

## Appendix C-3

# Sample Documentation of Medical Assessment

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*This sample form is for a student that demonstrates or reports concussion sign(s) and or symptom(s). For more information consult Appendix C-2 – Sample Tool to Identify a Suspected Concussion.*

Student Name:

Date:

The student must be assessed as soon as possible by a medical doctor or nurse practitioner. In Canada, only medical doctors and nurse practitioners are qualified to provide a concussion diagnosis. In rural or northern regions, a nurse with pre-arranged access to a medical doctor or nurse practitioner may be used to assess the suspected concussion. Prior to returning to school, the parent/guardian must inform the school principal of the results of the medical assessment by completing the following:

### **RESULTS OF MEDICAL ASSESSMENT**

- My child/ward has been assessed and **a concussion has not been diagnosed** and therefore may resume full participation in learning and physical activity without any restrictions.
- My child/ward has been assessed and **a concussion has not been diagnosed** but the assessment led to the following diagnosis and recommendations:
- My child/ward has been assessed and **a concussion has been diagnosed** and therefore must begin a medically supervised, individualized, and gradual Return to School (RTS) and Return to Physical Activity (RTPA) Plan. Consult the Home Preparation for Return to School (RTS) and Return to Physical Activity (RTPA) Plan.

Comments:

Medical Doctor/Nurse Practitioner providing assessment

Name:

Phone Number:

Parent-Guardian

Parent/Guardian signature:

Date:

## **HOME PREPARATION FOR RETURN TO SCHOOL (RTS) AND RETURN TO PHYSICAL ACTIVITY (RTPA) PLAN**

*The RTS and RTPA Plan has been developed in partnership with Parachute and is based on the most recent research and recommendations of the expert scientific community on concussion, that is, The Canadian Guidelines on Concussion in Sport, July 2017 and the Berlin Consensus Statement on Concussion in Sport, October 2016.*

Should a student be diagnosed with a concussion, the student will be expected to follow a Return to School (RTS) and Return to Physical Activity (RTPA) Plan. There are two parts to a student's RTS and RTPA Plan. The first begins at home with the Home Preparation for RTS and RTPS Plan (consult Table 1: Student at home).

Table 1: Student is at home

Home Preparation for Return to School	Home Preparation for Return to Physical
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<b>(RTS) Stages</b>	<b>Activity (RTPA) Stages</b>
Each stage must last a minimum of 24 hours.	Each stage must last a minimum of 24 hours.
<p><b><u>RTS – Initial Rest</u></b></p> <p>24 – 48 hours of relative cognitive rest</p>	<p><b><u>RTPA – Initial Rest</u></b></p> <p>24 – 48 hours of relative physical rest</p>
<p><b><u>RTS – Stage 1</u></b></p> <p>Light cognitive (thinking/memory/knowledge) activities.</p> <p>Gradually increase cognitive activity up to 30 minutes. Take frequent breaks.</p>	<p><b><u>RTPA – Stage 1</u></b></p> <p>Light physical activities that do not provoke symptoms.</p> <p>Movements that can be done with little effort (do not increase breathing and/or heart rate or break a sweat).</p>
<p><b><u>RTS -Stage 2</u></b></p> <p>Gradually add cognitive activity. When light cognitive activity is tolerated, introduce school work (at home and facilitated by the school).</p>	<p><b><u>RTPA –Stage 2a</u></b></p> <p>Daily activities that do not provoke symptoms.</p> <p>Add additional movements that do not increase breathing and/or heart rate or break a sweat.</p>
	<p><b><u>RTPA- Stage 2b</u></b></p> <p>Light aerobic activity (that is, activities at a pace that cause some increase in breathing/heart rate but not enough to</p>

	prevent a student from carrying on a conversation comfortably).
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