

急救中心 Emergency Services

成人脑震荡（轻度颅脑创伤）

Concussion (Minor Head Injury) in Adults

头部受伤是由于头部受到直接击打而导致的脑部震动和震颤。如果打击足以伤及大脑，则称为脑震荡。



您的医生对您检查后并没有发现您有因头部受伤而引起的严重的并发症的迹象。我们希望您很快恢复健康。

头部创伤的常见症状？ 他们会持续多久？

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

最常见的症状有：

- 头痛，疲倦，头晕
- 入睡困难
- 难以集中精力及学习新事物
- 感到焦虑，沮丧或烦躁

您可能没有任何症状，或许有一些亦或全部的症状。这些症状可能会立即出现或在未来的几天内出现。这些症状是正常恢复过程中的组成部分。

头部创伤的恢复过程因人而异。大多数人会在数小时或数天内开始感觉好些；然而，某些症状却可能持续一周或更长时间。

在未来的 24 小时内，请勿一个人独处，因为可能会出现更严重的症状。您必须由另一位有责任感的成年人密切监护。

如出现下列症状，请就近前往急救中心就医：

Go to the nearest Emergency Department if:

- 您头痛加剧或使用止痛药亦无法减轻。
- 您感到头昏眼花，且休息后也无法消除。
- 您伴有恶心，或呕吐超过两次以上。
- 您的视力有所变化。

假如出现下列症状，请即刻拨打 9-1-1

Call 9-1-1 right away if:

- 您无法抑制的晃动，震颤或抽搐。
- 你很困倦。
- 您会感到困惑，不安或烦躁。
- 您无法被唤醒。
- 您四肢无力。
- 您口齿不清。
- 您行走时会跌倒。
- 您的耳朵有透明的液体流出。

如何在家照顾自己 How to take care of yourself at home

休息

- 未来两天待在家里。
- 逐渐恢复您平常的活动。
- 未来的24小时，**请勿**从事剧烈的体育锻炼。
- **请勿**长时间看电视或使用计算机。

驾驶

- **不要**在未来24小时内开车。
- 未来一周内，如果您注意力无法集中，**请不要**在症状消失之前驾驶或操作机械设备。

健康

- 至少在未来24小时内**不要**喝酒。如果您仍然头痛，请勿喝酒，直到您的医生认为饮酒无妨。
- 仅服用医生开具的处方药物。
- **请勿**服用阿司匹林（ASA），布洛芬或其他消炎药。这些药物会增加出血的机会。

活动与锻炼

- 只要您头部创伤的症状完全消除，即可从事任何活动或锻炼。
- 从轻度运动开始，例如，散步和在固定自行车上骑行。
- 逐渐增加您的运动或锻炼的频率和时间。
- 如果创伤是在竞技运动过程中造成的，请在重返该项运动之前咨询相关医生。
- 没有完全康复之前，请勿参加任何接触型体育运动或任何可能会撞击头部的运动（例如曲棍球，足球，橄榄球，滑雪，单板滑雪或自行车）。您完全康复后，医生会通知您何时恢复相关运动。
- 在进行任何有可能撞到头部的竞技运动时，请始终佩戴好头盔。

关于如何规划您的康复计划的更多信息，请遵从所附工具“返回活动”和“返回工作”。

欲了解更多详情，最好咨询

To learn more, it's good to ask:

- 您的家庭医生
- Fraser Health 虚拟护理
1-800-314-0999 或在线在线咨询，网址为 fraserhealth.ca/virtualcare
每天上午 10:00 至下午 10:00
- HealthLinkBC-致电 8-1-1（7-1-1 用于聋哑和听力障碍人士）或在线访问 HealthLinkBC.ca

HealthLinkBC 24 小时开放。提供 130 种语言服务。对于口译人员，请用英语说您的语言。等到口译员接听电话。

脑震荡的网络资源

Web Resources on Concussion

我的脑震荡指南

GF Strong 提供的个性化康复指南

concussion.vch.ca

认识脑震荡培训工具

catonline.com

选择“运动员”或“工人和工作场所”

加拿大跳伞协会 parachutecanada.org

选择“创伤主题”然后选择“脑震荡”



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>Initial rest</p> <ul style="list-style-type: none"> Stay home in a quiet and calm environment. Limit your screen time (computer, television, and smartphone use). Keep any social visits brief. Sleep as much as your body needs while trying to maintain a regular night sleeping schedule. <p>Note: The goal for each stage is to find the 'sweet spot' between doing too much and too little.</p>	<p>Prepare to return to activity</p> <ul style="list-style-type: none"> Test your readiness by trying some simple, familiar tasks such as reading, using the computer, or shopping for groceries. Keep the time on each activity brief (e.g., less than 30 minutes) and take regular rest breaks. Go for walks or try other light physical activity (e.g., swimming, stationary bike), without becoming short of breath. Keep bed rest during the day to a minimum. It is unlikely to help your recovery. 	<p>Increase your activity</p> <ul style="list-style-type: none"> Gradually return to usual activities and decrease rest breaks. Start with less demanding activities before harder ones. Physical activity might include jogging, lifting light weights, or non-contact sport drills, gardening, dancing. <p>Note: You could start returning to school or work on a part-time basis (e.g., a few hours per day).</p>	<p>Gradually resume daily activities</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>Full return to activity</p> <ul style="list-style-type: none"> Full class schedule, with no rest breaks or accommodations. Full work schedule with usual expectations for productivity Student athletes should not return to sport competition until they have fully returned to school. <p>Only return to contact sports or dangerous job duties (e.g., operating heavy equipment, working from heights) when cleared by your doctor.</p>
<p>Rest</p>	<p>Get ready to return</p>	<p>Start your return</p>	<p>Continue your return</p>	
<p>When symptoms start to improve OR after resting for 2 days max, BEGIN STAGE 2</p>	<p>Tolerates simple, familiar tasks, BEGIN STAGE 3</p>	<p>Tolerates further increase in level of activity, BEGIN STAGE 4</p>	<p>Tolerates partial return to usual activities, BEGIN STAGE 5</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>STAGE 1:</p> <p>Initial physical and cognitive rest</p> <ul style="list-style-type: none"> Rest in a quiet and calm environment. Try activities that do not aggravate symptoms (e.g., listening to quiet music or colouring). Sleep as much as your body needs while trying to maintain a regular night sleeping schedule. <p>Limit:</p> <ul style="list-style-type: none"> Lengthy social visits. Screen time (smartphone, computer, television) and reading. <p>Avoid:</p> <ul style="list-style-type: none"> Sports or physical activities that increase your heart rate or cause you to break a sweat. <p>NOTE: It is recommended to discuss driving with a licensed medical professional for safety considerations.</p>	<p>STAGE 2:</p> <p>Light activity</p> <ul style="list-style-type: none"> Gradually increase cognitive activity by trying simple, familiar tasks (e.g., reading, watching TV, using the computer or drawing). Go for walks or try other light physical activity (e.g., swimming, stationary bike, light housework), without becoming short of breath. Take frequent rest periods; keep napping to a minimum. Begin with brief periods of activity, up to 30 minutes. Start thinking about returning to work: communicating with the workplace, a return to work plan, and your commute. 	<p>STAGE 3:</p> <p>Prepare to return to work—at home</p> <ul style="list-style-type: none"> Continue to increase cognitive activity. Continue to return to pre-injury physical activities (e.g., grocery shopping, gardening, jogging, light weight training). Contact workplace to discuss a tailored Return to Work plan. Attempt to commute to work to assess if it aggravates symptoms or drains energy. A regular sleeping schedule supports a successful return to work. Work your way up to 2 hours of activity, with breaks as needed. 	<p>STAGE 3:</p> <p>Prepare to return to work—at work</p> <ul style="list-style-type: none"> Work accommodations can include: flexible hours, reduced workload, extra time for tasks, access to a quiet, distraction-free work environment. Arrange to return to work on a graduated basis. Consider number of hours per day and appropriate accommodations. Work your way up to an additional 2 hours of activity, with breaks as needed. Have a plan to leave work and return to Stage 2 if symptoms worsen. 	<p>STAGE 4:</p> <p>Begin graduated return to work</p> <ul style="list-style-type: none"> Return to work according to your graduated return to work plan, with the agreed upon number of hours per day and accommodations. At work, start with less demanding activities before more difficult ones. Gradually increase working hours week-to-week, or sooner, as appropriate. 	<p>STAGE 5:</p> <p>Regular work hours with modifications, as needed</p> <ul style="list-style-type: none"> Decrease accommodations as energy and capacity increases. Accommodations can be phased out in "trial" periods, to ensure that they are no longer needed. Monitor energy levels for completing household tasks and participating in social or recreational activities after the work day. 	<p>STAGE 6:</p> <p>Full return to work</p> <ul style="list-style-type: none"> Full regular work schedule with usual expectations for productivity, without accommodations. <p>NOTE: 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>Rest</p> <p>When symptoms start to improve OR after resting for 2 days max, BEGIN STAGE 2</p>	<p>Gradually increase activity</p> <p>When 30 minutes of activity is tolerated, BEGIN STAGE 3</p>	<p>Prepare to return to work</p> <p>When 4 hours of activity is tolerated, with breaks as needed, BEGIN STAGE 4</p>	<p>Return to work with accommodations and a personalized Return to Work plan</p> <p>When ready for regular work hours with accommodations, BEGIN STAGE 5</p>	<p>Adjust workplace accommodations, as needed</p> <p>When regular work hours are tolerated with min. accommodations, BEGIN STAGE 6</p>	<p>Full return to work</p> <p>Once you have COMPLETED STAGE 6, 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.