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 happen 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>
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<tr>
<td>Director of Pupil Personnel Services</td>
<td>School Nurses</td>
<td>Symptom Monitor (Nurse)</td>
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<td>Director of Secondary Education</td>
<td>Athletic Trainers</td>
<td>Academic Monitor</td>
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<tr>
<td>Director Physical Ed RCPS TBI Liaison</td>
<td>PE Teachers</td>
<td>Multidisciplinary team</td>
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<tr>
<td></td>
<td>Student Study</td>
<td>• Parents</td>
</tr>
<tr>
<td></td>
<td>Chairpersons</td>
<td>• Teachers</td>
</tr>
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<td></td>
<td>Community Health Leaders</td>
<td>• Athletic Trainers</td>
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<td></td>
<td>RCPS TBI Liaison</td>
<td>• Sentara RMH</td>
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<td></td>
<td></td>
<td>• Physicians</td>
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<table>
<thead>
<tr>
<th><strong>Responsibilities</strong></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 Return-to-Learn protocol based on student needs</td>
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<tr>
<td>Communicate with Principals</td>
<td>June 19, 2012</td>
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<tr>
<td>Oversee school based protocol</td>
<td>Increase knowledge base</td>
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<td>Develop RCPS Division Goals for TBI</td>
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<td>Create a referral form</td>
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<td>Plan training and education</td>
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AGENDA - June 2012

9:00          Welcome and Introductions

9:15 - 10:15  Michelle Witt, Director Crossroads to Brain Injury Recovery, Inc.
              Overview - Traumatic Brain Injury

10:15 - 11:15 Implementing Accommodations in the School Setting
              Sara Tonizzo, Partnership for People with Disabilities

11:15- Noon  Begin Brainstorming for RCPS Procedures
              Sara Tonizzo

Noon-1:00 PM Lunch on your own

1:00 - 3:00  Team Work Session
              RCPS TBI Procedures
**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>
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</thead>
<tbody>
<tr>
<td><strong>Establish a “Gate Keeper’ at each school</strong></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>
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<tr>
<td><strong>School Based TBI Teams</strong></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><strong>Training</strong></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
Concussion Management Flow Chart

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

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