

Mount Saint Joseph Academy
Acute Concussion Evaluation (ACE)

Care Plan

Adapted from Gerard Giola, PhD & Molly Collins, PhD
Source: "Heads Up: Brain Injury in Your Practice" CDC

Student Name: _____

DOB: _____ Date: _____

Date of Injury: _____

Student Number: _____

Counselor: _____

This student has been diagnosed with a concussion (also known as a mild brain injury.) The Mount Care plan is based on recommendations from the Center for Disease Control (CDC), and is designed to help with recovery, and a return to full academic and extra-curricular activity. Careful attention to this plan may also prevent further injury.

The student should not participate in any high-risk activity (e.g. sports, physical education, riding a bike, etc.) if she still has any symptoms. It is important to limit activities that require mental concentration (homework, reading), as this can also worsen symptoms. If she no longer has any symptoms and believes that her concentration and thinking are back to normal, she can slowly and carefully return to daily activities. Mount Saint Joseph Academy students will need help from parents, Mount administration, teachers, moderators, coaches, and guidance counselors to help monitor recovery and return to activities.

Returning to School

1. If the student is still having symptoms of concussion, she may need extra help to perform school-related activities.
2. Inform the Dean of Students about the injury and symptoms. The Athletic Director or club moderator will inform the Dean of Students of any injury that occurs at a Mount event. School personnel will be instructed to watch for:
 - a) Increased problems paying attention or concentrating
 - b) Increased problems remembering or learning new information
 - c) Longer time needed to complete tasks or assignments
 - d) Greater irritability, less able to cope with stress
 - e) Worsening of symptoms when doing school work

Returning to Full Academic Load

Until the student has fully recovered, the following supports are recommended. Check all that apply.

- _____ No return to school. Return on (date) _____
- _____ No driving a car onto campus
- _____ Return to school with the following supports. Review on _____ (date)
 - _____ Shortened day. Recommend _____ hours per day until _____ (date)
 - _____ Shortened class periods. (i.e. rest breaks during classes.) Maximum class length: _____ minutes
 - _____ Allow 50% extra time to complete coursework/assignments and tests.
 - _____ Lessen homework load by _____ %. Maximum length of nightly homework: _____ minutes
 - _____ No significant classroom or standardized testing at this time
 - _____ Restrict computer usage to _____ minutes per day
 - _____ Check for return of symptoms when doing activities that require concentration
 - _____ Take rest breaks during the day as needed
 - _____ Attend meeting of the Mount's support team to discuss this plan and needed supports if accommodations are needed after 5 school days.

Returning to Extra-Curriculars & Sports

The student may resume participation in Mount activities upon completion of the following:

- _____ Cleared by a concussion trained medical professional on _____ (date). Please provide documentation.
- _____ Satisfactory results from an ImPact test on _____ (date). Please provide copy of test results administered outside of Mount Saint Joseph Academy.
- _____ Passing 6-step Protocol under the supervision of the Mount's Athletic Director on _____ (date)
- _____ Approval of Dean of Studies that course work is satisfactorily completed. Signature: _____
- _____ Recommendation of the Dean of Students. Signature: _____

A signed doctor's note must accompany this form.

Mount Saint Joseph Academy's Acute Concussion Care Plan is in compliance with Pennsylvania's Safety in Youth Sports Act, which became law on July 1, 2012.

Elizabeth Blessing, Principal

Concussion Trained Medical Professional