

The multi-disciplinary team approach called REAP (Reduce/Educate/Accommodate/Pace) will walk you through the process of partnering with your child’s school and Primary Care Provider (PCP) to safely return your child to school after a concussion. If your child was seen in an emergency room/urgent care, you may have received a copy of REAP there. If not, you can download the entire REAP manual and share the book with your child’s school and PCP. rockymountainhospitalforchildren.com/sports-medicine/concussion-management/reap-guidelines.htm

When you get home:

- Call your child’s PCP as soon as possible (if you haven’t already) to alert them of the concussion.
- Make a follow-up appointment with your PCP or with a specialty clinic for a time within the first week after the concussion.
- In consultation with your medical provider, decide when it is the right time to return your student to school. See the guidelines below:

STAY HOME- BED REST	STAY HOME- LIGHT ACTIVITY
<p>If your child’s symptoms are so severe that he/she cannot concentrate for even 10 minutes, he/she should be kept home on total bed rest- no texting, no driving, no reading, no video games, no homework, limited TV. It is unusual for this state to last beyond a few days. Consult a physician if this state lasts more than 2 days. MAXIMUM REST = MAXIMUM RECOVERY</p>	<p>If your child’s symptoms are improving but he/she can still only concentrate for up to 20 minutes, he/she should be kept home but not on total bed rest. Your child can start light mental activity (e.g. sitting up, watching TV, light reading), as long as symptoms do not worsen with exertion. If they do, cut back the activity and build in more rest.</p>

Academic Adjustments:

Your child will usually need some type of adjustment to their academic load when returning to school after a concussion. Talk with the school (counselor, school nurse, school psychologist) to decide which academic adjustments are needed and for how long. Keep adjusting those mental demands until your child no longer demonstrates the need for them. Work in close partnership with your child’s school.

TRANSITION BACK TO SCHOOL
<p>When your child is beginning to tolerate 30 minutes of light mental activity, you can consider returning them to school. Symptoms are present but tolerable, intermittent and/or short lived. As they return to school:</p> <ul style="list-style-type: none"> • Parents should communicate with the school (nurse, teacher, school mental health and/or counselor) when bringing them in to school for the first time after the concussion. • Parents and the school should decide together the level of academic adjustment needed at school depending upon: <ul style="list-style-type: none"> o The severity of symptoms present o The type of symptoms present o The times of day when the student feels better or worse • When returning to school, the child should be removed from all physical activity- gym classes, recess, dance classes- until medically cleared to return to those classes. By law athletes whose injury occurred during any athletic event or practice MUST be medically cleared before beginning return to play protocol.

Other resources:

- Centers for Disease Control (CDC) at www.cdc.gov/concussion
- Brain Line for Kids at www.brainline.org
- Center for Brain Injury Research and Training (CBIRT) at www.CBIRT.org

For more information, contact Rocky Mountain Orthopaedic Associates at 242-3535, or visit www.rmodocs.com.