

응급 서비스 Emergency Services

성인의 뇌진탕(경미한 두부 손상) Concussion (Minor Head Injury) in Adults

두부 손상은 뇌의 흔들림과 진동을 유발하는 타격이 머리에 직접 가해져 생깁니다. 머리에 가해진 타격이 뇌에 손상을 줄 만큼 세찬 경우 이를 뇌진탕이라고 합니다.



진찰 의사는 환자분의 두부 손상에서 심각한 합병증의 징후를 발견하지 못했습니다. 빠른 회복이 기대됩니다.

두부 손상의 일반적인 증상은 무엇인가요? 얼마나 오래 지속되나요? What are the common symptoms of a head injury? How long will they last?

가장 자주 나타나는 증상은 다음과 같습니다.

- 두통, 피로, 현기증
- 수면 장애
- 새로운 것에 집중하고 배우기 어려움
- 불안감이나 우울감, 초조감

이런 증상은 전혀 나타나지 않거나, 몇 가지만 또는 전부 나타날 수 있습니다. 즉시 나타나거나 다음 며칠에 걸쳐 나타날 수도 있습니다. 이런 증상은 정상적인 회복 과정의 일부입니다.

두부 손상 회복은 사람마다 다릅니다. 대부분 몇 시간 또는 며칠 안에 호전을 느끼기 시작하지만, 일부 증상은 일주일 이상 지속될 수 있습니다.

더 심각한 증상이 생길 가능성이 있으므로 다음 24 시간 동안 절대로 혼자 있으면 안 됩니다. 책임감 있는 다른 성인이 반드시 잘 지켜보아야 합니다.

다음 경우 가까운 응급실로 가세요.

Go to the nearest Emergency Department if:

- 두통이 심해지거나 진통제로도 두통이 가시지 않음
- 어지럽고 쉬어도 현기증이 사라지지 않음
- 메스껍거나 두 번 이상 토함
- 시력에 변화가 있음

다음 경우 9-1-1 로 즉시 전화하세요.

Call 9-1-1 right away if:

- 제어할 수 없는 흔들림이나 떨림, 경련이 있음
- 아주 졸림
- 헛갈리거나, 안절부절못하거나, 초조해짐
- 정신을 차릴 수 없음
- 팔이나 다리에 힘이 없음
- 발음이 분명하지 않음
- 비틀거리며 걸음
- 귀에서 맑은 액체가 나옴

집에서 스스로 돌보는 방법 How to take care of yourself at home

휴식 Rest

- 다음 하루나 이틀 정도 집에 머무르세요.
- 서서히 정규 활동에 복귀하세요.
- 무리한 신체 활동을 다음 24 시간 동안 **하지 마세요.**
- 오랜 시간 TV 를 보거나 컴퓨터로 일을 **하지 마세요.**

운전 Driving

- 다음 24 시간 동안 운전**하지 마세요.**
- 다음 한 주 동안 집중하기 어려우면 이 증상이 사라질 때까지 운전이나 기계 작동을 하지 마세요.

건강 Health

- 최소한 다음 24 시간 동안 술을 마시지 **마세요.** 두통이 계속되면 의사가 안전하다고 할 때까지 술을 마시지 마세요.
- 의사가 처방한 약만 복용하세요.
- 아스피린(ASA)이나 이부프로펜, 기타 소염제를 복용하지 **마세요.** 이런 약으로 출혈 가능성이 커질 수 있습니다.

활동과 운동 Activities and Exercises

- 두부 손상 증상이 없는 한 활동이나 운동을 하셔도 됩니다.
- 걷기나 실내 자전거 타기 같은 가벼운 운동부터 시작하세요.
- 활동이나 운동의 횟수와 시간을 서서히 늘리세요.
- 스포츠 도중에 두부 손상을 입었다면 그 스포츠를 다시 하기 전에 의사와 상의하세요.
- 완전히 회복할 때까지, 접촉 스포츠나 머리를 부딪힐 가능성이 있는 스포츠(하키, 축구, 미식축구, 스키, 스노보드, 사이클 경기 등)에 참여하지 마세요. 의사가 언제 완전히 회복되는지 알려드릴 것입니다.
- 머리를 부딪힐 가능성이 있는 스포츠를 할 때는 항상 헬멧을 착용하세요.

회복 계획 방법에 관한 자세한 내용은 첨부된 'Return to Activity'(활동 복귀)와 'Return to Work'(근무 복귀)를 따르세요.

자세한 정보 문의처

To learn more, it's good to ask:

- 가정의
- 프레이저 헬스 가상 진료팀(Fraser Health Virtual Care)
1-800-314-0999 또는 실시간 온라인 채팅
fraserhealth.ca/virtualcare
매일 오전 10:00 ~ 오후 10:00
- HealthLinkBC - 전화 811(청각 장애인은 711) 또는 웹사이트 HealthLinkBC.ca
HealthLinkBC 는 24 시간 운영됩니다. 130 개 언어로 이용 가능. 통역이 필요하시면 영어로 코리언이라고 하세요. 통역이 전화에 연결될 때까지 기다리세요.

뇌진탕에 관한 웹 정보 Web Resources on Concussion

MyGuide 뇌진탕
GF Strong 에서 제공하는 개인 맞춤 회복 안내 concussion.vch.ca
뇌진탕 인식 교육 도구 cattonline.com
'Athlete'나 'Workers and Workplaces' 선택
패러슈트 캐나다
parachutecanada.org
'Injury Topics' 선택 후 'Concussion' 선택



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>Rest</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>Get ready to return</p>	<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>Start your return</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>Continue your return</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>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.