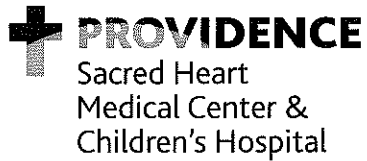


Resources:

Providence Sacred Heart Medical Center
Trauma Coordinator..... (509) 474-3343

St. Luke's Rehabilitation Institute
Case Management Services.....(509) 473-6058

University Hearing & Speech Clinic.....(509) 358-7580
(Sliding fee scale available)



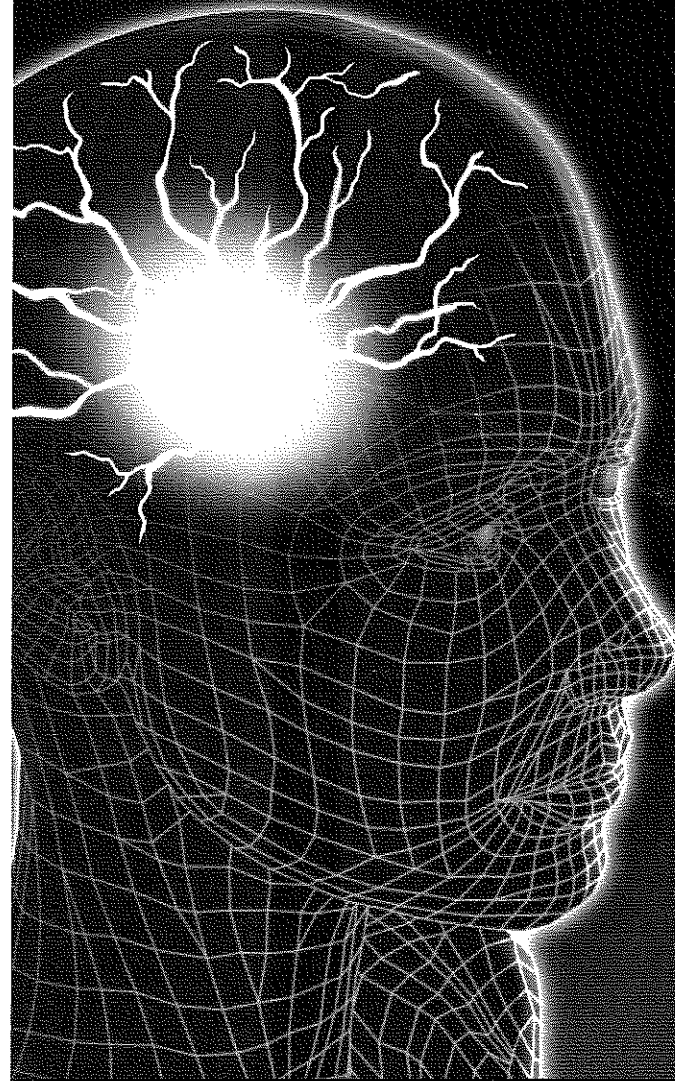
101 West Eighth Avenue
Spokane, WA 99204

To order additional copies, call:

Providence Sacred Heart Medical Center.....(509) 474-3343

Minor Head Injury:

A guide for patients and their families



You have had an injury that may include a minor traumatic brain injury. Someone should be with you to check your condition every few hours for the first 24 hours after injury. It is okay to sleep, but someone should wake you a couple times during the night to ask you who and where you are and to be sure you are able to move normally. Over the next few days, you may be tired and need more rest. This is normal.

During the next 24–72 hours, if you have the following symptoms, call your primary care physician or the Emergency Department where you were recently seen:

- Severe headaches not helped by pain medicine
- Blurred vision or double vision
- Vomiting more than 2-3 times in a 24-hour period
- Difficulty speaking
- Increasing weakness, loss of balance or trouble with movement or coordination of arms or legs
- A clear or bloody drainage from the nose or ears

Family members: Monitor the patient for the following:

- Unsure of who or where he/she is
- Increased restlessness
- Personality changes
- More difficult to awaken than usual
- Blackouts or convulsions (twitching of face, arms or legs)
- (Babies and children) Extreme fussiness and crying that doesn't stop

Continue to watch for these symptoms over the next two weeks. If you observe any of them or have any questions or concerns about your head injury, call your primary care physician.

Sometimes symptoms do not occur for several weeks following the injury. Family, friends or co-workers may see changes that you do not. Listen to what they have to say.

Over the next six months, watch for the following symptoms and call your primary care physician if you experience any of them:

- Memory problems such as difficulty remembering phone numbers, where you are going or where you have been, details such as remembering to turn off the stove
- Difficulty finding familiar locations; getting lost
- Difficulty finding the word you want to say; difficulty expressing yourself
- Headache
- Decreased concentration
- Difficulty telling left from right
- Overall changes in behavior:
 - Laughing or crying when you do not want to
 - Anxiety/irritability
 - Loss of interest in previous activities
 - Greater need for individual attention
- Changes in sleep pattern
- Difficulty in school or on the job:
 - Decreased performance and/or difficulty following directions
 - Tiring quickly
 - Difficulty concentrating
 - Irritability/frustration with usual tasks
 - Difficulty functioning in a noisy place