

## **Rockhurst High School's Concussion Management Plan**

If you suspect that your son has suffered head trauma he could have a concussion. Please take a minute to review the information in this packet. Rockhurst takes the health and wellness of all its community members very seriously. There is a lot of media speculation and information about head trauma, and the science is ever changing. What we do know is that after a trauma incident, the brain needs to rest.

The key intervention for the concussed student is to place him at mental and physical (brain and body) rest. This rest period prohibits any mental or physical activity that loads the brain or body with increased energy demands while the brain is using energy nutrients to heal. A mismatch in energy supply and demand may result in persistent or worsening symptoms/signs or may result in short- or long-term complications.

As soon as possible, we recommend you take your son to one of the providers in the attached packet or meet with our athletic trainer so he can do an evaluation and give you a recommendation.

Your son should have taken an ImPACT Baseline test as both a freshman and a junior. The ImPACT tests are used as diagnostic tools before a concussed incident and at the end of the rehab process to show whether or not the brain has healed. Between those steps there is rest and rehab, which is overseen by both the attending physician and Rockhurst athletic trainer.

The clearance form (attached) is very important for many components at Rockhurst (Dean's office, Counseling, Academics, Athletics...) and thus must be completed thoroughly. As the student progresses through the protocol, the form is to be updated by the attending physician.

If your son must miss school to rest, please make sure to let the Dean's office know that this absence is due to a concussion. As soon as you have met with a physician and they have started the clearance form, please bring a copy in to Michael Dierks upon your son's return to school. This form is what begins any academic accommodations, and, without it, our counselors and teachers cannot be helpful in the recovery.

As the recovery progresses, the form will be updated until we get to the stage where the student is returned to normal activity (hopefully). However, it is important to note, that there is NO TIMELINE as each individual responds differently to head trauma and diagnosed concussions.

The following information is included in this packet:

- Clearance form (this form includes the step-by-step protocol and the academic accommodations)
- List of trained medical physicians in head trauma events
- Contact information of those involved in the concussion protocol at Rockhurst

## Rockhurst's Concussion Management Care Providers

Rockhurst High School will allow for return to play and academic accommodations if the student is under the care of the following medical professionals: MD/DO/Neuropsychologists. These professionals must have expertise in dealing with head trauma and the with reading IMPACT testing results.

**We can also direct you to a medical professional (MD), Dr. Joseph Waeckerle, whom has worked extensively with our student-athletes and trainer and coaching staffs. Please contact our trainer, Mr. Paul McGannon for his contact info.**

For the most up-to-date list, please visit the Impact website ([www.impacttest.com](http://www.impacttest.com)) if you are in search of a care provider with that experience.

We reserve the right to refuse clearance if the medical professional does NOT meet the necessary experience in the field.

Care is not covered by Rockhurst High School and families are responsible for medical expenses, excluding the return to play protocol done with our trainer and coaching staff. Please communicate this with the attending medical professional.

All student-athletes will take the IMPACT test their freshman and junior years. This is their baseline test. They will then be required to take the test again and submit those results to the physician overseeing care for final clearance.

Here is the list as of October 2015 from a 50 mile radius.

### Cradle Thru College Care

2.1 miles  
Richard Charette, MD  
1004 Carondelet Suite 310  
Kansas City, MO 64114  
United States  
PHONE: (816) 942-5437  
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### Kansas City Family Medical Care PASSPORT

2.1 miles  
1004 Carondelet  
Kansas City, MO 64114  
United States  
PHONE: (816) 941-9030  
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### Leawood Family Care, P.a

4.1 miles  
John Horton, MD,  
11301 Ash Street  
Leawood, KS 66211  
United States  
PHONE: (913)338-4515  
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### Midwest Sports Medicine Physicians CIC PASSPORT

4.8 miles  
David Dyck, Jr, DO, FAOASM, CIC  
Lori A Boyajian-O'Neill, DO, FACOFP, FAOAS, CIC  
5701 W 119th St, Ste 325  
Overland Park, KS 66209  
United States  
PHONE: (816) 795-8200  
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### Shawnee Mission Medical Center CIC PASSPORT

5.5 miles  
Greg Coup, MD, CIC  
9100 W 74th Street  
Shawnee Mission, KS 66204  
United States  
PHONE: (913) 789-1940  
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### University of Kansas Hospital Authority CIC PASSPORT

6.5 miles  
Michael Rippee, MD, CIC  
Michael Moncure, M.D.  
Steven Lauer, M.D.  
Randy Goldstein, D.O.  
David Smith, M.D.  
Allison Lowderman, DNP

### University of Kansas Hospital Authority

Kansas City, KS 66160  
United States  
PHONE: (913) 945-8006  
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Children's Mercy Blue Valley CIC  
6.7 miles

Greg Canty, MD, CIC  
Margaret Gibson, MD, CIC  
James Roberson, MD  
Natalie Stork, MD  
6750 W. 135th Street  
Overland Park, KS 66223  
United States  
PHONE: (816) 701-HURT(4878)  
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Overland Park Regional Medical Center CIC  
7.3 miles  
Lori Boyajian-Oneill, MD, CIC  
David Dyck, DO, CIC  
Don Fishman, MD  
10500 Quivira Rd  
Overland Park, KS 66215  
United States  
PHONE: (913) 541-3365  
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Children's Mercy Hospital CIC PASSPORT  
8.2 miles  
Maria Korth, PhD, CIC  
Greg Canty, MD, CIC  
Margaret Gibson, MD  
James Roberson, MD  
Natalie Stork, MD  
2401 Gillham Road  
Kansas City, MO 64108  
United States  
PHONE: (816) 234-3970  
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Purehealth Clinics  
8.7 miles  
Dr. Bryan Burns MD  
11400 W 135th ST  
Overland Park, KS 66221  
United States  
PHONE: (913) 814-8800  
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Olathe Medical Services, Inc. PASSPORT  
11 miles  
James Wetzel, MD  
16500 West Indian Creek  
Olathe, KS 66062  
United States  
PHONE: (913) 393-5323  
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TMC Lakewood CIC  
11.1 miles  
Margaret Gibson, MD, CIC, Assistant Professor  
Jon Schultz, MD  
Assistant Professor  
7900 Lee's Summit Rd  
Kansas City, MO 64139  
United States  
PHONE: (816) 404-9025  
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Sports Medicine Plus  
12.4 miles  
Jennifer Daily, MD,  
2741 NE McBaine Suite B  
Lee's Summit, MO 64064  
United States

PHONE: (816) 994-1000  
[Get Directions](#)

Midwest Sports Medicine Physicians CIC  
14.3 miles  
David Dyck, Jr, DO, FAOASM  
Lori A Boyajian-O'Neill, DO, FACOFP, FAOASM  
19550 E 39th St, Suite 230  
Independence, MO 64057  
United States  
PHONE: (816) 795-8200  
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Drisko, Fee, and Parkins  
14.4 miles  
Leslie Michaud, MD  
19550 E. 39th St. Suite 410  
Independence, MO 64057  
United States  
PHONE: (816) 303 2400  
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Children's Mercy East  
14.6 miles  
Natalie Stork, MD  
20300 East Valley View Parkway  
Independence, MO 64057  
United States  
PHONE: (816) 701-HURT(4878)  
[Get Directions](#)

Mosaic Life Care CIC  
17.1 miles  
Dustin Miller, DO, CIC  
6420 N. Prospect Avenue  
Gladstone, MO 64119  
United States  
PHONE: (816) 298-7916  
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Kansas PA, LLC  
17.2 miles  
27850 Silver Wraith Dr.  
Olathe, KS 66061  
United States  
PHONE:  
[Get Directions](#)

Children's Mercy North  
19.3 miles  
Natalie Stork, MD  
501 NW Barry Road  
Kansas City, MO 64155  
United States  
PHONE: (816) 701-HURT(4878)  
[Get Directions](#)

Mosaic Life Care  
20.3 miles  
Alexander Schoofs, MD

8880 Northeast 82nd Terrace  
Kansas City , MO 64158  
United States  
PHONE: (816) 437-8122  
[Get Directions](#)

Liberty Hospital Sports Medicine PASSPORT  
21.2 miles  
Kyle Schneweis, MD  
398 N Blue Jay Drive  
Liberty, MO 64068  
United States  
PHONE: (816) 407-2315  
[Get Directions](#)

Kansas City Active Sports Medicine PASSPORT  
21.8 miles  
Aaron Rowland MD  
10015 N Ambassador Dr  
Kansas City, MO 64153  
United States  
PHONE: (816) 448-8929  
[Get Directions](#)

The Liberty Clinic CIC  
23.5 miles  
Kyle Schneweis, MD, CIC  
2609 Glenn Hendren Drive  
Liberty, MO 64068  
United States  
PHONE: (816) 781-7730  
[View Details](#) | [Get Directions](#)

Cass Regional Medical Center  
24.1 miles  
Samuel Brewster, MD  
2800 Rock Haven Road  
Harrisonville, MO 64701  
United States  
PHONE: (816) 380-5888  
[Get Directions](#)

Mosaic Life Care  
27.9 miles  
Alexander Schoofs, MD  
2703 Running Horse Road Suite B  
Platte City, MO 64079  
United States  
PHONE: (816) 858-7091  
[Get Directions](#)

Lawrence Memorial Hospital CIC  
35 miles  
Daniel Dickerson, MD, CIC  
325 Maine St.  
325 Maine St. Lawrence, KS 66047  
United States  
PHONE: (785) 505-2712  
[View Details](#) | [Get Directions](#)

Atchison Hospital Sports Medicine  
48.7 miles  
Pam Rizza, MD  
820 Raven Hill Drive  
Atchison, KS 66002  
United States  
PHONE: (913) 367-2131  
[Get Directions](#)

## Rockhurst High School's Concussion Management Contacts

Michael Dierks

Director of Athletics

*Role: Oversees the protocol documentation and handles the Baseline and Post-Injury ImPACT tests*

Phone: 816-363-2036 ext. 567

Email: [mdierks@rockhursths.edu](mailto:mdierks@rockhursths.edu)

Paul McGannon

Rockhurst athletic trainer

*Role: Initial medical professional to recommend if a concussion diagnosis should be sought after by the family. Provides the rehabilitation process on campus. Aids with the communication between physician and school.*

Phone: 913-461-5797

Email: [pmcgannon@rockhursths.edu](mailto:pmcgannon@rockhursths.edu)

Chris Bosco

Assistant Principal for Student Life

*Role: Coordinates with the other counselors and the student's teachers when academic accommodations are necessary.*

Phone: 816-363-2036 ext. 519

Email: [cbosco@rockhursths.edu](mailto:cbosco@rockhursths.edu)

Scott Duschen

Assistant Principal of Academic Affairs

*Role: Determines if certain academic accommodations cannot be provided or no longer offered.*

Phone: 816-363-2036 ext. 546

Email: [sduschen@rockhursths.edu](mailto:sduschen@rockhursths.edu)

Lisa Weis, RN

School Nurse

*Role: Is a resource available for students who suspect that they might have head trauma, can go to during school hours*

Phone: 816-363-2036 Ext. 569

Email: [lweis@rockhursths.edu](mailto:lweis@rockhursths.edu)

Joe Waeckerle, MD

Approved medical professional option for families

*Role: While Dr. Waeckerle is not employed by Rockhurst but he has worked with us both on the sidelines and in the training room for many years and has NFL medical experience in the field of concussions. The expense of his services are at the responsibility of the family.*

Phone: 816-304-8600

Email: [joe@acespc.com](mailto:joe@acespc.com)



# Rockhurst High School's Concussion Management Form & Clearance

Student-Athlete's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date of Injury: \_\_\_\_\_ Date of Evaluation: \_\_\_\_\_

This form is adapted from the MSHSAA Return to Play form based on the Acute Concussion Evaluation (ACE) care plan on the CDC website ([www.cdc.gov/injury](http://www.cdc.gov/injury)). Medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury.

## Current Symptoms/Signs:

<input type="checkbox"/> Confusion	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Emotional
<input type="checkbox"/> Memory Loss	<input type="checkbox"/> Vision Difficulties	<input type="checkbox"/> Anxious/nervous
<input type="checkbox"/> Forgetful	<input type="checkbox"/> Sensitivity to light / noise	<input type="checkbox"/> Irritable
<input type="checkbox"/> Not "feeling right"	<input type="checkbox"/> Thinking difficulties	<input type="checkbox"/> Behavior difficulties
<input type="checkbox"/> Headache	<input type="checkbox"/> Concentrating difficulties	<input type="checkbox"/> Frustration
<input type="checkbox"/> Nausea/vomiting	<input type="checkbox"/> Memorizing difficulties	
<input type="checkbox"/> Balance/coordination diff	<input type="checkbox"/> Foggy	

Initially, the concussed student-athlete may need to stay home from school in a controlled environment with no reading, no homework, no loud music or sounds (no head phones), no bright lights, no TV, no cell phone or other mobile device, and no computers.

## Attendance and Activities Accommodations

*(This form or a copy should be used for each step in the recovery)*

### Attendance

DATE: \_\_\_\_\_ No School Attendance  
DATE: \_\_\_\_\_ Limited School Attendance with Academic Accommodations  
DATE: \_\_\_\_\_ Full School Attendance with Academic Accommodations  
DATE: \_\_\_\_\_ Full School Attendance with NO Academic Accommodations

### Physical Education

DATE: \_\_\_\_\_ No Physical Education Classes  
DATE: \_\_\_\_\_ May Participate in Physical Education Classes

### Sports

DATE: \_\_\_\_\_ No Sport Practice or Competition at This Time  
DATE: \_\_\_\_\_ May be advanced back to competition after phone conversation with attending physician\*  
DATE: \_\_\_\_\_ Must return to physician\* for final clearance to return to competition  
DATE: \_\_\_\_\_ Cleared for full participation in all activities and restrictions

## Return to Class/Return to Play Details

There are no specific schedules for "mental rehabilitation" in the concussed student-athlete. The key intervention is to place him or her at brain and body rest to lessen energy demands. Activities to gradually reintroduce include reading for 15 minutes then to 30 minutes, playing a board game like checkers or chess, playing the memory game, and finally playing video games. These activities should not cause or worsen any symptoms/signs.

Step 1: No activity – complete cognitive rest.  
Step 2: Medical evaluation for academic & athletic accommodations (by a MD/DO or Neuropsychologist with expertise in head trauma\*)  
Step 3: Return to school full-time  
Step 4: Light aerobic exercise – Jogging protocol (done by trainer on site)  
Step 5: Sports specific exercises (done by trainer on site)

Step 6: Non-contact drills (done by trainer on site or coaching staff)  
Step 7: Re-take of the IMPACT test  
Step 8: Follow-up with doctor to get cleared to fully participate and concussion form is signed by doctor  
Step 9: Full contact practice (done by coaching staff) and asymptomatic

## Academic Accommodations

(please check any accommodations required, if any)\*\*

If academic accommodations are necessary, a completed copy of the form **must be turned in by the family** immediately for any possible accommodations to be met. It is not the responsibility of the doctor or trainer.

### Workload reductions

Adjust schedule to focus on core classes.

Prioritize work for student with written instructions.

Reduce make-up work, class work, and homework by \_\_\_\_\_%.

Reduce computer work by \_\_\_\_\_%.

Reduce media-based work.

Reduce reading assignments.

Reduce visual learning (note taking, board reading) demands by providing class notes and audio-based assignments.

Permit a fellow student to provide tutorial help.

Extend assignments and projects.

Assign smaller, more manageable work load.

Avoid selecting student in classroom.

### Testing

Reduce and postpone testing.

Modify testing techniques; offer oral testing, multiple choice, or open book testing.

Extend test times.

Test in controlled environment, quiet, separate room.

### Seating arrangements

Provide classroom seating in a more controlled, less distracting environment

### Breaks/Hydration/Nutrition

Provide rest breaks for 15-30 minutes when symptoms/signs occur.

Provide a quiet rest area.

Offer drinks and snacks as appropriate.

### Quiet environments

Avoid noisy, busy, or chaotic areas such as band, assemblies/pep rallies, hallways between classes, and course work that is noisy.

Follow-up evaluation with revised academic accommodations on: \_\_\_\_\_

### Medical Office Information (Please Print/Stamp – all information is required):

Evaluator's Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

*\*Rockhurst requires a MD/DO/ Neuropsychologist for clearance and reserves the right of refusal if the physician is not properly trained in head trauma events and care.*

*\*\* Rockhurst cannot guarantee that all accommodations can be met. The Assistant Principal of Academic Affairs will work with the counseling department and faculty to the best of the school's ability.*

**This form is to be turned in to the athletic director, Mr. Michael Dierks**