

Documentation of Medical Assessment

This form to be provided to a student that demonstrates or reports concussion sign(s) and/or symptom(s).

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. *Prior to returning to school, the parent/guardian must inform the school principal/designate 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. *Refer to the attached page for information on the Home Preparation for RTS and RTPA Plan.*

Comments:

Medical Doctor/Nurse Practitioner providing assessment

Name _____ Phone Number _____

Parent/Guardian signature _____ Date _____

Information for Parent/Guardian regarding Home Preparation for Return to School (RTS) and Return to Physical Activity (RTPA) Plan

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 RTPA Plan (see Table 1: Student at Home which provides an overview of the first part of the plan).

Table 1

Student is at HOME	
Home Preparation for Return to School (RTS) Stages *Each stage must last a minimum of 24 hours*	Home Preparation for Return to Physical Activity (RTPA) Stages *Each stage must last a minimum of 24 hours*
RTS – Initial Rest 24-48 hours of relative cognitive rest	RTPA – Initial Rest 24-48 hours of relative physical rest
RTS – Stage 1 <ul style="list-style-type: none"> • Light cognitive (thinking/memory/knowledge) activities • Gradually increase cognitive activity up to 30 minutes. Take frequent breaks. 	RTPA – Stage 1 <ul style="list-style-type: none"> • Light physical activities that do not provoke symptoms • Movements that can be done with little effort (do not increase breathing and/or heart rate or break a sweat)
Wait a minimum of 24 hours before moving to the next stage	Wait a minimum of 24 hours before moving to the next stage
RTS – Stage 2 Gradually add cognitive activity. When light cognitive activity is tolerated, introduce school work (at home and facilitated by the school)	RTPA – Stage 2a Daily activities that do not provoke symptoms Add additional movements that do not increase breathing and/or heart rate or break a sweat
	RTPA – Stage 2b Light aerobic activity (that is, activities at a pace that cause some increase in breathing/heart rate but not enough to prevent a student from carrying on a conversation comfortably)