

ACUTE CONCUSSION EVALUATION (ACE) CARE PLAN

Patient Name: _____
DOB: _____ Age: _____
Date: _____ G# _____
Date of Injury: _____

You have been diagnosed with a concussion (also known as a mild traumatic brain injury). This personal plan is based on your symptoms and is designed to help speed your recovery. Your careful attention to it can also prevent further injury.

You should not participate in any high risk activities (e.g., sports, physical education (PE), riding a bike, etc.) if you still have any of the symptoms below. It is important to limit activities that require a lot of thinking or concentration (homework, job-related activities), as this can also make your symptoms worse. If you no longer have any symptoms and believe that your concentration and thinking are back to normal, you can slowly and carefully return to your daily activities. Children and teenagers will need help from their parents, teachers, coaches, or athletic trainers to help monitor their recovery and return to activities.

Today the following symptoms are present (circle or check).				_____ No reported symptoms
Physical		Thinking	Emotional	Sleep
Headaches	Sensitivity to light	Feeling mentally foggy	Irritability	Drowsiness
Nausea	Sensitivity to noise	Problems concentrating	Sadness	Sleeping more than usual
Fatigue	Numbness/Tingling	Problems remembering	Feeling more emotional	Sleeping less than usual
Visual problems	Vomiting	Feeling more slowed down	Nervousness	Trouble falling asleep
Balance Problems	Dizziness			

RED FLAGS: Call your doctor or go to your emergency department if you suddenly experience any of the following			
Headaches that <u>worsen</u>	Look <u>very</u> drowsy, can't be awakened	Can't <u>recognize</u> people or places	Unusual behavior change
Seizures	<u>Repeated</u> vomiting	Increasing confusion	Increasing irritability
Neck pain	Slurred speech	Weakness or numbness in arms or legs	Loss of consciousness

Returning to Daily Activities

1. Get lots of rest. Be sure to get enough sleep at night- no late nights. Keep the same bedtime weekdays and weekends.
2. Take daytime naps or rest breaks when you feel tired or fatigued.
3. **Limit physical activity as well as activities that require a lot of thinking or concentration. These activities can make symptoms worse.**
 - Physical activity includes PE, sports practices, weight-training, running, exercising, heavy lifting, etc.
 - Thinking and concentration activities (e.g., homework, classwork load, job-related activity).
4. Drink lots of fluids and eat carbohydrates or protein to main appropriate blood sugar levels.
5. **As symptoms decrease, you may begin to gradually return to your daily activities. If symptoms worsen or return, lessen your activities, then try again to increase your activities gradually.**
6. During recovery, it is normal to feel frustrated and sad when you do not feel right and you can't be as active as usual.
7. Repeated evaluation of your symptoms is recommended to help guide recovery.

Returning to School

1. If you (or your child) are still having symptoms of concussion you may need extra help to perform school-related activities. As your (or your child's) symptoms decrease during recovery, the extra help or supports can be removed gradually.
2. Inform the teacher(s), school nurse, school psychologist or counselor, and administrator(s) about your (or your child's) injury and symptoms. School personnel should be instructed to watch for:
 - Increased problems paying attention or concentrating
 - Increased problems remembering or learning new information
 - Longer time needed to complete tasks or assignments
 - Greater irritability, less able to cope with stress
 - Symptoms worsen (e.g., headache, tiredness) when doing schoolwork

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Return to Play Steps

YOU MAY NOT RETURN TO PLAY UNTIL MEDICAL CLEARANCE HAS BEEN PROVIDED IN WRITING TO THE ASSISTANT DIRECTOR OF CLUB SPORTS & YOU HAVE RECEIVED A CONFIRMATION EMAIL.

1. Contact **Select Physical Therapy** to schedule a follow-up assessment within 24-72 hours via email APrishack@selectmedical.com

*If you experience any of the **RED FLAGS** listed on the front side of this form, you should seek further medical attention.
2. Successfully complete the "Return to Play Progression" under the supervision and guidance of a Select Physical Therapy Athletic Trainer.
3. Obtain written medical clearance from a certified health care provider stating you are eligible to return to play. This should only be done following the return to play progression. Please use the document provided on the clubsports.gmu.edu website. Completed forms **MUST** be submitted to the Club Sports Office located in room #1112 of the RAC, faxed to (703) 993-2510 or dropped off in the Club Sports mailbox located in the RAC lobby.
4. You may not return to play until you have received a confirmation email from the Club Sports Office stating we have received your paperwork and you are cleared to return to play.

Please contact the Assistant Director, Club Sports if you have any questions or concerns regarding the return to play or classroom process. (o) 7039-993-5819 or gmuclubsports@gmail.com

Please use the George Mason Competitive Sports Return to Play form which can be found online at recreation.gmu.edu/club-sports

Contact Information

Local Medical Facilities

Student Health Services

Sub 1, Suite 2300
Fairfax Campus
(office) 703-993-2831 *ask for the triage nurse after hours

Genesis Healthcare

4315 Chain Bridge RD
Fairfax, VA 22030
(703) 537-0071
*located adjacent to the Fairfax campus at the intersection of 123 and School street.

INOVA Fair Oaks Hospital

3600 Joseph Siewick Dr
Fairfax, VA 22033
(703) 391-3600

Mason Recreation - Competitive Sports

RAC - Room #1112
4400 University Drive, MS 1G6
Fairfax, VA 22030
(office) 703-993-5819
(fax) 703-993-2510
Email: gmuclubsports@gmail.com