Dear Teachers,

You have a student that is returning to school after sustaining a traumatic brain injury (TBI).

As he/she reintegrates back into school, please be on the watch for lingering signs and symptoms related to the injury. It can take weeks to months to fully recover from a TBI.

The goal is to monitor the student's return back into your class, identify any issues, and come up with accommodations as needed to help the student succeed. Attached is a document to help you recognize potential symptoms following a TBI. Helpful accommodations are also provided. If any of these symptoms are observed (signs can present early on or later on after the injury), please have a discussion with _________________.

Thank you for your cooperation in this matter.

Sincerely,
Headache/nausea
Dizziness/balance problems
Photophobia/blurred vision
Noise sensitivity
Neck pain

Cognitive
Concentration
Remembering
Mentally foggy
Slowed processing
Cumulative fatigue

Emotional
More emotional
Nervous
Sad
Angry
Irritable
Unmotivated

Maintenance
Mentally fatigued
Drowsy
Sleeping too much
Sleeping too little
Can’t initiate/maintain sleep

- “Strategic Rest” — scheduled breaks
- Sunglasses
- Quiet room/environment
- More frequent breaks in classroom/clinic
- Remove from PE, recess, and dance classes without penalty

- Workload reduction in the classroom/homework
- Adjust “due” dates
- Allow student to “audit” classroom
- Exempt/postpone large tests/projects
  - Alternative testing
    - Allow for “buddy notes”
    - Allow for technology
    - Allow for extra time
    - Do not penalize for work not completed during recovery

- Allow student and teacher to have a “signal”
- Help staff understand that mental fatigue can manifest in “emotional meltdowns”
- Allow student to remove him/herself to de-escalate

- Allow rest breaks
- Allow students to start school later in the day
- Allow student to leave school early

Interdisciplinary common language for monitoring and reporting

Colorado Department of Education, Concussion Management Guidelines | 2012
Certain symptoms lend themselves to certain interventions. *The Symptom Wheel* helps educators align concerns with solutions (McAvoy, 2011)

**Symptom Wheel**

Additional Notes by Elaine Pollock, Education Specialist PCMC