

Iowa Department of Public Health



Concussion Management and Return-to-Learn/Return-to-Play

Traumatic brain injury (TBI) significantly affects the lives of thousands of Iowans.



More than **95,000** Iowans live with a long-term disability as a result of TBI.



Approximately **27,500** TBI-related emergency department visits, hospitalizations and deaths occurred each year in Iowa from 2011 to 2016.



Approximately **11,856** Iowa youth report having a concussion from playing a sport or physical activity in past 12 months in 2018.

Iowa wants to make sure that all Iowans who sustain a TBI have the services and supports they need. This includes those who seek care outside of a hospital or do not seek care at all. Iowa is working to maximize the well-being of people who sustain a brain injury by ensuring that schools, sports leagues and other stakeholders have proper concussion procedure.

Concussion Management Training and Awareness

The Brain Injury Alliance of Iowa, along with the Iowa Departments of Education and Public Health, endorsed REAP (Reduce, Educate, Accommodate, Pace) as the best-practice concussion management program to use in Iowa. The REAP program involves a multi-disciplinary team approach that brings together health professionals, school staff and family members to provide post-concussion support for students.



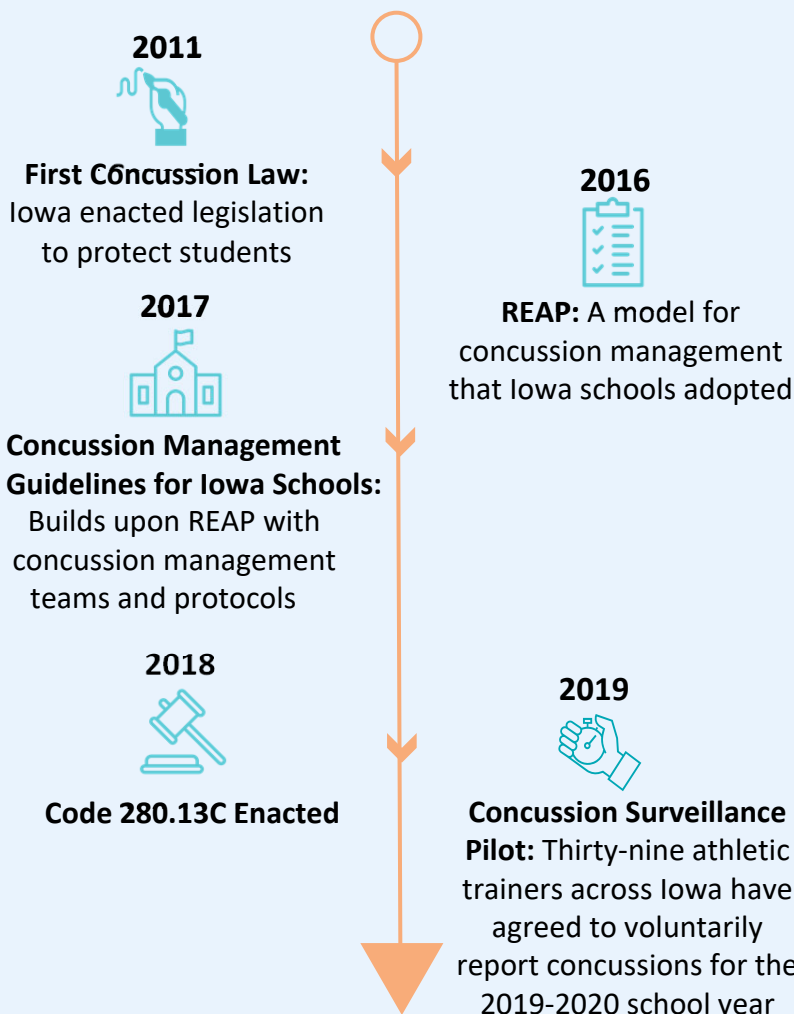
Delivered **7** concussion management trainings to **271** individuals

The Iowa Concussion Consortium (ICC) is a group of 30 Iowa organizations working together to improve concussion management in Iowa. The ICC established a speakers bureau which created standardized concussion management trainings based on evidence-based practices, including the Centers for Disease Control and Prevention's HEADS UP, the REAP concussion management manual, and the Concussion Management Guidelines for Iowa Schools. The organizations that make up the ICC are collaborating to make sure that Iowa provides the post-concussion supports students need to safely recover from a TBI.

Return-to-Learn & Return-to-Play

Iowa schools and policy makers are becoming more aware of concussions and the importance of return-to-learn for students. Iowa enacted Iowa Code Section 280.13C Concussion and Brain Injury Policies in April 2018, requiring Iowa schools to adopt return-to-learn and return-to-play protocols for youth sports concussions. Iowa's law serves as an example for other states looking to pass similar legislation to make return-to-learn and return-to-play an integral part of their state education system. Passing a return-to-learn and return-to-play law ensures that protocols will be sustainable beyond the TBI State Partnership Program grant cycle so that students can access the services and supports they need to live well post-concussion.

Iowa's Return-to-Learn and Return-to-Play Milestones



The Road to Resources

There are many resources for people who have sustained a TBI, their families and caregivers. To find out more about nationwide programs and resources, visit www.acl.gov. The table below highlights Iowa's state assets and resources for survivors, families and caregivers.



Resources for TBI Community and State Assets



Vocational Rehabilitation Services

Contact to learn more about obtaining and retaining employment

[Visit the Iowa's Vocational Rehabilitation Services website](#)



Iowa Home and Community Based Services Waiver Program

Contact to find out about eligibility requirements for financial assistance and services

[Visit the Iowa Medicaid waiver website](#)



Advisory Council on Brain Injuries

Contact to learn about advocacy opportunities for TBI stakeholders

[Visit the website of the Iowa Advisory Council on Brain Injuries](#)



Brain Injury Alliance of Iowa

Contact to find out about how to reduce the impact of TBI through education and prevention.

The Brain Injury Alliance also provides resource facilitation, a fee-free service to help people with brain injury and their families, caregivers and community navigate medical and general life challenges after a concussion or other brain injury

[Visit the Iowa Brain Injury Alliance website](#)

Iowa Brain Injury Registry

Database of TBI survivors used to track TBI incidence and perform outreach

[Visit the Iowa Brain Injury Registry website](#)



This is only a state asset and not a public resource

Please contact the Iowa Department of Public Health at **(515) 281-8465** or brain.injury@idph.iowa.gov for more information. You can also [visit the Brain Injury Services Program webpage](#).