WPI Athlete Training Concussion Management Factsheet

You are receiving this sheet because you have been seen in the WPI Athletic Training Room for a head injury, which may or may not have resulted in a concussion.

At this time you should:

- Rest
- Do not take any medications (ibuprofen/Advil, Tylenol, aspirin, etc.)
- Do not drink alcoholic beverages

*Drinking alcohol and taking certain medications can thin your blood.

**Concussion Symptoms:**

- Increased headache
- Difficulty concentrating
- Persistent Nausea or Vomiting
- Dizziness, trouble walking, or staggering gait
- Convulsions or seizures
- Pupils are unequal in size
- Weakness in extremities or trouble moving arms or legs
- Unconsciousness or fainting

- Stiff neck
- Prolonged fever or high fever
- Blurry, double, or otherwise impaired vision
- Ringing in the ears
- Slurred speech or difficulty speaking
- Excessive sleepiness
- Shortness of breath or difficulty breathing
- Any changes in your personality
- Mood swing

*If you or your roommate/friend notice any of the following symptoms increase in severity seek further medical attention at a hospital:*

On Campus- Call Campus Police (508) 831-5555 or extension 5555.
Off Campus- Call 911
Inform Head Athletic Trainer Mike DeSavage of your hospital visit at:
Phone: (508)831-5733
E-mail: mdesav1@wpi.edu

If you are diagnosed with a concussion please contact the Office of Academic Advising and the Office of Disability Services, in case of difficulty in the classroom due to your symptoms.

Office of Academic Advising: (508) 831-5381 or academic-advising@wpi.edu
Office of Disability Services: (508) 831-4908 or disabilityservices@wpi.edu

*Once you are 24 hours symptom free please contact the WPI Athletic Training Staff for clearance to begin the 7 day Return to Play Protocol.*
Follow-up with your professor once you are able to discuss next steps and any make-up work needed.

Ask for attendance flexibility. Above office, they will notify your professors and academic advising if notified from one of the athletic training office.

Connect with student health services or the to notify faculty if you are unable to attend class.

For students who live within a mile radius of campus:

Recreation and transportation to campus:

Accommodations, work, and assistance

Temporary accommodations that can be provided for students include but are not limited to testing, accommodation needs, make an appointment to meet with a staff member to discuss your accommodation needs, expected recovery time.

Office of WPI, provide documentation of the injury and if you are working with a medical provider outside if you need assistance filling out the request form.

Fill out the Temporary Accommodation Request Form.

To request accommodations temporary accommodations.

Additional Information.

Temporary Injuries and Accommodations.
WPI Concussion Management Protocol
Student Athlete Checklist
This checklist is to assist you during your recovery.

☐ Alert your professors of your injury.

☐ Make an appointment with Health Services, or see Team Physician during Athletic Training Doctor’s Clinic Hours (We will help)

☐ Get Healthy!
  - Follow the instructions provided by the team physician.

☐ Return to Classes-
  Once cleared by a physician: Begin attending your classes and making up missed work.
  - Set up accommodations with the Office of Disabilities. They will email you within 24 hours of your injury.
  - Refer to the additional information section of the Temporary Injuries and Accommodations Guide. (Second Page of Packet)
  - Office of Disability Services has walk in hour’s weekdays from 2-3 pm. Location: 124 Daniels Hall

☐ 7 Day Return to Play (RTP) Protocol with Athletic Training
  - You have returned to classes and cleared by the team physician to begin the protocol.
  - Retake the computerized cognitive test prior to beginning the RTP.
  - Check in daily for each step of the protocol.

☐ You will be cleared for Full Participation when:
  - You have returned to classes.
  - You have been cleared by our physician.
  - Completed the Return to Play Protocol.