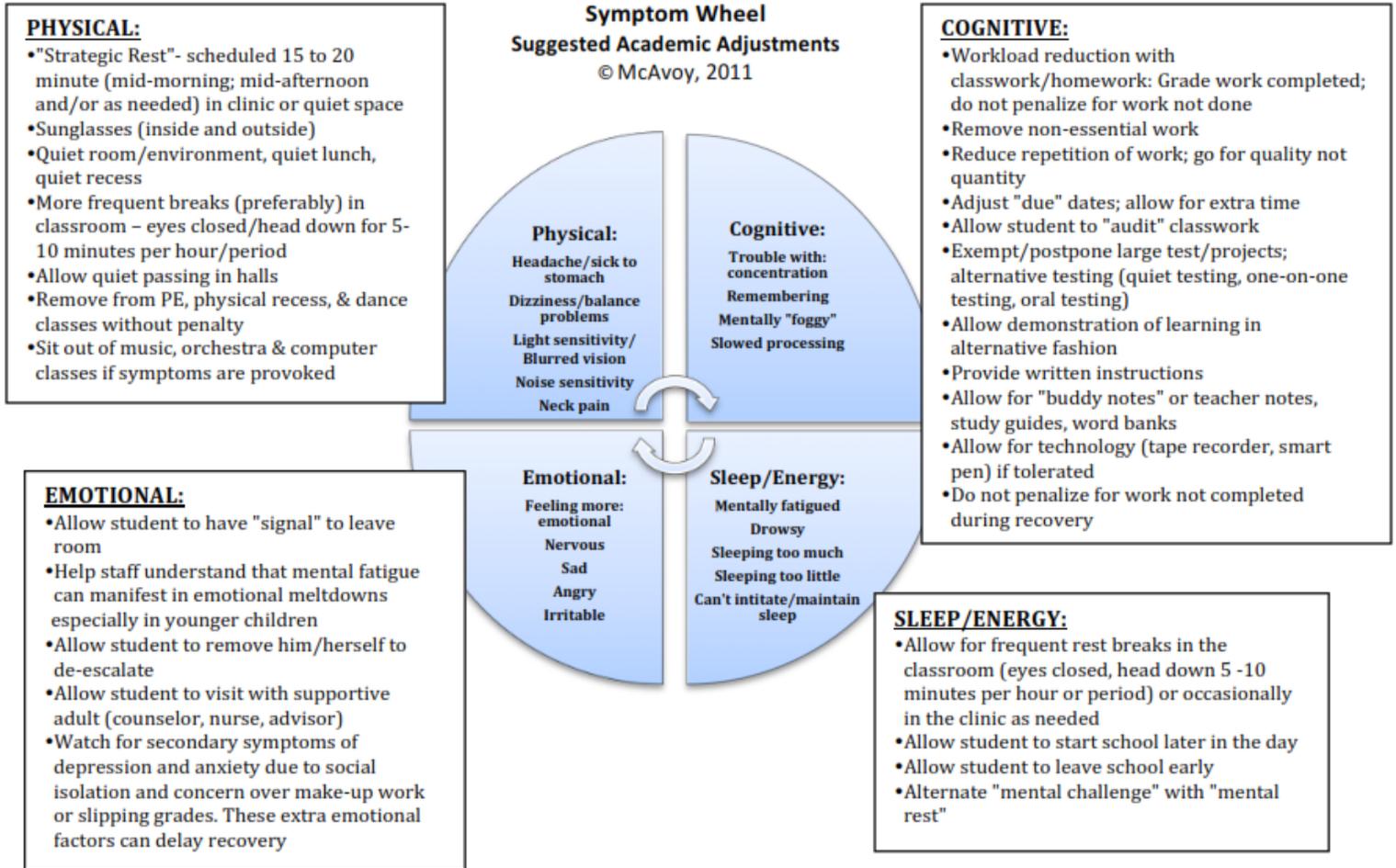
*Optional: Student’s doctor may make specific requests, in addition to recommendations (above) and observations/accommodations (below):*

\_\_\_\_\_  
 \_\_\_\_\_  
**Doctor (MD, DO, NP, PA); Printed:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

<b>Date:</b>	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
NO SYMPTOMS	<input type="checkbox"/>				
Headache or pressure					
Neck pain					
Nausea or vomiting					
Dizziness					
Balance problem					
Blurred vision					
Sensitivity to light					
Sensitivity to sound					
Slowed down; fatigue					
“In a fog”; Not “right”					
Difficulty concentrating					
Difficulty remembering					
Confused					
Drowsy					
More emotional					
Irritable / moody					
Sad					
Nervous or anxious					
<b>Rest periods taken</b> (number & duration)					
<b>Accommodations provided (see page 2):</b> (eg: exams missed, shortened, given orally) scribe; earplugs, quiet place at lunch/recess, dim lights; sunglasses; hat; printed class notes; waived homework; modified school day; frequent snacks; water bottle; front row seating)					
OTHER / COMMENTS					
<b>Name of staff member completing questionnaire:</b>					

**RETURN TO LEARN – AFTER A CONCUSSION  
CLASSROOM INTERVENTIONS: BASED ON STUDENT SYMPTOMS**

Gratitude to Karen McAvoy AND Brenda Eagen Brown<sup>1</sup> for the Symptom Wheel.



<sup>1</sup> McAvoy, Karen PsyD; **The REAP Project, Reduce Educate Accommodate Pace**; Rocky Mountain Youth Sports Medicine Institute; 2011;

McAvoy K, Brown BE. **Get Schooled on Concussions**; "Symptom Wheel" Issue #6: Jan. 2015

[www.GetSchooledOnConcussions.com](http://www.GetSchooledOnConcussions.com)