

Treatment

- The most important treatment of head injury is for a responsible person to stay with the patient and watch carefully for the appearance of possibly serious symptoms.
- After examination by a doctor, the injured patient will be sent home with you. You are responsible for watching the patient and reporting to the doctor if any of the following symptoms appear:
 - A) inability to awake or arouse the patient
 - B) vomiting
 - C) convulsions
 - D) marked restlessness
 - E) Inability to move arms and legs equally well on both sides
 - F) Temperature above 100F, with or without a stiff neck
 - G) Severe headache that does not go away 2 hours after injury
- Waken the injured patient every 2 hours for the first 24 hours. This includes every hour throughout the night.
- For mild headaches, give the patient 1 Tylenol tablet every 4 hours.
- DO NOT let the patient take any other medications unless they are prescribed by the doctor.
- Place an ice pack directly over the injured area and keep it there for 1 or 2 hours, or as long as it can be tolerated. Remove it occasionally during this time.
- The patient should eat lightly for a day or two and should not have any sedatives or alcoholic drinks.

CU Healthy

HCS wants to CU Healthy! The Health Promotion program at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- CU Healthy Committee of Volunteers
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

CU Healthy promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

Head Injury



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Main causes

A serious injury is most likely to happen to someone who is in a car accident and isn't wearing a seatbelt. Other major causes of head injuries include bicycle accidents, in-line skating (rollerblading) accidents, falls from windows, falls from shopping carts, walkers, falls around the house (especially among toddlers and the elderly), and sports injuries.

Are they serious?

They can be. Bleeding, tearing of tissues and brain swelling can occur when the brain moves inside the skull at the time of an impact. But most people recover from head injuries and have no lasting effects.

How to prevent

The most important way to prevent head injuries is by always wearing a helmet during activities that make head injuries more likely. This includes rollerblading, bike riding, horse back riding, contact sports and heavy construction work.

Types of head injuries

- **Concussion:** a jarring injury in the brain. A person does not have to pass out to have a concussion as is commonly thought. They may feel dazed or confused. Concussions can be serious and may require a child to be temporarily removed from a sport if it happens repeatedly or is of a sufficient grade to warrant close monitoring.
- **Brain contusion:** a bruise of the brain. This means there is some bleeding in the brain, causing swelling. A contusion is a more serious injury than a concussion.
- **Skull fracture:** when the skull cracks. A skull fracture is often a more serious injury. Skull fractures are more common in adults than in young children because skulls of young children are softer and "give" more without breaking.
- **Hematoma:** when a head injury causes bleeding in the brain and the blood collects and clots. Sometimes a hematoma may not be apparent for a day or even as long as several weeks after the head injury.

How can my doctor tell how bad the damage is?

Your doctor will want to know how the injury occurred, about past medical problems, and about vomiting, seizures (fits) or problems breathing after the injury. The real extent of the injury can be determined only after careful examination and observation of the patient over a period of time. Sometimes, special x-rays of the brain may be needed to find out more about the damage.

What happens after the injury?

It's common to have a mild headache, and feel dizzy and nauseous right after a head injury. Other symptoms include ringing in the ears, neck pain, and feeling anxious, upset, irritable, depressed or tired. The person who has had a head injury may also have problems concentrating, remembering things, putting thoughts together or doing more than one thing at a time. These symptoms usually go away in less than a few weeks, but may go on for over a year if the injury was severe.