

急症服務 Emergency Services

## 成年人腦震盪 (頭部輕傷) Concussion (Minor Head Injury) in Adults

這是指頭部因受到直接撞擊導致腦部遭搖動及震動的頭部損傷。撞擊力大至足以令腦部受損的，稱為腦震盪。



為您檢查的醫生找不到任何頭部受傷所致的嚴重併發症狀，我們預期您可以很快復原。

頭部受傷的常見症狀是什麼？這些症狀持續多久？

**What are the common symptoms of a head injury? How long will they last?**

最常見的症狀有：

- 頭痛、疲倦、暈眩
- 睡眠困難
- 難以集中精神和學習新事物
- 感到焦慮、抑鬱或坐立不安

您可能完全沒有症狀、只有幾項症狀、或有齊所有以上症狀，它們可能即時出現，或在往後的幾天逐一出現。這些症狀是正常復原過程的一部份。

頭部受傷後的復原情況因人而異，大部份人在數小時或數天內便開始感到有好轉，但有些症狀可以持續一星期或更長時間。

在往後的 24 小時，您都必須有人伴同，因為您在這段時間內可能會出現更嚴重的症狀。您必須由另一名有責任感的成年人密切監察您的情況。

若出現以下情況，請即前往最就近的急症室：  
**Go to the nearest Emergency Department if:**

- 您的頭痛惡化，或服用止痛藥後頭痛仍沒有減退。
- 您感到暈眩，且經休息後仍沒有好轉。
- 您感到噁心，或嘔吐了兩次或以上。
- 您的視力有變。

若出現以下情況，請即致電 9-1-1：  
**Call 9-1-1 right away if:**

- 您不受控地在抖震、顫抖或抽搐。
- 您很想睡覺。
- 您變得思想混亂、坐立不安或激動。
- 別人叫不醒您。
- 雙臂或雙腿軟弱無力。
- 您口齒不清。
- 您走路時絆倒。
- 有透明液體從耳朵流出來。

## 如何在家照顧自己 How to take care of yourself at home

### 休息 Rest

- 明日或之後的一兩天留在家中。
- 逐漸回復日常活動。
- 在往後的 24 小時內，切勿做任何吃力的勞動。
- 切勿長時間看電視或對著電腦工作。

### 開車 Driving

- 切勿在往後的 24 小時內開車。
- 之後的一星期內，如果您難以集中精神，不要開車或操作機器，直至此症狀消失為止。

### 健康 Health

- 在往後最少 24 小時內，切勿喝酒。若持續有頭痛，不要喝酒，直至醫生表示可以安全飲酒為止。
- 只服用由您醫生開出的處方藥物。
- 切勿服用阿斯匹靈 (ASA)、布洛芬或其他消炎藥，這些藥物會增加出血機會。

### 活動及運動 Activities and Exercise

- 撞傷頭部後，只要沒有出現任何症狀，您可以進行活動和做運動的。
- 先做較輕鬆的運動，例如散步和踏健身單車。
- 逐漸增加活動或運動的次數和時間。
- 若傷勢是在進行體育活動期間所致，須在重返此項活動前先徵詢醫生的意見。
- 在未完全復原前，不要參與任何涉及身體接觸或任何有機會撞擊頭部的運動（例如冰上曲棍球、足球、欖球、滑雪、滑雪板或踏單車）。當您完全康復的時候，您的醫生會告訴您。
- 參與任何有機會撞到頭部的體育活動時，都須配戴頭盔。

欲知更多如何計劃您的康復安排，請參閱附上的 'Return to Activity' (「重拾活動」) 及 'Return to Work' (「重返工作」) 工具。

### 欲知更多，請諮詢：

- 您的家庭醫生
- 菲沙衛生局虛擬護理服務  
1-800-314-0999 或登入  
[fraserhealth.ca/virtualcare](http://fraserhealth.ca/virtualcare) 進行即時網上聊天  
每日早上十時至晚上十時
- 卑詩健康連線(HealthLinkBC) – 致電 8-1-1  
(失聰及弱聽人士致電 7-1-1) 或上網瀏覽  
[HealthLinkBC.ca](http://HealthLinkBC.ca)  
卑詩健康連線全日 24 小時開放，提供 130 種語言服務。若需要傳譯員，請以英語說出您所用的語言，然後靜待傳譯員接聽您的電話。

### 有關腦震盪的網上資源

#### 腦震盪指南

由 GF Strong 編製的個人康復指南。

[concussion.vch.ca](http://concussion.vch.ca)



#### 認識腦震盪的訓練工具

選 'Athlete' (運動員) 或 'Workers and Workplaces' (工人和工作地點)

[catonline.com](http://catonline.com)



#### Parachute Canada

選 'Injury Topics' (受傷項目)，然後選 'Concussion' (腦震盪)

[parachutecanada.org](http://parachutecanada.org)



# Return to Activity

This tool is a guideline for managing an individual's return to activity following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional.

STAGE 1:	STAGE 2:	STAGE 3:	STAGE 4:	STAGE 5:
<p><b>Initial rest</b></p> <ul style="list-style-type: none"> <li>Stay home in a quiet and calm environment.</li> <li>Limit your screen time (computer, television, and smartphone use).</li> <li>Keep any social visits brief.</li> <li>Sleep as much as your body needs while trying to maintain a regular night sleeping schedule.</li> </ul> <p><b>Note: The goal for each stage is to find the 'sweet spot' between doing too much and too little.</b></p>	<p><b>Prepare to return to activity</b></p> <ul style="list-style-type: none"> <li>Test your readiness by trying some simple, familiar tasks such as reading, using the computer, or shopping for groceries.</li> <li>Keep the time on each activity brief (e.g., less than 30 minutes) and take regular rest breaks.</li> <li>Go for walks or try other light physical activity (e.g., swimming, stationary bike), without becoming short of breath.</li> <li>Keep bed rest during the day to a minimum. It is unlikely to help your recovery.</li> </ul>	<p><b>Increase your activity</b></p> <ul style="list-style-type: none"> <li>Gradually return to usual activities and decrease rest breaks.</li> <li>Start with less demanding activities before harder ones.</li> <li>Physical activity might include jogging, lifting light weights, or non-contact sport drills, gardening, dancing.</li> </ul> <p><b>Note: You could start returning to school or work on a part-time basis (e.g., a few hours per day).</b></p>	<p><b>Gradually resume daily activities</b></p> <p>Resuming daily activities can be challenging because your energy and capacity for activities may be variable, but should improve day-to-day or week-to-week.</p> <p>Students and workers may require accommodations, such as reduced hours, reduced workload, extra time for assignments, or access to a quiet distraction-free work environment.</p>	<p><b>Full return to activity</b></p> <ul style="list-style-type: none"> <li>Full class schedule, with no rest breaks or accommodations.</li> <li>Full work schedule with usual expectations for productivity</li> <li>Student athletes should not return to sport competition until they have fully returned to school.</li> </ul> <p><b>Only return to contact sports or dangerous job duties (e.g., operating heavy equipment, working from heights) when cleared by your doctor.</b></p>
<p><b>Rest</b></p>	<p><b>Get ready to return</b></p>	<p><b>Start your return</b></p>	<p><b>Continue your return</b></p>	
<p>When symptoms start to improve OR after resting for 2 days max, <b>BEGIN STAGE 2</b></p>	<p>Tolerates simple, familiar tasks, <b>BEGIN STAGE 3</b></p>	<p>Tolerates further increase in level of activity, <b>BEGIN STAGE 4</b></p>	<p>Tolerates partial return to usual activities, <b>BEGIN STAGE 5</b></p>	

If new or worsening symptoms are experienced at any stage, go back to the previous stage for at least 24 hours. You may need to move back a stage more than once during the recovery process.

Each person will progress at his/her own pace. It is best not to "push" through symptoms. If you do too much, your symptoms may worsen. Decrease your activity level and your symptoms should settle. Then continue to gradually increase your activity in smaller increments.

# Return to Work

This tool is a guideline for managing an individual's return to work following a concussion and does not replace medical advice. The goal for each stage is to find the 'sweet spot' between doing too much and doing too little. Timelines and activities may vary by direction of a health care professional.

AT HOME			AT WORK			
<p><b>STAGE 1:</b></p> <p><b>Initial physical and cognitive rest</b></p> <ul style="list-style-type: none"> <li>Rest in a quiet and calm environment.</li> <li>Try activities that do not aggravate symptoms (e.g., listening to quiet music or colouring).</li> <li>Sleep as much as your body needs while trying to maintain a regular night sleeping schedule.</li> </ul> <p><b>Limit:</b></p> <ul style="list-style-type: none"> <li>Lengthy social visits.</li> <li>Screen time (smartphone, computer, television) and reading.</li> </ul> <p><b>Avoid:</b></p> <ul style="list-style-type: none"> <li>Sports or physical activities that increase your heart rate or cause you to break a sweat.</li> </ul> <p><b>NOTE:</b> It is recommended to discuss driving with a licensed medical professional for safety considerations.</p>	<p><b>STAGE 2:</b></p> <p><b>Light activity</b></p> <ul style="list-style-type: none"> <li>Gradually increase cognitive activity by trying simple, familiar tasks (e.g., reading, watching TV, using the computer or drawing).</li> <li>Go for walks or try other light physical activity (e.g., swimming, stationary bike, light housework), without becoming short of breath.</li> <li>Take frequent rest periods; keep napping to a minimum.</li> <li>Begin with brief periods of activity, up to 30 minutes.</li> <li>Start thinking about returning to work: communicating with the workplace, a return to work plan, and your commute.</li> </ul>	<p><b>STAGE 3:</b></p> <p><b>Prepare to return to work—at home</b></p> <ul style="list-style-type: none"> <li>Continue to increase cognitive activity.</li> <li>Continue to return to pre-injury physical activities (e.g., grocery shopping, gardening, jogging, light weight training).</li> <li>Contact workplace to discuss a tailored Return to Work plan.</li> <li>Attempt to commute to work to assess if it aggravates symptoms or drains energy.</li> <li>A regular sleeping schedule supports a successful return to work.</li> <li>Work your way up to 2 hours of activity, with breaks as needed.</li> </ul>	<p><b>STAGE 3:</b></p> <p><b>Prepare to return to work—at work</b></p> <ul style="list-style-type: none"> <li>Work accommodations can include: flexible hours, reduced workload, extra time for tasks, access to a quiet, distraction-free work environment.</li> <li>Arrange to return to work on a graduated basis. Consider number of hours per day and appropriate accommodations.</li> <li>Work your way up to an additional 2 hours of activity, with breaks as needed.</li> <li>Have a plan to leave work and return to Stage 2 if symptoms worsen.</li> </ul>	<p><b>STAGE 4:</b></p> <p><b>Begin graduated return to work</b></p> <ul style="list-style-type: none"> <li>Return to work according to your graduated return to work plan, with the agreed upon number of hours per day and accommodations.</li> <li>At work, start with less demanding activities before more difficult ones.</li> <li>Gradually increase working hours week-to-week, or sooner, as appropriate.</li> </ul>	<p><b>STAGE 5:</b></p> <p><b>Regular work hours with modifications, as needed</b></p> <ul style="list-style-type: none"> <li>Decrease accommodations as energy and capacity increases.</li> <li>Accommodations can be phased out in "trial" periods, to ensure that they are no longer needed.</li> <li>Monitor energy levels for completing household tasks and participating in social or recreational activities after the work day.</li> </ul>	<p><b>STAGE 6:</b></p> <p><b>Full return to work</b></p> <ul style="list-style-type: none"> <li>Full regular work schedule with usual expectations for productivity, without accommodations.</li> </ul> <p><b>NOTE:</b> Only return to job duties that may have safety implications for you or others when cleared by a licensed medical professional (e.g., operating heavy equipment, working from heights, driving).</p>
<p><b>Rest</b></p> <p>When symptoms start to improve OR after resting for 2 days max, <b>BEGIN STAGE 2</b></p>	<p><b>Gradually increase activity</b></p> <p>When 30 minutes of activity is tolerated, <b>BEGIN STAGE 3</b></p>	<p><b>Prepare to return to work</b></p> <p>When 4 hours of activity is tolerated, with breaks as needed, <b>BEGIN STAGE 4</b></p>	<p><b>Return to work with accommodations and a personalized Return to Work plan</b></p> <p>When ready for regular work hours with accommodations, <b>BEGIN STAGE 5</b></p>	<p><b>Adjust workplace accommodations, as needed</b></p> <p>When regular work hours are tolerated with min. accommodations, <b>BEGIN STAGE 6</b></p>	<p><b>Full return to work</b></p> <p>Once you have <b>COMPLETED STAGE 6</b>, Return to Work strategy completed</p>	

Recognizing that workplace environments vary by industry and occupation, returning to work may focus more on a return to cognitive activity, physical activity, or a combination of both. It is normal to experience symptoms during recovery; you do not have to wait to be symptom free before returning to work. However, after Stage 2, if new or worsening symptoms appear at any stage, go back to the previous stage for at least 24 hours. You may need to move back a stage more than once during the recovery process.