



## Precautions against Increased Intracranial Pressure 頭外傷預防顱內壓升高注意事項(英文)

The number of patients with head injury have increased recently, so intracranial hypertension is rather common; therefore, it is crucial to learn how to cure as well as prevent it.

### Symptoms

- Three main symptoms:
  - Headache
  - Jet-like vomiting
  - Somnolence
- Other symptoms:
  - Change of consciousness
  - High blood pressure
  - Slow pulse
  - Shortness of breath
  - Mydriasis
  - Impotent or paralyzed parts of body
  - Askew mouth or facial palsy

### Cautions

- Regularly observe patients' consciousness to detect intracranial hypertension earlier.
- Watch out for patients' temperature, pulse, breath, and blood pressure at all times.
- Avoid hypoxia situations such as lips turning purple or pale face.
- Lift patients' neck up to 30° ~ 40° to keep it straight and unbent.
- Avoid muscle straining situations like coughing and bowel movement.
- Keep observing to see if patients get headache, nausea, uneasiness, hypertension, or slow pulse.

- Avoid fever and lowered body temperature.
- Keep emotion stable and room quiet.
- If vomiting, have patients' airway remain opened in case of aspiration pneumonia
- If epilepsy seizure happens, do not put things in the mouth of the patient and move his or her head facing one side to let out of vomitus; then, send the patient to the hospital immediately or contact medical personnel.
- If patients continue to suffer from severe headache and vomiting and weakened consciousness, send them to the hospital immediately and contact medical personnel.

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若有任何疑問，請不吝與我們聯絡  
電話：(04) 22052121 分機 5034  
HE-20049-E