



West Bridgford Hockey Club

Head Injury Information Sheet



Name: _____

Date of Incident: _____

Witness/first aider: _____

The person named above received a head injury during activities at West Bridgford Hockey Club. They were attended by an appropriate person but advised to look for signs of any new symptoms that may develop in the next 24-48 hours.

Symptoms

Some/ all of the following are common following a head injury. They usually settle down after a few days but if concerned, seek medical advice from your GP or telephone NHS 111

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

If any of the following symptoms develop, to go 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 of vision
7. Bleeding or watery discharge from the ear/nose
8. Confusion or speech disturbances.