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SC|Rx

To whom it may concern,

PGS staff /First Aid/Physiotherapy team have notified the school that your child has sustained a head injury with symptoms in-keeping with a concussion. As such, your child has now been placed onto the PGS Head Injury pathway. Please read the following information carefully.

****Please complete the following pre-assessment form before coming to the Head Injury clinic appointment****

[Concussion clinic pre-assessment form](#)

Even if your child is still experiencing significant symptoms and not able to attend school, they are able to come for the Head Injury clinic appointment.

Symptoms

Please review the attached concussion leaflet carefully. This explains further information about what concussion is, associated signs and symptoms and when to seek further medical review. Please monitor your child's symptoms closely and follow the advice provided within the leaflet.

[PGS Head Injury Safety Information](#)

Concussion Recognition Tool (CRT-6)

The Concussion recognition tool can be used by non-medically trained individuals for the immediate identification and management of concussion. Sometimes symptoms can develop within 24-48 hours so this may be a useful tool to cross-reference against in the event any further symptoms develop following a head injury.

[Concussion Recognition Tool](#)

What to do in the next 24 hours.

**** Your child will not be able to return to school within 24 hours following suspected head injury****

- Do not leave your child alone for the first 24 hours.
- Encourage initial rest/sleep as needed and limit smartphone/computer and screen use for the first 24-48 hours.
- Monitor your child for worsening signs and symptoms of concussion for at least 24-48 hours.

Providing your child's symptoms are no more than 2/10 (0= no symptoms and 10= the worst symptoms) and are not aggravated for any longer than 1 hour following activity then your child is able to return to school after 24 hours of relative rest.

What happens next?

Your child will now be required to attend a Head Injury clinic appointment,. This is run by a team of Healthcare Professionals from South Coast Rx Physiotherapy who will review your child's symptoms and commence them on the graduated return to Activity (Education/Work) and Sport (GRAS) Programme.

The appointment will take place at the **PGS Medical centre** and will last **approximately 20 minutes**. If you are 18 or over you can attend this clinic on your own. If you are under 18 you will need to attend with either your parent or a chaperone from PGS.

If you child plays for a local Rugby team outside of school, we will also notify them via the Hampshire RFU head Injury reporting tool.

For parents (if attending), please arrive at the PGS main reception 5 minutes prior to your head injury appointment time where you will be escorted to the medical bay by a member of PGS staff.

For Pupils, please attend the medical centre for your appointment.

Chaperone Policy

It is really helpful for the pupil's parent's to attend the first concussion clinic appointment. However, if this is not possible, PGS staff are able to provide a chaperone with parental consent. Please review the following pre-assessment form where you can confirm if you will be able to attend, or provide consent for PGS to provide a chaperone.

Graduated Return to Activity and Sport Programme

Your son/daughter will now be required to complete a graduated return to Activity (Education/Work) and Sport Programme (GRAS). Please review the attached UK Concussion Guidelines for Non-Elite Grassroots Sport which contains detailed information on what a concussion is and how to safely return to sport.

[UK Concussion Guidelines](#)

The GRAS is a programme of rehabilitation that works progressively through increasing levels of exercise intensity over time and is designed to ensure that you return to normal physical activities safely following a head injury.

You can progress through the protocol as long as your symptoms are not "mildly" exacerbated by physical exertion. However, crucially, you must remain symptom free at rest before you can progress back to competitive training and matches.

The England RFU have produced a helpful summary document which outlines the stages in an easy to follow format. These can be accessed by clicking on the following link:

[GRAS Programme](#)

Missed Appointments

*In agreeing that their child attends a Head Injury Clinic provided by South Coast Rx Physiotherapy (SCRXP) at The Portsmouth Grammar School (PGS), parents/guardians should note that such appointments are not chargeable if the appointments are attended. **However, missed appointments will incur a charge of £39.50, which will added to the end of term bill.** This is a necessary condition because missed appointments incur a cost that otherwise would be payable by SCRXP or PGS, and also because missed appointments represent a missed opportunity for another pupil to benefit from that appointment time.*

Though staff at Portsmouth Grammar School may remind pupils if opportunity arises, it remains the responsible of the pupil to ensure that Head Injury clinics are attended at the correct time.

How to contact us

If you have any questions or concerns and would like to contact a member of the SouthCoast Rx Physiotherapy team directly, please email info@SouthCoastRxPhysiotherapy.co.uk and we will get back to you as soon as

possible. As per PGS policy, please also Cc into the email the pupils head of year, tutor, Nursing team and Director of Sport (Nursingteam@pgs.org.uk / S.Copeland@pgs.org.uk)

Many Thanks,

South Coast Rx Physiotherapy