

# SPORTSBRAIN CONCUSSION MANAGEMENT PROGRAM

## SCHOOL NURSE DIRECTIONS

### Program Registration

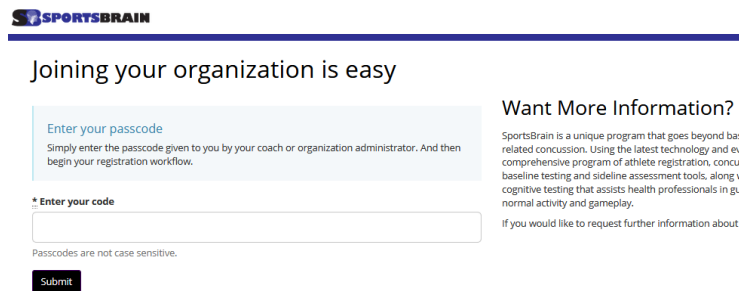
1. Go to [www.SportsBrain.com](http://www.SportsBrain.com). Click “Login” from the top toolbar



2. Click **SIGN UP** in the upper right corner to begin registrations



3. Use your organization’s medical code (not case sensitive)



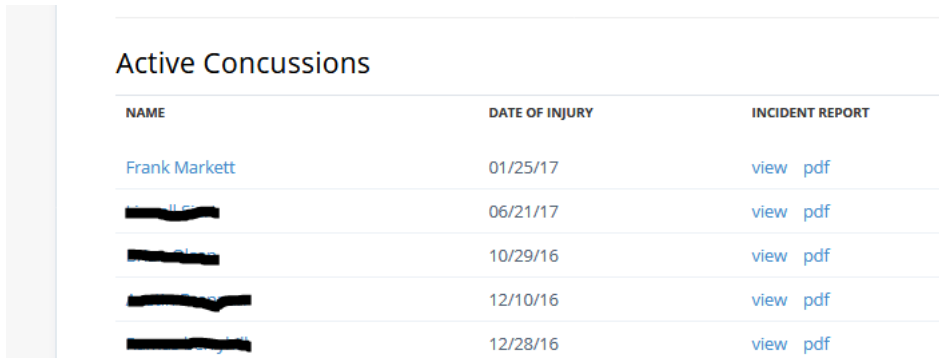
4. Register – you can use any email and any password (remember it because that is how you will access the system)
5. You will now be at your school’s Nurse Dashboard

**NOTE:** You only need to register once. Any other time you access the system you will click **SIGN IN** using your email and password you used when registering.

## Student Care Plans

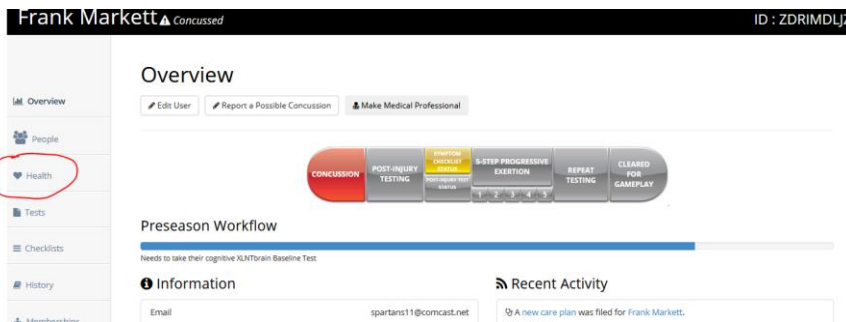
As school nurses, you will receive a concussion incident report via email whenever a concussion incident report is filed by your athletic trainer. On the email, there will be an ID number associated with the student to protect their identity, but once you access the dashboard, you will see the list of active concussions. To formulate the symptom specific return to learn accommodations:

1. On your dashboard, you will see a list of active concussion, click on the athlete you are working with.



NAME	DATE OF INJURY	INCIDENT REPORT
Frank Markett	01/25/17	<a href="#">view</a> <a href="#">pdf</a>
[REDACTED]	06/21/17	<a href="#">view</a> <a href="#">pdf</a>
[REDACTED]	10/29/16	<a href="#">view</a> <a href="#">pdf</a>
[REDACTED]	12/10/16	<a href="#">view</a> <a href="#">pdf</a>
[REDACTED]	12/28/16	<a href="#">view</a> <a href="#">pdf</a>

2. On the left side of the screen, click **HEALTH** – note that the ID in the upper right matches the ID from your original Concussion Incident Report email.



Frank Markett *Concussed* ID : ZDRIMDLJZ

Overview

People

Health

Tests

Checklists

History

Memberships

CONCUSSION POST-INJURY TESTING PRESEASON WORKFLOW 5-STEP PROGRESSIVE EXERCISE REPEAT TESTING CLEARED FOR GAMEPLAY

Preseason Workflow

Needs to take their cognitive XUNtoBrain Baseline Test

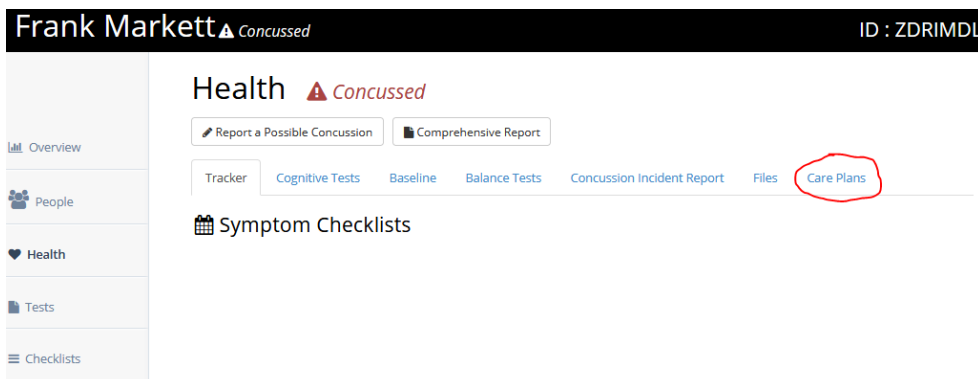
Information

Email spartans11@comcast.net

Recent Activity

A new care plan was filed for Frank Markett.

3. Just above the symptom graph, click the **CARE PLANS** tab on the far right



Frank Markett *Concussed* ID : ZDRIMDLJZ

Health *Concussed*

Report a Possible Concussion Comprehensive Report

Tracker Cognitive Tests Baseline Balance Tests Concussion Incident Report Files **Care Plans**

Symptom Checklists

4. Click the bubble **ADD CARE PLAN**

Frank Markett Concussed Care Plans

+ Add Care Plan

Tracker Cognitive Tests Baseline Balance Tests Concussion Incident Report Files Care Plans

CREATED BY DATE FILLED VIEW DOWNLOAD

5. Click the bubble **PRE-FILL FROM RECENT SYMPTOM CHECKLIST**

New Care Plan Frank Markett

Pre-fill from latest symptom checklist

\* Filed on 2017 August 31 No school until 2017 September 1

Return to school with accommodations

Allow late start of the school day.

Short day(s) of only [ ] hours each day.

Short classes, maximum class length [ ] minutes.

- a. If the student athlete has not completed a recent Symptom Checklist you will need to have them log into their account – the option to complete the checklist will be on their home screen. Completing the Checklist **MUST** be done from their account, it cannot be completed from your nurse’s account.
  - b. After selecting the pre-fill option you will still need to fill in a few of the boxes and you can make any adjustments you need to.
  - c. Click Save
6. This should be done daily with the student until they have attended a full school day without accommodations or symptoms.
7. You can then go back to the “Health” Screen and select the “Care Plans” tab again. From here, the care plan can be printed or viewed. It can also be saved electronically and put into the student’s file. A sample Care Plan is included at the end of these instructions.

Symptoms should be re-assessed daily or as you feel appropriate.

As you know, the return to learn guidelines for a concussed athlete are **MOST IMPORTANT** and can effectively allow for a safe return to the classroom, while active healing occurs in the brain.

Please contact Frank Markett, [frank.markett@sportsbrain.com](mailto:frank.markett@sportsbrain.com) or 630-989-1263, with any questions or concerns regarding this process.

## Sample Care Plan

# Care Plan David Bookstaff

Plan filed on 08/31/17

No school until 09/01/17

### **Return to school with the following accomodations:**

Allow late start of the school day.

Short day(s) of only 2 hours each day.

Short classes with rest breaks during each class, maximum class length 45 minutes.

Allow frequent breaks in the classroom, allow student to put head down if symptoms worsen.

Rests, planned or as needed, in the nurse's office or a quiet area.

Reduce exposure to computers, smart boards and videos.

Allow reduced brightness on screens.

Turn off fluorescent lights as needed.

Seat student closer to the center of classroom activities.

Allow the student to wear a hat or sunglasses in school.

Student may wear earplugs.

Allow student to have lunch in a quiet area with a classmate.

Extended time to compete tests/classwork.

Maximum one test per day during exam periods.

Provide extra time to complete non-standardized tests.

Provide pre-printed notes, notetaker, scribe or reader for oral test taking.

Postpone standardized testing.

80 % reduction of homework load.

No significant classroom testing or standardized testing.

Avoid testing or completion of major projects.

No band, choir or shop classes.

Meet with guidance counselor/academic advisor to create a schedule to make-up missed work.

No PE.

Reduce time spent on the computer, reading, and writing.

Grant early dismissal from each class to avoid crowded hallways.

Allow testing in a quiet, private area.

Daily meetings with school psychologist, school nurse, or guidance counselor.

### **Comments:**

This was a serious concussion, we will be tracking symptoms daily.

### **Follow up:**

**Signed:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_