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Return To Learn

Being Compliant with Illinois State Law

099-0245

Being Compliant With Illinois State Law 099-0245

- The deadline was fall of 2016
 - If you are not compliant you may be fined
- Every school has had a full school year to adjust to their policies
- This presentation can be used as a comparison of your schools policy

Illinois State Law

- Create a Concussion Oversight Team
 - An ATC and nurse must be on if employed by district
- Develop a Pre-Season (Pre-School Year) Concussion Information Sheet
 - Must be signed by parent
 - Must be approved by IHSA
- Develop a Athlete Release Form
 - Must be signed by parent
- Develop Emergency Action Plans for areas athletes utilize
- Approve a Return To Play protocol

Return To Learn

- Find many different sources
- Find programs from 4 to 8 steps
- Some are based on time
- Most are based on symptoms and accommodating to the symptoms

Return To Learn

Step	Intensity	Cognitive Activity
1	Minimal Activity No School	Rest
2	Begin Accommodated School Days	<ul style="list-style-type: none"> ▪ Allow accommodations for symptoms ▪ 1/2 day of school or to allow to rest in nurses office ▪ All class work done at home at 30 minute intervals
3	Full day of School with Accommodations	<ul style="list-style-type: none"> ▪ Allow accommodations for symptoms ▪ Attend all classes - rest in nurses office is symptomatic ▪ Begin class work, as symptoms permit ▪ Athletes will take the Post Injury - ImPACT Test
4	Students Return to Full Cognitive Activity	<ul style="list-style-type: none"> ▪ Full Day of school ▪ Full class work and resume Physical Education ▪ Athletes will complete the Return To Play protocol
5	Attend School – Full Day	Released from care - Full cognitive and physical activity

Return To Learn

Who determines what step to begin with??

- Medical Doctor
- School Nurse
- Athletic Trainer

- Based on
 - Symptoms
 - Accommodations
 - Sometimes time

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Who determines Accommodations??

Medical Doctor

Healthcare Staff (nurse, athletic trainer)

But, mostly by the student communicating
with the healthcare staff daily

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Return To Learn

Step 2

- ½ day of school
- Allow to rest in nurses office
- Allow for any accommodations
- No classwork
- May attempt homework in 20 minute intervals

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Advances to Step 3 when

- Can complete a full day with minimal symptoms
 - Should try to extend school day daily
- Accommodations are reduced
- Can complete most classes without needing to rest
- Can complete at least an hour of homework

Return To Learn

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Return To Learn

Step 3

- Full day of school
- Allow to rest in nurses office
- Allow for any accommodations
- Begin classwork
- Athletes will take ImPACT Test, if asymptomatic for full day of school

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Advances to Step 4 when

- Is asymptomatic for a full day of school
- No Accommodations
- No need to rest
- Asymptomatic with full homework/classwork
- Completed any tests/quizzes**
- Athletes will have regained their ImPACT baseline score

Return To Learn

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Return To Learn

Step 4

- Full day of school
- Full classwork
- Athletes will begin the Return To Play Protocol
- Return to physical education

Return To Learn

***Advances to Step 5 and
is released from care when***

- Is asymptomatic for a full day of school
- No Accommodations
- Doctors release to full cognitive/physical activity
 - Only for non-athletes, or out of season athletes
 - In season must still follow the Return To Play Protocol

Questions ??

Concussion Oversight Committee

- Develop, review and approve all concussion related information and policies
- Must meet at least once per year
- Should consist of
 - **Athletic Trainer**
 - Must take a minimum of one course in concussion related materials every two years
 - **School Nurse**
 - Must take a minimum of one course in concussion related materials every two years
 - **Administrator**
 - **Other**
 - Can include any person the district deems applicable
 - Doctor, Social Worker, Psychologist, Counselor

Pre-Season Concussion Information Sheet

- Must be Approved by IHSA
- They have a sheet you can use
 - www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20Sports%20Medicine%20Consent%20and%20Acknowledgement.pdf
- All athletes must have this signed and on file by parent
 - D207 will place our information sheet in the student handbook
 - Parents will sign knowledge of receipt on our athletic physicals

Post Concussion Consent Form

- All diagnosed concussed athletes must have parents complete
- Will be given after
 - Completion of RTL
 - Completion of RTP
 - Asymptomatic
 - Have a Medical Doctor note releasing them to full activity
- Must be maintained in athletes treatment file
- IHSA has a form developed for your use
 - <http://www.ihsa.org/documents/forms/current/Post-concussion%20Consent%20Form%20%28RPT-RTL%29.pdf>

Concussion Training

- Staff in need of training once every two years provided by the IHSA
 - Coaches
 - Game Officials
 - Nurses not on the Concussion Oversight Team
 - Staff members that may need to determine athletes status
- An administrator should be appointed to monitor compliance with training
- An administrator should be appointed to maintain concussion training by nurse and athletic trainer who are on the COC

Return To Play

Rehabilitation Stage	Functional Exercise at Each Stage of Rehabilitation	Objective of Each Stage
1. No activity	Complete physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% MPR; no resistance training	Increase HR
3. Sport-specific exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add movement
4. Non-contact training drills	Progression to more complex training drills, eg, passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination, and cognitive load
5. Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Return to play	Normal game play	

Return To Play

- To begin
 - Only when the RTL has been completed or near completion
 - Has resumed ImPACT baseline scores**
 - Only if your school uses ImPACT. If not, permission from treating medical doctor to proceed
 - Has been asymptomatic for greater than 24 hours
 - The above points assists in releasing your school from liability.

Return To Play

- Each step will be assigned a activity
- Athlete should report pre and post of each step
 - For symptom checking
- Each step should begin 24 hours apart
- Documentation should be maintained and placed in treatment file
- If symptomatic – stop activity and rest for 24 hours before resuming
 - Begin at same step
 - You may wish to consult the treating medical doctor
- If symptomatic for two steps or the same step twice discontinue RTP and consult treating doctor

Emergency Action Plan

- IHSA has a form developed
 - http://www.ihsa.org/documents/forms/current/Emergency_Action_Plan_Form.pdf
- Created by the COC and approved by the Superintendent and or School Board
- Must be created for every area utilized by your athletes
 - Practice and games
- If off campus, check with the areas administration they might be completed
- Maine South included weather emergencies
- Has to be posted at/near site
- Every coach who may use area must be given the plan to review
- It will be reviewed annually by the COC

5 Steps

- If all you develop are these five steps, you will be compliant.
- Once established, your COC will review and add details addressing your schools needs.
- Advice: Keep It Simple!!

5 Steps

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 - An ATC and nurse must be on if employed by district
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Changes To the Law

1. A Physician's Assistant (PA) can now serve on a COC.
2. A PA under the supervision of a medical doctor can evaluate a concussion
3. An Advanced Practice Nurse (APN) under the supervision of a medical doctor can evaluate a concussion

Contact Info

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Questions / Scenarios

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