



# **School-Based Concussion Management**

**VIRGINIA DEPARTMENT OF EDUCATION**

**TBI SUMMER TRAINING**

**JULY 19, 2017**

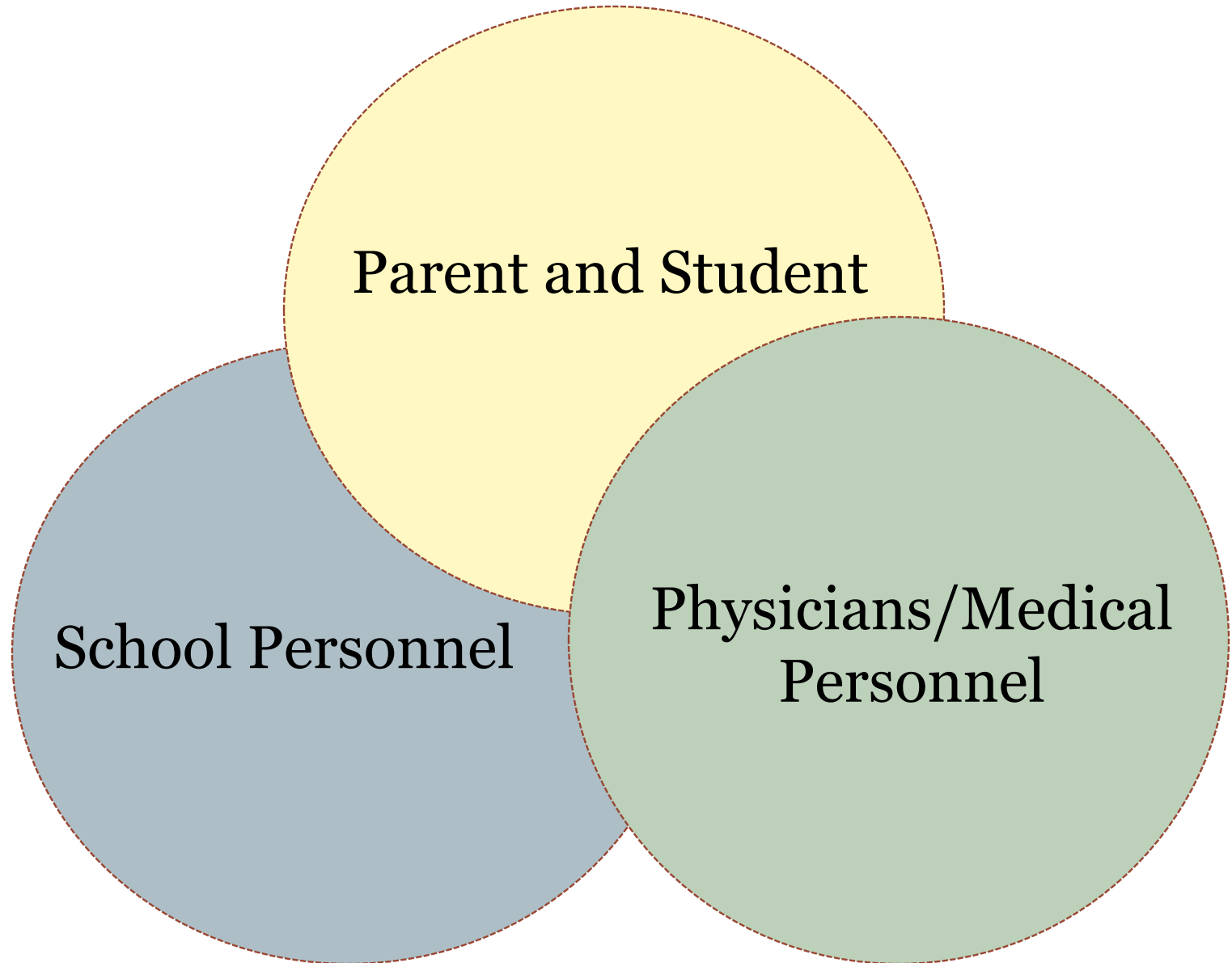
**REBECCA R. HILL-SHIFFLETT**

# The Simple Facts



- Brain injury and concussion can happen to anyone, not just athletes
- Schools are taking a more active role in the “return-to-learn” process for concussed students
- A multi-disciplinary approach for recovery is the most effective

# RCPS Multi-Disciplinary Approach



Parent and Student

School Personnel

Physicians/Medical  
Personnel

# The Beginning 2011-12



- Shenandoah Valley Regional Program provided TBI Training December 6, 2011
- RCPS participants included Nurses, Athletic Trainers, Coaches, Activities Director and Central Office
- Division Goals
  - Expand awareness, education, and training by June 2012
  - Develop comprehensive division plan to pilot by June 2013



Central Office Leadership	Division Task Force	School-Based CMT
<p><b>Participants</b>            Director of Pupil Personnel Services            Director of Secondary Education            Director Physical Ed            RCPS TBI Liaison</p>	<p><b>Participants</b>            School Nurses            Athletic Trainers            PE Teachers            Student Study Chairpersons            Community Health Leaders            RCPS TBI Liaison</p>	<p><b>Participants</b>            Symptom Monitor (Nurse)            Academic Monitor</p> <p>Multidisciplinary team</p> <ul style="list-style-type: none"> <li>•Parents</li> <li>•Teachers</li> <li>•Athletic Trainers</li> <li>•Sentara RMH</li> <li>•Physicians</li> </ul>
<p><b>Responsibilities</b>            Appoint TBI Task Force            Communicate with Principals            Oversee school based protocol</p>	<p><b>Responsibilities</b>            Participate in training June 19, 2012            Increase knowledge base            Develop RCPS Division Goals for TBI            Create a referral form            Plan training and education</p>	<p><b>Responsibilities</b>            Each team member has a specific role in monitoring the individual Return-to-Learn protocol based on student needs</p>

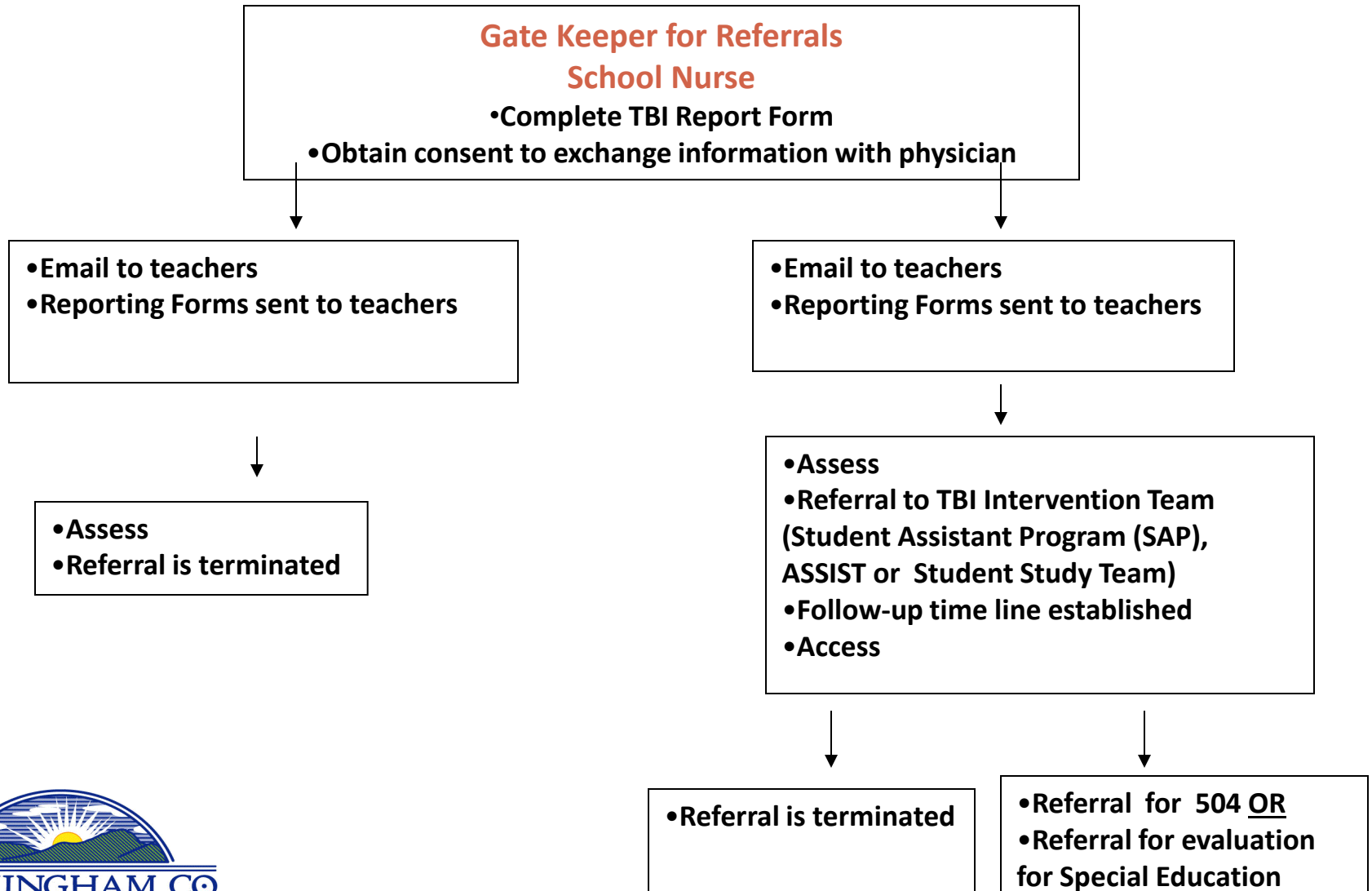
# The Beginning...Division Task Force Training



## AGENDA - June 2012

- 9:00 Welcome and Introductions
- 9:15 - 10:15 Michelle Witt, Director Crossroads to Brain Injury Recovery, Inc.  
Overview - Traumatic Brain Injury
- 10:15 - 11:15 Implementing Accommodations in the School Setting  
Sara Tonizzo, Partnership for People with Disabilities
- 11:15- Noon Begin Brainstorming for RCPS Procedures  
Sara Tonizzo
- Noon-1:00 PM Lunch on your own
- 1:00 - 3:00 Team Work Session  
RCPS TBI Procedures

# Traumatic Brain Injury School-Based Response Process Initial DRAFT



# Goals for Implementation



Need/Goal	Participants	Resources Needed	Projected Time Line	Who
Establish a "Gate Keeper" at each school	School Nurse	Documentation Consent to Exchange Information Reporting Form	Begin Pilot Implementation for 2012-2013 after training	School Nurse
School Based TBI Teams	Administrator Nurse Guidance Counselor Student Study/504/SAP Athletic Trainers	Contact List Training	Begin Pilot Implementation for 2012-2013 after training	School Nurse and TBI Teams
Training	Principals School Nurses Student Study Chairs  Open to All Staff	CO Support	August 9, 2012 August 14, 2012  August 17, 2012  November 6, 2012	CO Staff RN's, Chuck Wenger CO Staff Michelle Witt Sara Tonizzo



# Accomplishments in 2012-13



- TBI/Concussion Link posted on RCPS web site
- Draft flow chart and forms are developed to document and monitor TBI/Concussions
- Nurses Met
  - Discussed process
  - Tweaked forms
  - Added forms for communicating with teachers
  - All forms posted on our web site

**Sentara RMH Orthopedics and  
Sports Medicine  
and  
Rockingham County Public  
Schools**



**S E N T A R A<sup>®</sup>**

RMH Medical Center

# Sentara RMH Partnership



- Dr. Tom Weber began working with RCPS Athletic trainers in April 2011
- This partnership has added estimated \$85,000 to the RCPS athletic program
- **Sentara RMH was awarded a \$25,000 grant in 2012-2013 to support concussion diagnosis and management in RCPS**
- Dr Weber oversees the scope of practice for RCPS athletic trainers and supervising RNs

# Sentara RMH Orthopedics and Sports Medicine



- Helps maintain computerized electronic medical records
- ImPACT neurocognitive baseline testing purchased for all RCPS high schools and training provided to ATCs
- On-Site coverage for home high school football games
- Provides 24/7 physician on-call availability for consult on injured athletes ensured by Dr. Weber for consult with ATCs regarding injuries

# Sentara RMH Orthopedics and Sports Medicine



- Sentara RMH Orthopedics and Sports Medicine serves as a liaison to other RMH departments to facilitate care
- Sports physicals are available
- Continuing education programs for sports medicine
- Conditioning and injury prevention program on-site to athletic teams prone to injury

# Accomplishments in 2013-14



- Expanded partnership with Sentara RHM Orthopedics and Sports Medicine
- Sentara RMH funded training for BrainSTEPS Model - School-Based CMT

# School-Based Concussion Management



- RCPS program modeled after BrainSTEPS
  - Return to learn protocol
  - Athletes and non-athletes are monitored
- Symptom Monitor (School Nurse)
  - Monitors symptoms
- Academic Monitor
  - Monitors adjustments and academic performance
- RCPS Protocol Flow Chart and Forms



# Concussion Management Flow Chart

School Nurse – Gatekeeper for Referrals

Student Comes to School with Symptoms or Physician Orders for Concussion

Head Injury at School

Nurse completes form **CMT-1 Concussion Signs and Symptoms Checklist**

- Nurse calls parent and sends a copy of form **CMT-1** home
- If athlete, notifies Athletic Trainer

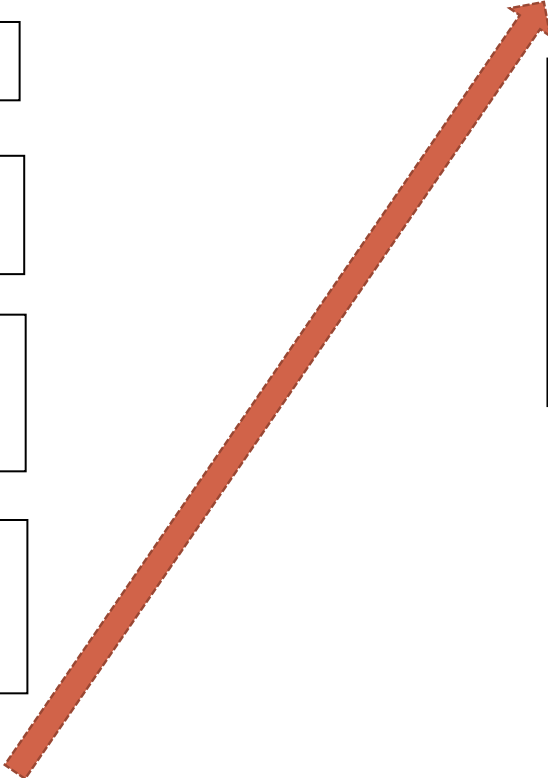
If student returns to school with symptoms or physician orders follow protocol

- Week Three Check - Progress is noted, no symptoms
- Appropriate return to learn and return to play

- Nurse completes **CMT-2 Student Concussion Symptom Monitoring Tool**
- Nurse calls to inform the parent of CMT protocol and recommends student be seen by physician if they have not been seen
- Nurse sends **CMT-3 Teacher Notification of Student Concussion** to teachers and Academic Monitor. If student is an athlete, the Athletic Trainer is also notified.

- Nurse monitors two times per week using **CMT-2**
- Academic Monitor begins monitoring with **CMT-4 Student Concussion Academic Monitoring Tool**
- If student is an athlete, information is sent to the Athletic Trainer
- Parents are notified of progress

- Week Three Check - Symptoms Continue, No Progress
- Contact Parent
- CMT makes referral to Student Study **CMT -5 Recommendations to Address On-Going Symptoms**
- Interventions may include a referral to Dr. Tom Weber





# Implementation Time Line

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December 6, 2011	Shenandoah Valley Regional Program TBI Training
June 19, 2012	Division Task Force TBI Training
August 2012	Dissemination of pilot forms and flow chart
March 21, 2013	TBI Team presents at VDOE TBI Training
July 26, 2013	RCPS CO Staff met with RMH Sports Medicine- Concussion Clinic Staff
August 1, 2013	RCPS TBI Team presents at VDOE TBI Training
September 24, 2014	RCPS Memorandum of Agreement with RHM
October 4, 2013	Division Training on BrainSTEPS model
October 17, 2013	RCPS Supervising RNs met with Dr. Weber
November 14, 2013	RNs met with Dr. Weber, RMH Staff and RCPS Athletic Trainers
December 6, 2013	RNs met to revise flow chart and forms
January 16, 2014	School-Based CMT's met to review flow chart and forms
March 25, 2014	RNs met with Dr Tom Weber



# Full Implementation 2014-15



- All schools continue to implement School-Based CMT model.
- Continued partnership with Sentara RMH for training, education and concussion management
- Feedback and Evaluation of pilot
- 2014-15 Focus
  - Middle School Back to School Night August 2014
  - Informational session for all school nurses August 2014
  - Informational sessions at “Your Day at School”

# Program Continuation and Evaluation 2017-18



- Summer session with Sentara RMH and RCPS leadership team
- August training for Nurses and Academic Monitors
- Quarterly Nurse Supervisors and Dr. Weber

# Suggestions



Identify...

- What staff do you already have in place?
- What structures already exist to support return to learn?
- Who are your “experts”
- What supports exist in your community?
- Use available resources....but make it your own

# Helpful Resources



- Brain Injury Association of Virginia
- Centers for Disease Control
- REAP
- Brain 101- The Concussion Playbook (ORCAS)
- BrainSTEPS
- [www.rockingham.k12/va/us](http://www.rockingham.k12/va/us)

Questions?