**C-3 Documentation of Medical Assessment**

This form to be provided to a student that demonstrates or reports concussion sign(s) and/or symptom(s). For more information, consult C-2 “Tool to Identify a Suspected Concussion.”

Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The student must be assessed as soon as possible by a medical doctor or nurse practitioner. In Canada, only medical doctors and nurse practitioners are qualified to provide a concussion diagnosis.

*Prior to returning to school, the parent/guardian must inform the school principal/designate of the results of the medical assessment by completing the following*:

**Results of Medical Assessment**

* My child/ward has been assessed and **a concussion has not been diagnosed** and therefore may resume full participation in learning and physical activity without any restrictions.
* My child/ward has been assessed and **a concussion has not been diagnosed but the assessment led to the following diagnosis and recommendations:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* My child/ward has been assessed and **a concussion has been diagnosed** and therefore must begin a medically supervised, individualized and gradual Return to School (RTS) and Return to Physical Activity (RTPA) Plan. Refer to the attached page for information on the Home Preparation for RTS and RTPA Plan.

Comments:  
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**Medical Doctor/Nurse Practitioner providing assessment**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Information for Parent/Guardian regarding C-4 - Home Preparation for Return to School (RTS) and Return to Physical Activity (RTPA) Plan**

Should a student be diagnosed with a concussion, the student will be expected to follow a Return to School (RTS) and Return to Physical Activity (RTPA) Plan. There are two parts to a student’s RTS and RTPA Plan – the first begins at home with the Home Preparation for RTS and RTPA Plan (see

Table 1: Student at Home which provides an overview of the first part of the plan).

|  |  |
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| **Table 1: Student is at HOME** | |
| **Home Preparation for Return to School (RTS) Stages**  \*Each stage must last a minimum of 24 hours\* | **Home Preparation for Return to Physical Activity (RTPA) Stages**  \*Each stage must last a minimum of 24 hours\* |
| **RTS – Initial Rest**   * 24-48 hours of relative cognitive rest | **RTPA – Initial Rest**   * 24-48 hours of relative physical rest |
| **RTS – Stage 1**   * Light cognitive (thinking/memory/knowledge) activities * Gradually increase cognitive activity up to 30 minutes. Take frequent breaks. | **RTPA – Stage 1**   * Light physical activities that do not provoke symptoms * Movements that can be done with little effort (do not increase breathing and/or heart rate or break a sweat) |
| **Wait a minimum of 24 hours before moving to the next stage** | **Wait a minimum of 24 hours before moving to the next stage** |
| **RTS – Stage 2**   * Gradually add cognitive activity. When light cognitive activity is tolerated, introduce school work (at home and facilitated by the school) | **RTPA – Stage 2a**   * Daily activities that do not provoke symptoms * Add additional movements that do not increase breathing and/or heart rate or break a sweat |
|  | **RTPA – Stage 2b**   * Light aerobic activity (that is, activities at a pace that cause some increase in breathing/heart rate but not enough to prevent a student from carrying on a conversation comfortably) |