

Classroom Strategies for Concussion Recovery

Signs/Symptoms

School Setting Adjustment

Headache

- Frequent breaks
- Reduce exposure to specific aggravators: bright lights/computer work/loud noise levels
- Rest periods if needed in nurse's office or quiet area

Dizziness

- Allow student to put head down
- Give student early dismissal from class to avoid crowded hallways

Visual Problem: Light Sensitivity, Double Vision, Blurry Vision

- Reduce exposure to computers, light boards, videos
- Reduce brightness on screens
- Allow student to wear hat/sunglasses
- Consider use of audio books
- Turn off fluorescent lights
- Seat student closer to center of the classroom (blurry vision)
- Have school nurse cover one eye with a patch (double vision)

Noise Sensitivity

- Allow student to have lunch in a quiet area with one classmate
- Limit/avoid band, choir, shop classes
- Consider use of ear plugs
- Give student early dismissal from class to avoid noisy hallways
- Avoid noisy gyms/sporting events

Difficulty Concentrating or Remembering

- Avoid testing or completion of major projects during recovery
- Allow extra time to complete non-standardized tests
- Postpone standardized testing (504 plan)
- Consider 1 test per day during exams
- Consider use of notes, a note taker, or reader for oral testing

Sleep Disturbance

- Allow for late start or shorter day to catch up on sleep
- Allow rest breaks in quiet area

Taken from: Halstead, M.E., McAvoy, K., Devore, C.D., Carl, R., Lee, M., Logan, K. (2013). Return to learning following a concussion. American Academy of Pediatrics. 132: 5, 948-957.doi:10.1542/peds.2013-2867

Vanderbilt Sports Concussion Center

Call 615-875-8722 for an appointment ▪ VanderbiltSportsConcussion.com