



'IOLANI SCHOOL Athletic Concussion Management Program

To comply with the National Federation of State High School Association (NFHS) rule change “*any player who shows signs, symptoms or behaviors associated with a concussion must be removed from the game and shall not return to play until cleared by an appropriate health-care professional*”¹, 'Iolani School's Concussion Management Program (CMP) manages an athlete's return to any athletic participation and/or school activity as safely as possible after incurring a head injury.

The CMP was derived from the National Athletic Trainers' Association (NATA) Position Statement, 2004²; the Consensus Statement on Concussion in Sport, 2008³; and the National Federation of State High School Association (NFHS) Concussion Guidelines, 2009⁴ that were developed by Physicians, Neuropsychologists and Certified Athletic Trainers (ATC) trained in concussion management. To comply with the NFHS rule change and national concussion guidelines, 'Iolani School instituted the following guiding principles.

If an athlete has suffered a head injury, a Home Instructions for Athletes with Head Injuries (HIAHI) form will be issued to the parent or guardian with care instructions. The form will list signs of a concussion the athlete may display, other symptoms that could develop, and recommendations for the athlete as he or she recovers.

If the athlete has been diagnosed with a concussion by a licensed health care provider, an Immediate Post-Concussion Assessment and Cognitive Test (ImPACT) will be administered upon returning to school. ImPACT is a neurocognitive assessment evaluation system that measures symptoms, visual and verbal memory and reaction time. The ImPACT test is not a diagnostic tool but objectively assesses an athlete's neurocognitive condition following a concussion, something an MRI or CT scan cannot assess or analyze.

The 'Iolani ATCs will communicate with the licensed health care provider to determine if the athlete is ready to start the Return to Activity Plan (RAP). This collaborative approach offers as safe as possible return to activity for each concussed student-athlete.

Return to full athletic participation and school activity will be based on the following:

- Written clearance by a licensed health care provider
- Acceptable ImPACT post injury scores
- Successfully completing the RAP

Return to Activity Plan (RAP):

Step 1. Complete cognitive rest. This may include staying home from school or limiting school hours and study for several days which would be determined by a physician or ATC and supported by school administration. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Updated: September 2014

Step 2. Return to school full time.

******The following steps below will be supervised by an 'Iolani School ATC'******

Step 3. Light exercise. This step cannot begin until student is cleared by the licensed health care provider for further activity. At this point, the student may begin walking or riding a stationary bike.

Step 4. Running on a treadmill, in the gym, or on the field.

Step 5. Weight training. Athletes may begin non-contact training drills in full equipment.

Step 6. Full contact training or practice.

Step 7. Return to full school activity and game.

The 'Iolani School ATCs will continually monitor the CMP to ensure the health and safety of the athletes. Please visit these websites for more information.

<http://brain101.orcasinc.com/> or http://www.cdc.gov/concussion/headsup/high_school.html

References:

1. National Federation of State High School Association. New Rule Release March 4, 2010.
2. National Athletic Trainers' Association Position Statement. JAT 2004; 39(3):280-297
3. Consensus Statement on Concussion in Sport. Clin J Sport Med 2009; 19:185-200
4. National Federation of State High School Association Concussion Guidelines, 2009