

CONCUSSION AND BRAINSTEPS PROGRAM

The BrainSTEPS program is a brain injury school re-entry consulting program that assists schools in understanding the importance of monitoring a student's return to academics following a concussion. This program is voluntary and provides knowledge and strategies for educators, parents/guardians, and students to use in accomplishing this end. This program is approved and recommended by Pennsylvania's Brain Injury Association, Department of Education, and Department of Health.

A concussion is a mild form of traumatic brain injury caused by a bump, blow, or jolt to the head, which can induce an altered state, including physical and cognitive abilities. It may or may not include loss of consciousness. Typically, there is no loss of consciousness. Concussion is a functional rather than a structural disturbance that may need short-term or long-term management. In the hours and days post-concussion, metabolic chemical changes take place within the brain at the cellular level, resulting in physical, cognitive, and/or emotional symptoms. Activities associated with academics can significantly increase symptoms, even when the student has begun to recover. Total cognitive and physical rest is typically recommended for the first several days to weeks. The effects of a concussion may linger for several months to a year or more after the incident.

All students who experience a concussion should be medically evaluated and should follow the treatment recommended by a medical professional with experience in managing concussions.

Haverford Township School District is utilizing the BrainSTEPS program and its voluntary return to school protocol. This protocol involves designating two individuals who will agree to monitor the student and the resulting educational impact on the student after the concussion. These two individuals will serve as the Concussion Management Team (CMT). The CMT is comprised of individuals who can serve as the Academic Monitor and the Symptom Monitor. Together, the CMT will promote information flow between the school team, family, student, and physician.

If your child has suffered a concussion, please consult your child's physician and notify your child's school nurse for further guidance in this matter.