



WEST HERTS HOCKEY CLUB

Established 1921

## *WEST HERTS HOCKEY CLUB*

### Head Injury Report Form

Name: .....

Date and Time of Incident: .....

Witness / First Aider: .....

The person named above received a head injury during a West Herts Hockey Club activity. A first aider of the Club or Senior Club Official has treated them however you are advised to look for signs of any new symptoms that may occur during the next 24 hours. It is vital that a reliable adult observes the patient during this time.

#### SYMPTOMS

Some/all of the following symptoms are common following head injury. They will usually settle down over a few days, but if concerned, seek medical advice from your GP.

1. Intermittent headache relieved by painkillers.
2. Nausea, but not vomiting.
3. Loss of concentration.
4. Mood changes.

#### FURTHER INFORMATION

*The following advice is also provided by a NHS Trust:*

*After receiving a head injury, the injured person may eat or drink normally, but it is better to avoid alcohol and physical exertion for the next couple of days.*

*A headache can be treated with paracetamol or similar mild painkiller, but the stated dose must not be exceeded.*

*It is safe to take other regular prescribed medication, but if there are any concerns, discuss them with your Doctor.*

If **ANY** of the following symptoms develop, go to your local A & E Department **IMMEDIATELY**.

1. Vomiting more than once.
2. Worsening headache not relieved by painkillers.
3. Weakness or loss of feeling in any part of the body.
4. Increasing drowsiness.
5. Fitting or convulsions.
6. Persistent disturbances in vision.
7. Bleeding or watery discharge from the nose or ear that was not present before the injury.
8. Confusion or speech disturbances.