

Bump Card

Innocuous, minor or unreported bangs to the head can occasionally lead to further problems so it is reasonable for the sports first aider and potential casualties to be aware of signs and symptoms to look out for:

- ♥ unconsciousness, or lack of full consciousness (for example, problems keeping eyes open)
- ♥ any confusion (not knowing where you are, getting things muddled up)
- ♥ any drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be wide awake
- ♥ any problems understanding or speaking
- ♥ any loss of balance or problems walking
- ♥ any weakness in one or both arms or legs
- ♥ any problems with your eyesight
- ♥ very painful headache that won't go away
- ♥ any vomiting – getting sick
- ♥ any fits (collapsing or passing out suddenly)
- ♥ clear fluid coming out of your ear or nose
- ♥ bleeding from one or both ears
- ♥ new deafness in one or both ears.

Less serious signs that might also be as a result of a brain injury include a mild headache, feeling sick (without vomiting), dizziness, irritability or bad temper, problems concentrating or problems with your memory, tiredness, lack of appetite or problems sleeping.

If you feel very concerned about any of these symptoms, you should go and see your own doctor to talk about them. If these problems do not go away after 2 weeks, you should go and see your doctor. We would also recommend that you seek a doctor's opinion about your ability to drive a car or motorbike.

Source CG56 NICE. Suggested discharge advice for a person over the age of 12 years who has sustained a head injury.
<http://www.nice.org.uk/guidance> 26 September 2007.