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 happened 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
<table>
<thead>
<tr>
<th>Central Office Leadership</th>
<th>Division Task Force</th>
<th>School-Based CMT</th>
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</thead>
<tbody>
<tr>
<td><strong>Participants</strong></td>
<td><strong>Participants</strong></td>
<td><strong>Participants</strong></td>
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<tr>
<td>Director of Pupil</td>
<td>School Nurses</td>
<td>Symptom Monitor (Nurse)</td>
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<tr>
<td>Personnel Services</td>
<td>Athletic Trainers</td>
<td>Academic Monitor</td>
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<tr>
<td>Director of Secondary</td>
<td>PE Teachers</td>
<td>Multidisciplinary team</td>
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<tr>
<td>Education</td>
<td>Student Study</td>
<td>• Parents</td>
</tr>
<tr>
<td>Director Physical Ed</td>
<td>Chairpersons</td>
<td>• Teachers</td>
</tr>
<tr>
<td>RCPS TBI Liaison</td>
<td>Community Health</td>
<td>• Athletic Trainers</td>
</tr>
<tr>
<td></td>
<td>Leaders</td>
<td>• Sentara RMH</td>
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<tr>
<td></td>
<td>RCPS TBI Liaison</td>
<td>• Physicians</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Responsibilities</th>
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<tbody>
<tr>
<td>Appoint TBI Task Force</td>
<td>Participate in training</td>
<td>Each team member has a specific role in monitoring the individual</td>
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<tr>
<td>Communicate with</td>
<td>June 19, 2012</td>
<td>Return-to-Learn protocol based on</td>
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<tr>
<td>Principals</td>
<td>Increase knowledge base</td>
<td>student needs</td>
</tr>
<tr>
<td>Oversee school based</td>
<td>Develop RCPS Division</td>
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<tr>
<td>protocol</td>
<td>Goals for TBI</td>
<td></td>
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<tr>
<td></td>
<td>Create a referral form</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Plan training and</td>
<td></td>
</tr>
<tr>
<td></td>
<td>education</td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>Activity</td>
<td></td>
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<td>----------</td>
<td>--------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>9:00</td>
<td>Welcome and Introductions</td>
<td></td>
</tr>
<tr>
<td>9:15 - 10:15</td>
<td>Michelle Witt, Director Crossroads to Brain Injury Recovery, Inc.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Overview - Traumatic Brain Injury</td>
<td></td>
</tr>
<tr>
<td>10:15 - 11:15</td>
<td>Implementing Accommodations in the School Setting</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sara Tonizzo, Partnership for People with Disabilities</td>
<td></td>
</tr>
<tr>
<td>11:15- Noon</td>
<td>Begin Brainstorming for RCPS Procedures</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sara Tonizzo</td>
<td></td>
</tr>
<tr>
<td>Noon-1:00 PM</td>
<td>Lunch on your own</td>
<td></td>
</tr>
<tr>
<td>1:00 - 3:00</td>
<td>Team Work Session</td>
<td></td>
</tr>
<tr>
<td></td>
<td>RCPS TBI Procedures</td>
<td></td>
</tr>
</tbody>
</table>
Gate Keeper for Referrals
School Nurse
- Complete TBI Report Form
- Obtain consent to exchange information with physician

- Email to teachers
- Reporting Forms sent to teachers

- Assess
- Referral is terminated

- Email to teachers
- Reporting Forms sent to teachers

- Assess
- Referral to TBI Intervention Team (Student Assistant Program (SAP), ASSIST or Student Study Team)
- Follow-up time line established
- Access

- Referral is terminated

- Referral for 504 OR
- Referral for evaluation for Special Education
## Goals for Implementation

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

Student Comes to School with Symptoms or Physician Orders for Concussion

- 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

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

Concussion Management Flow Chart

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

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

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