

# Guidance for patients with concussion

You have a concussion – or you are a relative to a person with a concussion. In this leaflet we will inform you about how to react in this situation.

## SYMPTOMS AND TREATMENT

The symptoms of a concussion are a short period of:

- unconsciousness
- loss of memory
- dizziness
- nausea and vomiting.

When a person has had a concussion, it is important that the person is not left alone. If there are heavy symptoms the person will be admitted for observation. If there are light symptoms, family and friends can observe the person at home.

The treatment is peace and quiet until headache, nausea and dizziness have disappeared. Perhaps the person needs to rest in bed.

The person should not take any painkillers during the first 24 hours, as this will blur the symptoms, if any. After this you can contact the person's general practitioner about painkillers.

## OBSERVATION

There are different degrees of a concussion. In a few cases complications may occur, and you must be aware of these. They are primarily seen as a reduction in consciousness. It is important:

- to wake the person every 2<sup>nd</sup> – 3<sup>rd</sup> hour during the first 24 hours
- to avoid alcoholic drinks within the first week
- to avoid glaring sunlight within the first week
- to avoid reading or watching television for more than one hour at a time within the first week. This

may cause headache and a low concentration ability in the long term.

It is **normal** that a person with concussion:

- has an increased need for sleep (but must be easily awakened)
- vomits a few times.

It is **abnormal** that a person with concussion:

- gives wrong answers (talk nonsense) or cannot be talked with
- has visual disturbance
- has a severe headache
- cannot be awakened
- has cramps
- vomits severely.

**Contact the Casualty Ward (Lægevagten) if the person has one or more of these symptoms during the first 24 hours or if you are the least bit in doubt.** After the first 24 hours you can contact a general practitioner or the emergency treatment service.

## BABIES AND CHILDREN

It is okay for the child to sleep, if you make sure that it is a natural sleep. You must control the child's condition by wakening it every 2<sup>nd</sup> – 3<sup>rd</sup> hour. This means, that the child must react as usual, when you touch it in its sleep. If you have any doubts, you can contact the Casualty Ward (Lægevagten) within the first 24 hours. After the first 24 hours you can contact a general practitioner or the emergency treatment service.

Also, if the child cannot be comforted, you must contact a doctor as small children are not able to tell you about possible severe headache, nausea etc.



## CONTACT INFORMATION

If you have any questions, you can contact us.



### Contact

**Skadeklinikken, Farsø**

Phone 97 65 33 15

Every day 8 am – 3.30 pm

**Sengeafsnit O4**

Phone 97 65 30 50

Open 24 hours