

Return to the ER if any of the following symptoms get worse:

- ◆ Black-outs/fainting/difficulty waking up
- ◆ Consistent severe unrelieved headache
- ◆ Vomiting more than twice
- ◆ Increasing confusion - cannot remember events or recognize familiar people or places
- ◆ Behavior changes – acting strange or saying things that do not make sense
- ◆ Blurred vision
- ◆ Slurred speech
- ◆ Balance problems; unsteady on your feet
- ◆ Increasing clumsiness; weakness in arms/legs; inability to move parts of your body
- ◆ Continuous drainage from the ear or nose
- ◆ Seizure activity

Recovery

You should start to feel better within a few days but may take up to about 4 weeks. Symptoms that persist are called **Post Concussion Syndrome**. You can help yourself by following the guidelines until the symptoms resolve. Your doctor will monitor these symptoms or refer you a specialist if you are having persistent symptoms after 4 weeks up to 3 months.

You were referred to the ABI program at Hotel Dieu Grace Healthcare

on _____.

Referrals are evaluated on individual and priority basis. The ABI program will contact you with your appointment date and time.

You were referred to the Urgent Neurosurgical Clinic at Windsor Regional Hospital

on _____.

Referrals are evaluated on an individual and priority basis. You will be contacted with a date and time for follow up appointment.

Community Resources

Acquired Brain Injury Program
Hotel Dieu Grace Healthcare
519-257-5458
www.hdgh.org/abi

Brain Injury Association of Windsor Essex County
519-977-7180
www.biawe.com

Ontario Brain Injury Association
1-800-263-5404
www.obia.on.ca

Ontario Neurotrauma Foundation Guidelines for Mild Traumatic Brain Injury(2011).

<http://onf.org>

Parachute Canada

Preventing injuries-Saving Lives

<http://www.parachutecanada.org/thinkfirstcanada>

<http://www.concussionontario.org>

COMPASSION is our
PASSION

Ouellette Campus
1030 Ouellette Avenue
Windsor, ON
N9A 1E1

WRO 09132 (REV 09/06/2014)

Important Points About Mild Traumatic Brain Injury

A **concussion** is a type of **Mild Traumatic Brain Injury (mTBI)** or closed head injury. Some common causes are something striking the head, an impact during sports event, car collision or a fall episode.

You do not have to lose consciousness to have a mTBI

Most people recover quickly and without treatment, however there is the possibility that some issues and complications may persist or get worse. Returning to regular day to day activities may take time and be staged according to how you feel and whether there are persistent symptoms requiring you to stop and rest. This may be achieved over a period of days to weeks depending on the severity of the symptoms. You may be referred to the Acquired Brain Injury program for an injury assessment and/or consultation.

Hôtel-Dieu Grace
Healthcare

WINDSOR
REGIONAL
HOSPITAL

OUTSTANDING CARE – NO EXCEPTIONS!

Common Symptoms of mTBI

Some common symptoms associated with a mTBI or concussion may include:

- ◆ **Headaches**– most common symptom
- ◆ **Fatigue** or becoming easily tired even during normal activities
- ◆ **Excessive sleepiness**
- ◆ **Difficulty staying asleep at night**
- ◆ **Restlessness; Irritability; Mood Swings**
- ◆ **Dizziness; Lightheadedness**
- ◆ **Sensitivity to Light/Sound**
- ◆ **Difficulty concentrating or paying attention; being forgetful or exhibiting poor memory skills**
- ◆ **Difficulty controlling your emotions**
- ◆ **Behavior changes**
- ◆ **Personality Changes**

These symptoms can take days, weeks or longer to resolve and may be noticed at different times during the recovery from a mTBI. It is important to make sure the symptoms do not get any worse.

The First 24-48 Hours After mTBI up to 4 weeks:

Here are some guidelines to help in your recovery from a concussion or mTBI:

- ◆ You may need a relative or friend to stay with you if recommended by the physician.
- ◆ **Rest/Sleep** Rest includes both physical and mental. Avoid strenuous activity for at least 24 hours. You may need someone to check on you every 4 hours or so to ensure you are still alright. Get as much rest and sleep as you can.
- ◆ **Driving Do not drive a car or operate machinery for at least 24 hours.** It may be difficult to concentrate properly and poses a safety risk to you and others.
- ◆ **Drugs and Alcohol** Refrain from drinking alcohol, beer and wine. Avoid medications such as sedatives, tranquilizers, sleeping pills or other drugs. These can make symptoms worse and possibly impair judgment of a worsening condition.
- ◆ **Avoid** *lifting, straining, pulling, bending, climbing ladders or flying until cleared by a doctor.*

- ◆ **Pain Relief** *Take only the prescribed pain medication or Acetaminophen/Tylenol. Avoid Aspirin, Ibuprofen (Aleve, Motrin), Naproxen. Speak to the doctor/your family doctor if you take blood thinners or anticoagulant medications such as Coumadin, Plavix, or Aggrenox.*
- ◆ **Do not return to work or sports activities until cleared by your doctor. When in doubt, sit it out! Recurrent concussions can cause a cumulative effect!**
- ◆ *Irritability, emotional outbursts, and mood swings can affect your relationships with family and friends. Fatigue and lack of sleep can make these situations worse.*
- ◆ **Work/School** *It may be necessary to take time off work and/or school to recover. This will vary depending on the severity and the type of school/work. Talk to your employer/teachers to let them know your difficulties associated with a mTBI. You may need to return slowly and gradually.*
- ◆ *You may be referred to the ABI concussion clinic for follow-up, education and management of your symptoms.*