

Get Schooled On Concussions

Criteria Toward Clearance – when can I be approved to start my Graduated Return to Play steps/progression (GRTP)?



Student Name:	Student ID #:
Date of Injury:	Manager of this Form:

» **Is the student/athlete symptomatically 100% back to baseline at home?**

- Use the Symptom Checklist. All symptoms should be back to the pre-concussion “baseline” symptom level.
- Look at what the student is doing. At home, he/she should be acting the same way as before the concussion, doing chores, interacting normally with friends and family.
- Symptoms should not return when the student is exposed to the loud, busy environment of home/ social, mall or restaurants.

» **Is the student symptomatically 100% back to baseline at school?**

- The student should be handling school work at the same level as before the concussion.
- Use the Teacher Feedback Form (APPENDIX) to see what teachers are noticing.
- Watch the student doing homework; he/she should be able to complete homework the same as they did before the concussion.
- In-school tests and school workload should be where they were pre-concussion; academic adjustments should be generously provided and weaned back as soon as they are no longer needed. However, not all make-up work needs to have been made up prior to clearance of the concussion.
- Symptoms should not return when the student is exposed to the loud, busy environment of school.

» **If the school or HCP has used neurocognitive testing, are scores back to baseline or at least reflect normative average and/or historical baseline functioning?**

» **If an athletic trainer (AT), physical therapist (PT) or occupational therapist (OT) is involved in the concussion, does the AT, PT or OT feel that the student has reached his/her objective goals? If the student visits with the school nurse/health tech weekly, are symptoms back to (historic report of) baseline?**

- Perform serial administrations of the Symptom Checklist.

» **Is the student off all medications used to treat the concussion?**

- This includes over-the-counter medications such as ibuprofen, naproxen and acetaminophen, which may have been used to treat headache or pain.

School RN/
Health Teach/
Counselor:

Fill in dates and comments in boxes to left of each criteria as you are collecting data &/or as criteria are met (i.e. record date teachers report back to pre-concussion learning levels; record when visits to school clinic for symptoms cease, etc.)
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Share this data with HCP/ parent at point athlete & non-athlete is ready for GRTP approval.

The ability for Healthcare Provider (HCP) to **approve** start of GRTP steps 4, 5 & 6 “*should begin after resolution of any symptoms, abnormalities in cognitive function and any other clinical findings related to current concussion*” per Amsterdam 2022.

That means **ALL** criteria above must be met & documented before student can be handed over to an ATC/HCP for **approval** to start GRTP steps 4, 5, & 6. ATC/HCP can then walk athlete through GRTP; Parents/HCP can walk non-athlete through GRTP.

ATC/HCP – You will want confirmation of success in all areas above before you approve start of GRTP steps 4, 5 & 6. Any above criteria not yet met means symptom resolution is incomplete and GRTP is premature.