



Head Injury 頭部外傷(英文)

What is head injury ?

Head injury occurs when patients suffer from head and brain tissue injuries of violent forces, car accidents, or falling conditions.

Common symptoms

1. Headache
2. Sleepiness
3. Transient memory loss
4. Apathy
5. Disorientation of time and places
6. Nausea, vomiting, and dizziness
7. Inability to move and restlessness
8. Fixed and dilated pupil
9. Coma and even death

Treatment and Nursing

1. Keep airway patent to prevent choking and aspiration pneumonia.
2. Observe changes of coma condition: check on the patients every 15 minutes for the initial phases and then once every 1-4 hours.
3. Have patients take anticonvulsants to prevent seizure.
4. Maintain balance between electrolyte and body fluid.

5. Patients with complications like increased intracranial pressure, doctors would prescribe medications to reduce it.

Pay attention to :

*During hospitalization

(1) No food is allowed at the first day of the head injury; patients would be given some soup, milk, or juice on the 2nd day; no food intake if vomiting occurs.

(2) When patients rest in bed, have them sleep with their head slightly lifted to 30 degree; avoid exertions like coughing and defecation.

(3) Inform our medical staff immediately if there is any transparent liquid and bloody discharg from nose or ears; also do not sneeze or pick any external acoustic meatus.

(4) Local ice packing for injured scalp.

Please return to emergence room if any of following situations occur :

(1) Severe headache

(2) Severe neck stiffness and pain

(3) Continuous vomiting

(4) Dyspnea

(5) Sleepiness or unconsciousness

(6) Numbness, weakness, and convulsion of the four limbs, weakness, convulsion.

(7) Clear to pink otorrhea or rhinorrhea

(8) Seizure

(9) Unknown causes of fever

*Self-care at home

(1) Bed rest

(2) Maintain dryness and cleanness of the wound; avoid direct exposure of sunlight

(3) Take medication on time

(4) Outpatient Department follow up on time.

Conclusions

1. There is no brain saving drug available now but diuretic drugs for lowering intracranial pressure.
2. The symptoms of headache and dizziness may last for days to weeks; do not panic and just follow the instructions given by the doctors and have plenty of rest.
3. If there is no apparent change of a patient's conscious status, no CT scan is required and it is mostly preserved for surgical decision making and outcome prediction. Such a examination is arranged by the doctors according to patients' conditions.

若有任何疑問，請不吝與我們聯絡
電話：(04) 22052121 分機 3207