

RETURN TO LEARN: Mental Health Protocols for Concussion

This document outlines guidelines for managing the return to learning process following a sport-related concussion. Please note that it is essential to adhere to your educational institution's specific return to learn guidelines. Connectivity does not provide individual medical advice, and timelines and directions may vary based on guidance from medical professionals.

1. Gradual Transition with Relative Physical and Cognitive Rest

- During the initial 48 hours after the injury, it is advisable to observe relative (not strict) rest.
- Activities such as light walking or stationary bike riding are acceptable during this period.
- Begin engaging in normal cognitive activities, such as reading, but start with short intervals of 5 to 15 minutes.
- Limit screen time for the first 48 hours.

2. Part-Time Return to Learning

- Focus on school work during regular school hours; avoid homework outside of these hours.

3. Full Return to Learning

- Gradually transition to full days at school with minimal learning accommodations.

4. Increasing Light Cognitive Activity

- Engage in activities like reading, drawing, or watching TV for under 30 minutes at a time.
- Contact the school to develop a personalized return-to-school plan that includes necessary learning accommodations.
- Complete light school work at home as recommended.

5. Gradually Increasing Cognitive Load

- This phase includes schoolwork at home.
- Gradually increase the duration of school work from 30 to 60 minutes.
- Encourage early return to daily activities to minimize academic and social disruptions during the return-to-learn process.

Important Considerations:

- If at any stage, your symptoms become new or worsen, return to the previous stage and maintain it for at least 24 hours. This step may need to be repeated during your recovery.
- It's crucial to remember that each individual's concussion recovery journey is unique, so take the necessary time to progress through each stage.
- Recognize that recovering from a concussion can impact your mental health. Seek appropriate mental health care if needed, as this is an essential aspect of your overall well-being.

Persistent Post-Concussion Symptoms (PPCS):

- Some individuals may experience concussion symptoms for an extended period, known as PPCS.
- If your symptoms do not improve or worsen, it is essential to seek appropriate healthcare advice and refer to your school's policy documents for further guidance.

Thank you for prioritizing your health and well-being during the recovery process. If you have any specific questions or concerns, consult with your healthcare provider or school authorities.