



DATE:

FROM: Steven Scharmann, MD
WSU Team Physician

RE: Academic Concerns Following an Athletic Concussion

Dear Faculty Member:

_____, a WSU student-athlete is currently being treated for a concussion. The treatment for this injury is rest (both physical and mental). It is my request that you please postpone any scheduled assignments, quizzes or tests for at least one week and provide an opportunity to make up this course work.

This student-athlete may need to miss or leave class if post-concussion symptoms worsen. These symptoms can include:

Physical Symptoms

Headache
Dizzy/lightheaded
Lack of energy
Blurry or double vision
Sensitivity to light or noise
Ringing in the ears
Loss of taste and/or smell
Sleep disturbances
Nausea

Cognitive Symptoms

Feeling mentally "foggy"
Easily lost or confused
Poor mental stamina
Easily distracted
Problems doing more than one task at a time
Poor reading comprehension
Poor sense of time
Word-finding problems,
Stuttering or scrambled speech

Emotions/Behavioral Symptoms

Irritability
Extreme moodiness
Emotional or behavioral outbursts
Easily overwhelmed or stressed
Lack of motivation
More impulsive & uninhibited
Withdrawn from social situations
Tearfulness

Generally these symptoms clear up in 1-2 weeks and the student-athlete can resume all academic activities. If you notice any of these symptoms during class, please contact me or any of the following listed below. Please contact Andrea Lauritzen, our Academic Coordinator for Athletics, to follow up on missed course work.

If this student-athlete does not become symptom free in the next several weeks, I may need to recommend that the student-athlete cease academic activity, at which point you will be contacted by the Academic Coordinator for Athletics. Thank you very much for your understanding of these temporary limitations.

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Sincerely,

Steven Scharmann, MD
WSU Team Physician