

Concussion



**IN A MEDICAL EMERGENCY
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.**

DRSABCD Danger ▶ Response ▶ Send for help ▶ Airway ▶ Breathing ▶ CPR ▶ Defibrillation

The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation. [DOWNLOAD THE DRSABCD FACT SHEET.](#)

SIGNS AND SYMPTOMS

Some or all of the following may indicate concussion:

- loss of consciousness
- persistent headache
- faintness, dizziness
- confusion
- loss of memory, particularly of the event
- blurred vision
- slurred speech
- altered or abnormal responses to commands and touch
- vomiting within a few hours after a head injury
- wounds to the scalp or face.

WARNING

Any person who has suffered loss of consciousness or an altered state of consciousness after a blow to the head should not return to their activity (eg sport) and should see a medical practitioner urgently.

WHAT TO DO

- 1 Follow DRSABCD.
- 2 If the patient is conscious and no spinal injury is suspected, place the patient in a position of comfort (usually lying down) with their head and shoulders slightly raised.
- 3 Advise them to seek medical attention.
- 4 If the patient is unconscious and a neck or spinal injury is suspected, place the patient in the recovery position, carefully supporting the patient's head and neck, and avoid twisting or bending during movement.
- 5 **Call triple zero (000)** for an ambulance.
- 6 Ensure the patient's airway is clear and open. Keep the patient's airway open by lifting their chin. **DO NOT** force if the face is badly injured.

HEAD INJURY

- 7 Control any bleeding with direct pressure at the point of bleeding. If you suspect the skull is fractured, use gentle pressure around the wound.
- 8 If blood or fluid comes from the ear, secure a sterile dressing lightly over the ear. Lie the patient on their injured side, if possible, to allow the fluid to drain.
- 9 Ensure an ambulance has been called, noting the patient's condition so that you can report it to the paramedics.

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