

# TBI TIDBITS

THE MONTHLY NEWSLETTER FROM LANE REGIONAL TRAUMATIC BRAIN INJURY TEAM

## Concussion in the classroom: Symptoms & Accommodations

NOVEMBER 2011

### CONCUSSION FACTS.....



- A concussion is a mild traumatic brain injury that interferes with normal brain function.
- You do NOT need to lose consciousness to have had a concussion.
- Most concussions resolve within 2 weeks. However, about 15% have symptoms that last for months or years, which can cause significant disability.

### SIGNS AND SYMPTOMS.....

- Feeling fatigue
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty with attention, organization or academics
- Changes in concentration or processing speed
- Changes in mood, behavior, or impulsivity (e.g. irritability, depression)



### CONCUSSION RECOVERY.....

Cognitive-rest helps with recovery after a concussion. This may include staying home, with no distractions like TV, texting, games or homework.

- Oregon's Concussion Management Guide at <http://www.ode.state.or.us/search/page/?id=3038>
- Students should follow plans for return-to-play and return-to-academics.
- In Oregon, students must have a release signed by a medical professional and be symptom-free before returning to normal activities.
- Minimal, temporary accommodations include:
  - Reduced assignment load
  - More time to complete tasks
  - Rest-breaks during the day
- If a student has symptoms that last more than 45 days and impede the student's ability to progress academically or socially, consider referring the student for SPED assessment.

### LEARN MORE.....

[www.ocamp.org/concussion-management/educators/](http://www.ocamp.org/concussion-management/educators/)  
[www.cbirt.org/tbi-education/concussion/](http://www.cbirt.org/tbi-education/concussion/)

### QUESTIONS? CONTACT...

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LEARN MORE ABOUT TBI

[WWW.TBIED.ORG](http://WWW.TBIED.ORG)