Child recovering from concussion: discharge

Assume that today's date is 6 November 2026. Thad Nikolaus is being discharged from the paediatric follow-up service today. This is original independent practice material; the patient details, findings and individual treating-clinician plan are fictional. You are a registered nurse in the paediatric follow-up service. Using the case notes, write a discharge letter to Ms Elenor Mraz, School Nurse, requesting support for Thad Nikolaus's staged return to school, symptom monitoring and continued activity restrictions. Address the letter to Ms Elenor Mraz, School Nurse, School Health Office, 18 School Road, BS7 8QP, United Kingdom. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

	I	C	O
Patient details			
1. Name: Thad Nikolaus	☐	☐	☐
2. DOB: 12/03/2014 (12 yrs); secondary-school pupil	☐	☐	☐
3. School nurse: Ms Elenor Mraz; mother consents to school handover	☐	☐	☐
4. Paediatric follow-up service discharge: 06/11/26	☐	☐	☐
Social background			
5. Lives with mother; she can collect him if symptoms recur	☐	☐	☐
6. School football player; hopes to play in next week's match	☐	☐	☐
7. Enjoys collecting football stickers	☐	☐	☐
8. Mother complained that reception staff were unhelpful	☐	☐	☐
9. Mother disclosed an unrelated dispute with her sister	☐	☐	☐
Medical history			
10. Appendicectomy aged 8; fully recovered	☐	☐	☐
11. No previous concussion; no regular medication	☐	☐	☐
Initial assessment			
12. 01/11: head collision during football; immediately removed from play	☐	☐	☐
13. Emergency assessment: concussion diagnosed; no loss of consciousness or vomiting	☐	☐	☐
14. Discharged home with mother after assessment; written head-injury advice provided	☐	☐	☐
15. Mother supervised first 24 hrs; no further injury	☐	☐	☐
Progress			
16. 02–03/11: headache, fatigue; stayed home from school	☐	☐	☐
17. 04–05/11: headaches ↓; tolerated brief reading and gentle walks	☐	☐	☐
Progress			
18. 06/11: headache-free since yesterday; prolonged reading still causes fatigue	☐	☐	☐
19. Alert; speech, gait and neurological examination normal today	☐	☐	☐
20. Eating and sleeping normally; mother reports behaviour unchanged	☐	☐	☐
21. No analgesia needed today	☐	☐	☐
Individual treating-clinician plan			
22. Clinician's individual school-return plan below; explained to mother and Thad	☐	☐	☐
23. 09/11: morning attendance if feeling well → increase towards full days only when each stage tolerated without symptoms	☐	☐	☐
24. Initially reduced workload, quiet rest breaks; defer timed tests	☐	☐	☐
25. School nurse: check symptoms on arrival/during lessons; recurrence → stop task, rest, contact mother; persistent symptoms → same-day GP advice	☐	☐	☐
26. Record attendance, symptoms and tolerated activities for GP	☐	☐	☐
27. No PE/rough play now; no contact sport before 22/11 or without medical clearance following graded return	☐	☐	☐
28. GP review booked 13/11: assess symptoms, school progress and further activity progression	☐	☐	☐
Safety advice and school arrangements			
29. New vomiting → urgent NHS 111 advice	☐	☐	☐
30. Seizure, difficulty staying awake, new weakness, speech/balance difficulties → call 999	☐	☐	☐
31. Mother understands school return does not mean clearance for sport	☐	☐	☐
32. School nurse to coordinate agreed adjustments with teaching staff	☐	☐	☐