

PeaceHealth Sacred Heart Medical Center, University District

Patient: Riley JOHNSON, Date: 01/09/2015 Time: 12:24

Discharge Instructions

Learning Needs Identified: Illness

Primary Language: English

Barriers Identified: None

Intervention for Barriers to Learning: None

Teaching Methods Used: Printed patient instruction, Verbal Instruction

IMPORTANT: We examined and treated you today on an emergency basis only. This was not a substitute for, or an effort to provide, complete medical care. In most cases, you must let your doctor check you again. Tell your doctor about any new or lasting problems. We cannot recognize and treat all injuries or illnesses in one Emergency Department visit. If you had special tests, such as EKG's or X-rays, we will review them again within 24 hours. We will call you if there are any new suggestions. After you leave, you should **follow the instructions below**.

You were treated today by Scott Williams, MD.

You were given the following medications while in the Emergency Department today. None

THIS INFORMATION IS ABOUT YOUR FOLLOW UP CARE

Please return to the Emergency Department if your symptoms get worse.

Call Joshua Holexa, MD if you have any problems or concerns. You can reach Joshua Holexa at (541) 222-6931, 3333 Riverbend Drive, Springfield, OR, 97477.

This Information Is About Your Illness and Diagnosis

CONCUSSION

Your doctor found that you had a cerebral concussion. A concussion is an injury to the brain caused by a blow to the head or by a fall. For a short time, the brain doesn't function normally.

Follow these instructions:

- A family member or friend should wake you up every two hours throughout the first night at home. When they wake you, they should ask you your name, where you are, and what day it is. If you cannot answer these questions, they should call your doctor.
- If you have a headache, try sleeping with your head raised on a few pillows.
- Rest for a day or two. You may return to your usual physical activities only when you are cleared by your health care provider. This is very important.
- If you feel sick to your stomach, avoid heavy foods. Nausea should clear up in a day or two.

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- Keep follow-up appointments with your doctor.
- Take any medicines ordered for you by your doctor as scheduled.

Call your doctor if:

- your headache gets worse or is not relieved by acetaminophen.
- you have problems talking.
- you have difficulty hearing.
- you have any change in your vision.
- you lose your balance or have trouble walking.
- you have trouble thinking clearly.
- you have forceful vomiting.
- you have any questions or concerns.

Your family or friend should call your doctor if:

- you become confused and cannot state your name, where you are, or what day it is.
- they have difficulty waking you up.
- you have a seizure.

Sometimes after a minor head injury like a concussion, people notice signs and symptoms that show up as long as one year after the injury. These signs and symptoms include:

- decreased concentration
- difficulty learning in school
- memory problems
- vision changes
- headaches, especially with stress or physical activity
- mood changes
- increased sensitivity to noise
- dizziness
- difficulty in relationships with other people
- decreased interest in sex
- increased susceptibility to alcohol (becoming intoxicated or drunk more easily)

If you notice any of these symptoms over the next year and are concerned about them, talk with your doctor.

For more information related to head injuries, contact:

Brain Injury Association of America
www.biausa.org

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1-800-444-6443

This Information Is About Procedures

You did not receive any tests or procedures during this visit.

***If you received pain medication or sedating medicines in the Emergency Department, do NOT take any narcotic pain medicine or other sedating medication for at least the next 4 hours.**

It is your responsibility to contact the doctor you are referred to for follow-up. Tell the doctor's office staff that you were seen in the Emergency Department. The referred doctor will not contact you. It is best to call today or the next weekday to schedule your appointment. Unless an appointment has been arranged for you with a date & time, you should not expect to be seen the same day that you call the follow-up referral doctor's office. You may need to call your insurance company to ensure that your follow-up visit(s) will be paid for.

YOU ARE THE MOST IMPORTANT FACTOR IN YOUR RECOVERY. Follow the above instructions carefully. Take your medicines as prescribed. Most important, see a doctor again as discussed. If you have problems that we have not discussed, **call or visit your doctor right away.** If you cannot reach your doctor, return to the Emergency Department.

If you feel worse, or develop new worrisome symptoms, return to the Emergency Department

"I have received this information and my questions have been answered. I have discussed any challenges I see with this plan with the nurse or physician."

Riley JOHNSON or Responsible Person

Riley JOHNSON or Responsible Person has received this information and tells me that all questions have been answered.

RN Staff Signature

Preventions is best for your health: If you smoke, quit or ask your own doctor for help. If you have a alcohol or drug problem, ask us or your doctor for information about help. Seatbelts and helmets save lives and prevent injuries - use them! Consider keeping a list of your diagnosis and doses of medications with you at all times.

Please Return Locator Badge to Nursing Staff