



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

## Head Injuries

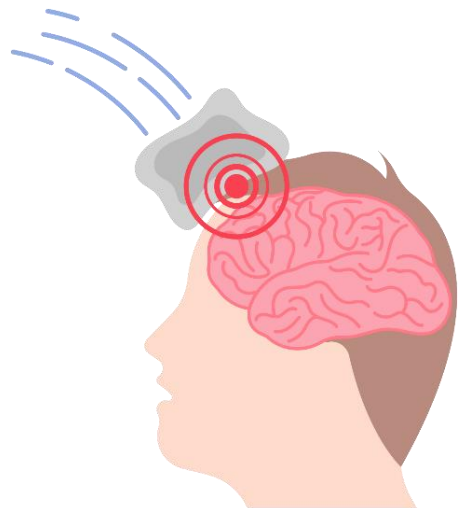


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## What is Head injuries?

Head injuries are widespread among people of all ages, particularly children. Fortunately, most brain injuries are minor, transient, and may be treated without causing long-term health consequences. Some head traumas, however, can harm the brain or the tissue surrounding it, resulting in long-term consequences.



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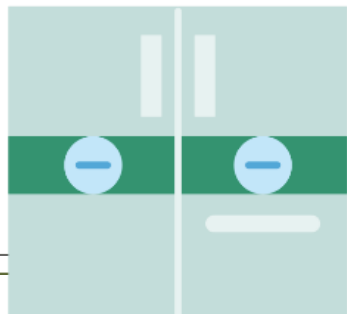
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## When to seek medical help?

- Significant behavioral changes (e.g., wrath or confusion).
- Seizures.
- Memory loss.
- Loss of consciousness.
- Pupils that are asymmetrical.
- Stuttering.
- Unusual behavior.
- Excessive need to sleep or not being able to stay awake.



EMERGENCY

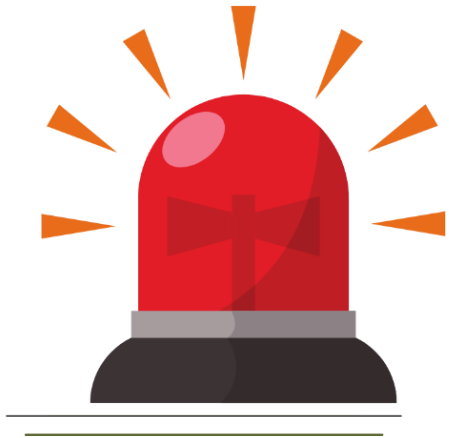


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## When to seek medical help?

- Recurrent vomiting.
- Blood or fluid leakage from the ears or nostrils.
- Difficulties with breathing.
- Skull hematoma.
- A fall from a height of 2m or more.
- Lucid interval follows a traumatic brain injury refers to a period of loss of consciousness followed by transient improvement before deterioration, indicating hematoma.
- Sensory impairments (such as hearing loss and vision impairment).

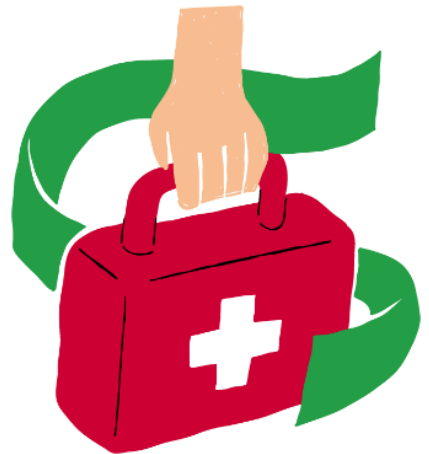


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## What is the treatment and first aid?

- Head injuries are treated according to their severity. Mild injuries usually do not require treatment. However, you should be aware of the indications and symptoms that demand medical treatment.
- If the **head injury is severe**, call an ambulance right away.
- If the injured person is bleeding, use gauze or a clean cloth to stop the bleeding.
- Avoid touching or applying pressure to an open wound. Instead, cover or wrap the wound with a clean gauze (bandage).



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## What is the treatment and first aid?

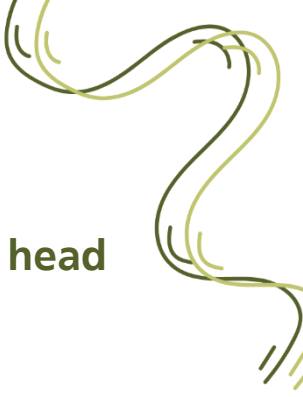

- If the person is **vomiting while seated**, assist them in leaning forward, but if the person is vomiting while lying down, turn them to the side to avoid choking.
- If the victim is awake, prevent them from moving their head and neck, this may assist in avoiding additional harm to their spine and brain.
- If the person is breathing but unconscious, help them stabilize his body, keep his spine in line with head and neck is of great importance.
- If the person is not breathing and unconscious, begin the **CPR (cardiopulmonary resuscitation)** process.




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## What are the Misconceptions about head traumas?

  
 **Misconception:** "Individuals suffering from a concussion are not permitted to sleep as they will delve into a coma".

**Fact:** medical evidence does not support such a concept unless the person becomes disoriented, vomits, has blurred vision, has difficulty walking, or has severe headaches or neck pain.

 **Misconception:** "People who are suffering from a concussion are not permitted to eat".

**Fact:** Recent researches do not show any evidence.



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Resources and references:

All pictures used from [canva.com](https://www.canva.com)

Review and audit:

Content of this booklet has been reviewed by Emergency Medicine  
Department consultant at King Fahad University Hospital.

**Emergency Medicin Department**

**Health Awareness Unit**

**IAU-24-547**



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