

# Head Bump Guideline

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## Assessment

### 1) Mechanism of injury

- How did the student hit their head?
  - What object caused the head injury? (cement, ground with wood chips, ball, etc.)
  - Do they remember what happened?
- Did student lose consciousness?

### 2) Visible signs of injury

- Is there an abrasion, bump, or depression?
- Open area or bleeding?

### 3) Neuro Exam

- Can they answer questions appropriately? Are they alert and oriented X3? Can they recall information prior to and after the event?
  - What is your name?
  - Who do you live with?
  - What day of the week is it?
  - Birthday?
  - What is Mom or Dad's name?
  - Did you walk to health office? (after event)
  - What did you have for breakfast this morning? (before event)
- Is student acting appropriately or are they confused?
- Is pupil response appropriate?
- Is student able to follow commands?
- Headache?
- Nausea or Vomiting?
- Balance Problems?
  - Have student stand on one foot at a time
- Blurry or Double Vision?

- Slurred Speech?
- Sensitivity to Light or Noise?
- Numbness or Tingling?

## Treatment

- **Minor Injury: elbowed in gym, hit with a soft ball, etc.**
  - Ice pack and return to class
- **Moderate Injury: fell off playground equipment, hit with a hard object, etc.**
  - Ice pack and rest in health room for 15-20 minutes, return to class if no changes occur
- **Major: Moderate injury plus symptomatic such as nausea, dizziness, confusion, etc.**
  - Ice pack, continuous monitoring for 20 minutes, reevaluation by RN

## Standard Education/Parent Contact

- **Staff: Educate Staff on what to monitor for and when to return to health office.**
  - Headache, dizzy, nausea, vomiting, slurred speech, sleepy, unsteady gait
- **Parent**
  - Phone call to parent
  - Send head bump letter home with child