



DJUSD CONCUSSION MANAGEMENT and BP 6145.2 Athletic Competition

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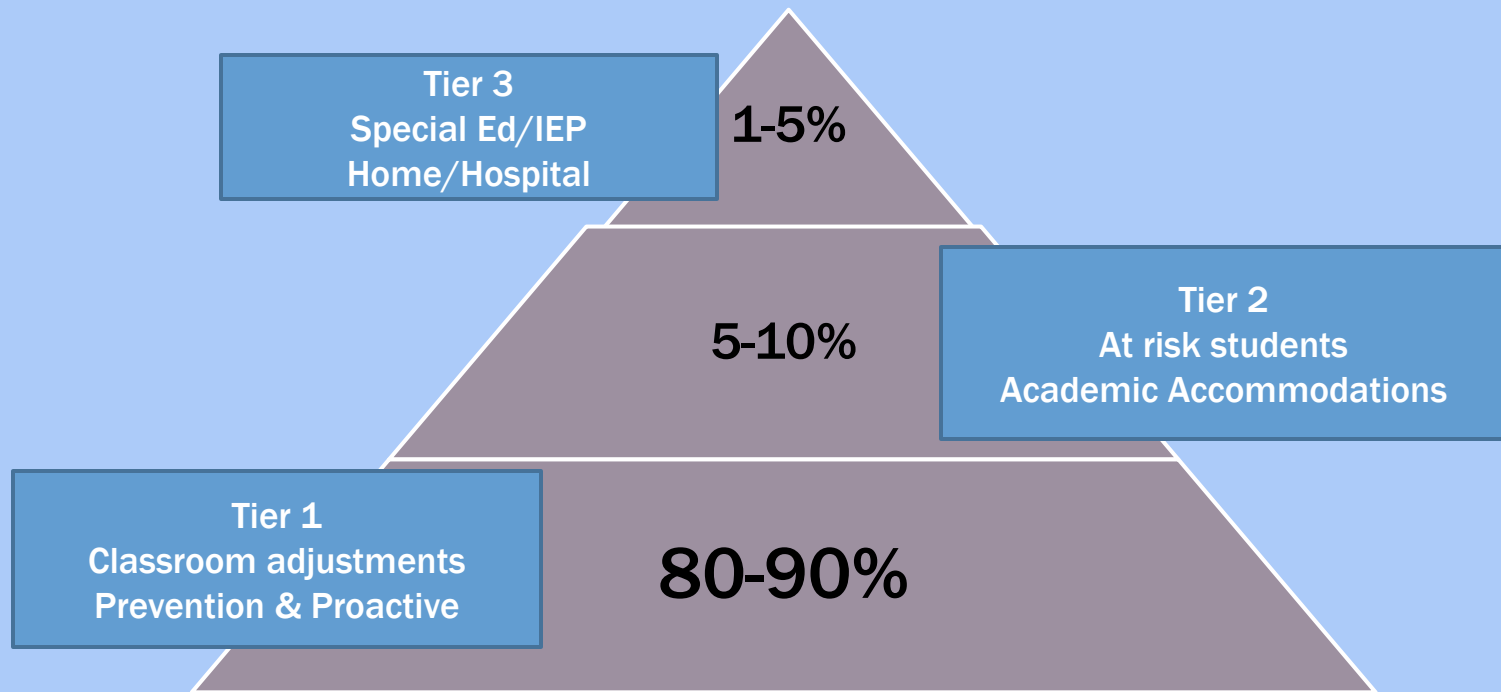


RETURN TO LEARN IN THE CLASSROOM



- Requires individualized approach
- Each concussion is unique
 - Symptoms vary from student to student
 - Symptoms may vary from concussion to concussion in the same individual
 - Cookie-cutter approach cannot be applied

RECOVERY IN SCHOOL

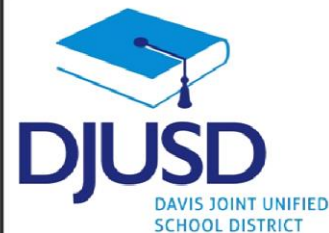


COGNITIVE REST



- Rest is associated with improvement in symptoms but does not mean bed rest in a dark room
- Prolonged rest does not appear to be necessary and may delay recovery
- Rest can be prescribed at any point in recovery and still be helpful
- After rest, follow with a gradual return to activities

PROVIDER RECOMMENDATIONS



Symptoms	Accommodations
Headaches	Allow breaks Identify triggers Drink water
Sensitivity to Noise	Possibly no music class Access to quiet setting for lunch Allow ear plugs/ear phones
Sensitivity to Light	Move away from window Allow sunglasses Allow to not have to watch movie
Other visual problems	Limit computer use Reduce reading or use oral books Active listening Use of Notes from peer/teacher outline
Sleep issues	Allow for late start

ACADEMIC ACCOMMODATIONS



- Recommendations depend on students trajectories and symptoms.
- School
 - Homework – Reduced amount versus no homework
 - Breaks – for cognitive fatigue and symptom exacerbation
 - Extra time for assignments
 - Mastery versus Quantity
 - Exams – No test taking; extra time, testing over multiple sessions, oral exam
 - Schedule change – drop classes without penalty
 - 504 plan

TEAM APPROACH



- Coordination between medical, home, & school
- Point person at school may be:
 - School Nurse
 - School Counselor
 - School Psychologist
- Student with prolonged symptoms may need:
 - Student Study Team meeting
 - Parent-teacher conference
 - 504 Accommodation Plan
 - IEP/IHP

RESOURCES



- <http://www.cdc.gov/headsup/schools/>
- <http://pediatrics.aappublications.org/content/132/5/948>
- www.healthychildren.org/English/health-issues/injuries-emergencies/sports-injuries/Pages/After-a-Concussion-When-to-Return-to-School.aspx

ATHLETIC REGULATORY GUIDELINES



- **Education Code 49475**
 - Concussion or head injury during school-sponsored athletic activity

- **CIF – California Interscholastic Federation**
 - Coaching certification every two years
 - Concussion information sheet before tryouts

- **NFHS – National Federation of High Schools**
 - Offers free certification course for coaches

CURRENT STEPS TAKEN



- ImPact Baseline Testing - Offered free of cost
 - Not mandated
- Certified Athletic Trainer
- Relationships with – UCD, Kaiser, Mercy, Sutter, Dignity Health
 - Sideline Doctor (Football)
- Riddell helmets with InSite Technology
- Coaches Certifications
- Community Concussion Education

WHAT IS IMPACT BASELINE TESTING



- Immediate Post-Concussion Assessment and Cognitive Testing
- The most widely used and most scientifically validated computerized concussion management tool available.



WHAT IS INSITE TECHNOLOGY



- InSite is an impact monitor
- An advanced head impact exposure metric evaluating four primary elements
 - Location, Duration, Rotational Acceleration, Linear Acceleration

WHAT INSITE IS NOT



- InSite is NOT a Concussion Monitor
- InSite does NOT diagnose concussions or head injury
- InSite is NOT a protective device and does NOT protect from injury

WHAT DOES AN ALERT MEAN



- An alert signifies that a player has experienced an impact or series of impacts which is above the preset thresholds for their skill level and position.
- As with regular play, coaches and staff should employ the existing evaluation protocol if there is an alert.
- An alert does NOT mean there is a concussion or head injury.
- If there is not an alert that does NOT mean a concussion or head injury didn't occur.

DJUSD EVALUATION/PROTOCOL



Impact Happens

Certified Athletic Trainer

1. Symptoms Check – Headaches, light sensitivity, dizziness, nausea, etc.
2. Balance Evaluation – Close eyes manipulate athlete off balance, stand on one foot, walk in straight line, etc.
3. Pupil Check – Light reaction, finger test, etc.
4. Decision – Based on evaluation

Impact Happens

Athletic Coach:

1. Symptoms Check – Headaches, light sensitivity, dizziness, nausea, etc.
2. Continued Observation - Check for signs or symptoms.
3. Decision – Based on evaluation

SIGNS OR SYMPTOMS



Present Signs or Symptoms:

1. Athlete immediately removed from activity
2. Given suspected concussion information packet
3. Athlete denied participation until written note from MD or DO
4. Return to Play Protocol

CA State Law AB 25 and Education Code 49475:

- The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
- Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
- Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian

BOARD POLICY AND ADMINISTRATIVE REGULATIONS



- **Board Policy 6145.2, Athletic Competition (added language)**
 - **Student Eligibility:** “The first priority of student athletes shall be a commitment to their education and athletic achievement.”
 - **Health and Safety:** Concussion protocol language, mandatory training, and available Baseline Testing
- **Administrative Regulation 6145.2 (changed language)**
 - “The student shall not be allowed to return to play until they are evaluated by a medical doctor trained in the management of concussions.”

NEXT STEPS



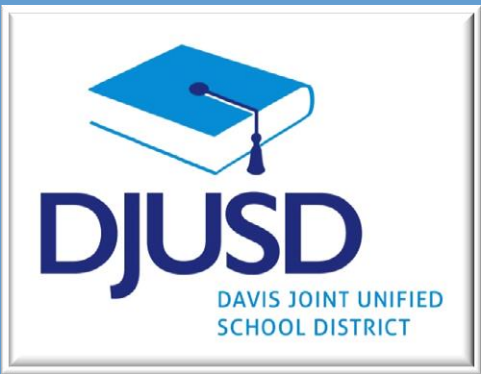
- Explore mandatory baseline testing for all athletes
 - Currently optional but strongly encouraged for heavy contact sports (football, water polo, baseball, etc.)
 - Requires additional staff to manage testing protocol for 1400+ athletes

- Mandatory parent/athlete meeting prior to tryouts to provide education on concussion symptoms and protocol
 - Requires online viewing option
 - Requires additional staff to verify attendance/viewing

NEXT STEPS



- Explore benefits versus cost of District Concussion Manager
 - Provide training for coaches, teachers, administrators, parents, athletes
 - Manage attendance at pre-tryout parent/athlete meetings
 - Manage mandatory Baseline Testing Program
 - Collect and maintain data on all reported concussions
- Continue to explore the latest technology and best practices related to concussion management
- Review Board Policy changes as a first reading



QUESTIONS

