Concussion and the Classroom

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Academics First

Athletics Last

Key Points

- Every student–athlete is unique
  - A. Goals for returning to sport
  - B. Honors vs. “C” student
  - C. Pre-existing academic difficulties
  - D. Age
Key Points
• Parental Pressure
• Anxiousness
• Loss of control

Return to the Classroom
• Why should they return?
  • The BPS model – Bio-Psycho-Social
    • Initially its Social over Academic
      • Social -
        • Need to see friends
        • Engage with others
      • Psychological
        • Can’t go from “cocoon to class”
        • Depression

Return to the Classroom
• When should they go back?
  • It’s not the same for everyone.
    • “One week and then go back”
    • “Go back when you are feeling better”
  • Timing can vary by day of the week
  • Vacation days
  • Time of day - review the class schedule
  • Time of the year
Return to the Classroom

• How should it be accomplished?
  
  • Slow return with the student in control
  
  • ½ day advancing as tolerated
  
  • ½ day school with ½ home study

Return to the Classroom

• Students must be vocal
  
  • Outward appearance vs. true inner symptoms

“I don’t think it’s a concussion … although the smoke has me a little concerned.”
Return to the Classroom

Who needs to be involved?
- Guidance counselors
- School nurse
- Teachers
- Athletic trainers
- Administration

Parents need to do more than send an email

Return to the Classroom

What is needed for a smooth return?
- Planners
- Academic accommodations
Return to the Classroom

• What is needed?
  • 504 plan – developed to ensure that a child who has a disability identified under the law and is attending an elementary or secondary educational institution receives accommodations that will ensure their academic success and access to the learning environment.
  • Gives extra support

Return to the Classroom

• What is needed?
  • Review of class schedule and teachers
  • Classes to attend
  • Tutoring when completing a full day
Return to the Classroom

• Enough is enough

• When are students “milking it” for the accommodations?