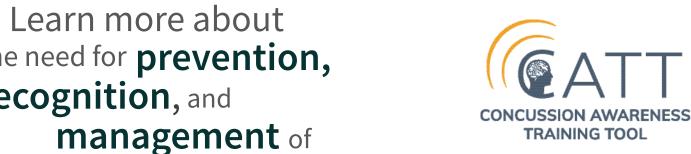
# concussion

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the need for prevention, recognition, and management of





This tool is a guideline for managing an individual's return to work following a concussion and does not replace medical advice. Every concussion is unique, and recovery is very different from a doctor, nurse practitioner, or healthcare professional with relevant training. It is important to get medical clearance before returning to high-risk activities. Return to Work

### Return to work full-time

Return to full days at work without requiring

nurse practitioner, or licensed healthcare from heights) when cleared by a doctor, (e.g., operating heavy equipment, working have safety implications for you or others Note: Only return to job duties that may

professional.

related to the concussion)

Full workload (no accommodations

and increase workload

**BEGIN STEP 4** related accommodations,

## (at work, as tolerated) Work activities

• Medically unnecessary delays in Return to

· Individuals are encouraged to remain at, or Work should be avoided.

work, provided it does not pose risk of repromptly return, to some form of productive

Reading or other cognitive activities.

\*\*\*. worsening) is more than mild and brief.

gradually resumed, as tolerated.

· Use of devices with screens may be

concussion symptom exacerbation

· Take breaks and adapt activities if

• Examples: (worsening) of concussion symptoms.

more than mild and brief\*\* exacerbation and light walking that do not result in

Activities at home such as social interactions

Contact workplace to discuss a tailored

• Avoid driving during the first 24-48 hours

• Minimize screen time for first 24-48 hours

• Maximum of 24-48 hours

Return to Work plan.

after a concussion.

· Light walking

· Preparing meals

Honsework

following concussion.

and relative rest\*

Activities of daily living

STEP 1:

STEP 2:

- STEP 4: STEP 3:

- accommodations (related to the concussion).

- Return to Work completed

- work with accommodations
- Gradually reintroduce work activities, (ff needed)

Part-time or full-time days at

- according to your graduated return to work

- Partial work days with access to breaks • May require accommodations, such as:
- · Extra time for tasks throughout the day
- Gradually reduce accommodations and Access to a quiet, distraction-free work
- "Isi'n" ni tuo besadq ed nas anoitabommossA . concussion-related accommodations are increase workload until full days without
- periods, to ensure that they are no longer
- Gradually reduce accommodations
- If can tolerate full days without concussion
- If able to tolerate work peers/colleagues. activities and connect socially with
- **BEGIN STEP 3** with accommodations,

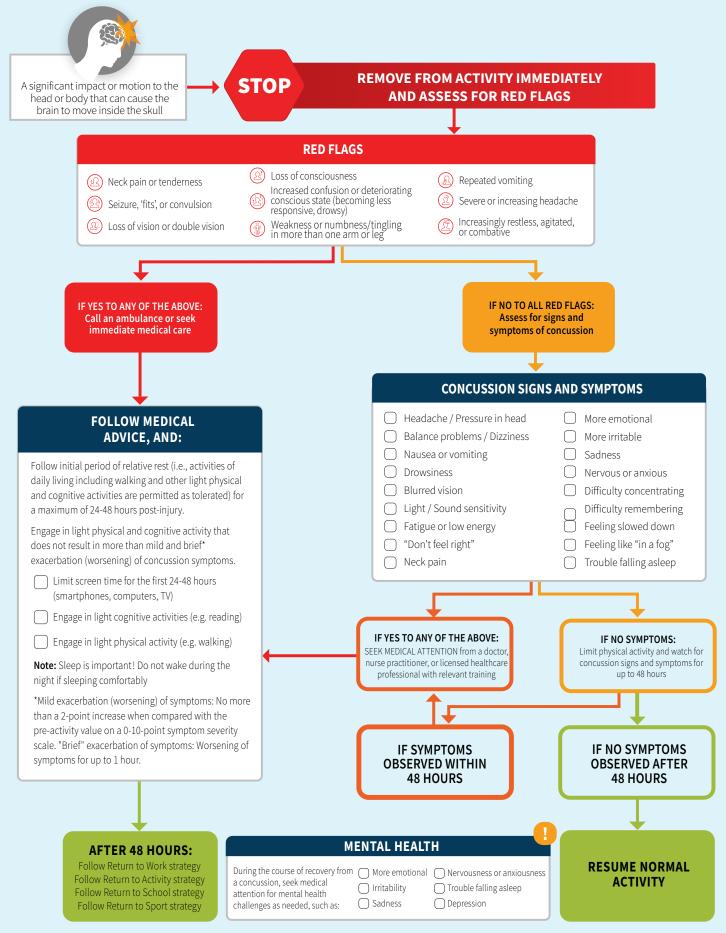
Increase tolerance to work-related

Activities of daily living, as tolerated

after injury, After a maximum of 24-48 hours

Returning to work is an individual process, in some instances workers may return to regular duties, while others may need accommodations or placement in a completely different Job function. Progression through the strategy **BEGIN STEP 2** 

\*Relative rest: activities of daily living including walking and other light physical and cognitive activities are permitted as tolerated.
\*\*Relative rest: activities of daily living including walking and other light physical and cognitive activities are permitted as tolerated.
\*\*\*Mild exacerbation (worsening) of symptoms: No more than a 2-point increase when compared with the pre-activity value on a 0-10-point symptom severity scale.
\*\*\*\*\* Brief\*\*\* exacerbation of symptoms: Worsening of symptoms for consultation with a doctor, nurse practitioner, or healthcare professional, Progression through the strategy may be slowed when there is more than a mild and brief symptom exacerbation. may be slowed when there is more than a mild and brief symptom exacerbation?". Therefore, each program should be individually prescribed and should support the reintegration and rehabilitation of medical clearance should be provided before full Return to Work, as required by workplaces or occupational health and safety organizations of medical clearance should be provided before full Return to Work, as required by workplaces or occupational health and safety organizations. Driving should resume after



For more information on concussions, visit cattonline.com.









