



Newsletter

January 2014

HEAD INJURY - COMPRESSION



Raising awareness for all (not just reminders to First Aiders) of the rare but not uncommon condition of compression and the signs and symptoms that can occur either quickly or many hours after a seemingly full recovery from a head injury has taken most of the space for the newsletter. Apologies for those of you looking forward to the manual handling section.....
I didn't want you to miss out on the competition.

£20.00 caption competition

monitor a casualty after any head injury for possible I CROSS ON POEM

Rearrange the letters in capitals to make 1 word to make sense of the statement.

e-mail your answer to mail@getsettraining.co.uk by Friday 7th February and one winner will get £20.00 in Marks and Spencer vouchers.

Winner of November £20.00 competition was Adrian Hill from Reckitt & Benckiser Healthcare Int – correct answer; Keep your “WEIGHT ARM” down to a minimum.

We're on the Web!
www.getsettraining.co.uk

As first aiders (and all of us) there are three types of head injury we should be aware of; concussion (caused by a shaking of the brain), fractured skull (suspect a fractured skull if any head injury occurs and more highly trained people will decide if that's the case) and compression.

Compression is a very serious condition because the brain is placed under extreme pressure by bleeding in the cranial cavity (the space inside the skull where the brain sits). This increase in pressure, caused because there is no where for the excess fluid to drain, presses on the brain with resulting problems.

Compression can be caused by illness (infection/ ruptured blood vessel/ tumour) but also from a recent history of a head injury.

Be aware that if a person presents themselves to you with a head injury (or you see it happen) they may seem to make an apparent recovery, keep an eye on them and make sure others around them do the same – compression can show itself very quickly or over a number of hours; their condition can deteriorate as the pressure from the fluid builds on the brain.

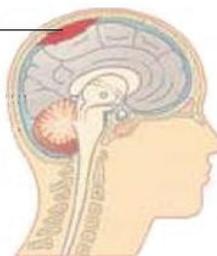
Possible signs and symptoms

- Levels of response may become worse as the condition develops
- Intense headache
- Flushed/ dry skin
- Deep noisy slow breathing (pressure on breathing area of brain)
- Slow strong pulse (caused by raised blood pressure)
- One or both pupils dilate (again dependent on where pressure is affecting the brain)
- May become agitated/ confused/ act out of character
- Condition becomes worse (see above). Fits may occur

Remember that people with a head injury may also have a neck injury, immediate treatment should be dealt with by your first aiders and medical assistance sort but you should be aware of the signs and symptoms; the casualty should be advised that they should go to hospital immediately if they suffer from worsening headaches, vomiting, increasing drowsiness, weakness in an arm or leg, speech problems, dizziness, bleeding or fluid from the nose or ear, visual problems, seizures or confusion.

This is just a small insight into head injuries – get on a first aid course, you never know when it may come in handy.

Compression



Our thoughts go to Michael Schumacher and his family at this time.

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