

Bumped Head

Scenario Overview:

The first aiders are covering a football tournament and are out patrolling the event. A female patient walks up telling them that she was hit on the head when playing about half an hour or so ago and do the first aiders have a pain killer or something. This scenario is designed to test out the first aiders' head injury assessment and helps them practice making the judgement of when to discharge and when to ask for more help.

Difficulty:

First Aider Easy

How the scenario should progress:

The patient actually has only a very minor head injury and doesn't require further medical help and so will be completely stable throughout.

Actor Tips:

You aren't that bothered about the injury but just thought you'd try your luck at getting some paracetamol.

Patient 1:

Name: Courtney Wells **Age:** 19 **Sex:** Female

Medication:

'The Pill'

Allergies:

None Known

Past medical/family/social history:

Patient usually fit and well. Lives at home with parents.

Findings on examination:

Primary survey all ok. Patient was hit on back of head with elbow when going for the ball. Pain in back of head where patient was hit (rated 3/10) and described as 'annoying'. Pain got slightly worse in the first ten minutes or so after the incident but has been pretty much the same since then. Pupils are reactive and equal in size. Patient is able to feel and move all their limbs normally. She has no pain anywhere else. Patient not feeling sick and has no visual disturbances. Patient did not lose consciousness and is able to remember everything that happened. Patient is orientated to place and time. There is a small amount of swelling at the point where she was hit but no bleeding is present. Patients says that she is fine and just wanted to see if the first aiders had any pain relief.

Possible treatment from first aiders:

Thorough assessment and history take in order to assess the severity of the injury to help guide decision making on how best to discharge.

Time after start:	0 mins	10 mins	20 mins
Response:	Alert	Alert	Alert
Airway:	Yes	Yes	Yes
Breathing?	Yes	Yes	Yes

Respirations:	16	17	15
Pulse:	78	80	81
Oxygen Sats:	98	95	97
Pain Score:	3/10	3/10	3/10
Blood Pressure:	124/80	121/81	125/79
Temperature:	37.1	37.1	37.2
Blood Glucose:	4.5	4.5	4.5