

Head, Neck, and Spine Injury

Head Injuries

Head injuries can accompany any traumatic event.

Signs And Symptoms Of A Head Injury:

- Confusion
- Headache
- Nausea and vomiting
- Memory loss
- Loss of balance and coordination
- Seizure
- Loss of consciousness

Treatment:

- If the person demonstrates any of the above, send him to the ER and minimize head and neck movement with a collar neck.
- Take vital signs.
- Be prepared to start CPR if the person becomes unconscious.

NB: When a student sustains a head injury, the IC infirmary will contact parents to monitor him or her for 24 hours. If any of the symptoms mentioned above become apparent during this monitoring period, the parent should promptly take the student to the Emergency Room.

Spine Injuries

Spine injuries can occur from a fall, car accident, sporting event, or other physical activity.

Signs And Symptoms:

- Extreme back pain or pressure in your neck, head, or back
- Weakness, incoordination, or paralysis in any part of your body
- Numbness, tingling, or loss of sensation in your hands, fingers, feet, or toes
- Loss of bladder or bowel control
- Difficulty with balance and walking
- Impaired breathing after injury

Treatment:

- If the person has any of the above, you must not move him or her.

- Call for help.
- Put the collar neck to stabilize the neck.
- Use the Najo back board with the fastrap restraints and the head immobilizer.
- Send the patient to the ER.