

# NEWSLETTER

March 2020

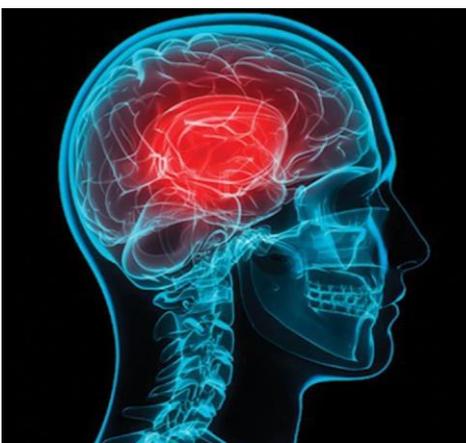
## TRAUMATIC BRAIN INJURY

A form of brain injury that happens when quick movement or trauma causes harm to the brain.

This can happen when the head hits an object with force and causes the brain to violently move back and forth.

Another cause may be if an object breaks or enters the skull and damages the brain.

A concussion is when someone loses consciousness or “passes out” after being hit in the head.



## CONCUSSIONS

Sometimes people think concussions are not severe but this is not the case. The **truth** is concussions are a type of traumatic brain injury and can have short term and long term effects:

Short Term:

- Headache
- Temporary loss of consciousness
- Slowed responses
- Feeling dizzy
- Blurry or fuzzy vision
- Sensitivity to light and sound

Long Term:

- Tires out easily
- Angers easily
- Loss of balance
- Difficulty walking
- Changes in eating or sleeping

## What should I do and what should I look for?

### How to respond?

1. Get the person to safety
2. Call 911 or get the person to the hospital right away
3. Make you tell the dispatcher:
  - Cause of injury
  - Any loss of consciousness and time
  - Any loss of memory
  - Any seizures
  - Number of past concussions

### What are some common danger signs?<sup>1</sup>

1. One pupil larger than the other
2. Seizures
3. Loss of consciousness
4. Migraines
5. Slurred speech and weakness

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## HOW CAN WE PREVENT TRAUMATIC BRAIN INJURIES

- Make sure children are in the right car seats/booster seats
- Wear your helmet, whether it is for a contact sport like football or an outdoor activity like riding a bicycle
- When playing, stay near soft surfaces like mulch, sand, and carpet
- Use safety gates to keep children from falling down the stairs
- Limit dangerous contact when unnecessary: sport practices
- Make sure that your team has a concussion action plan (go to CDC's [Heads Up](#) for some ideas)



## FLASH STATISTICS

Concussions are 13 times more likely to happen during competitions versus practice in high school<sup>2</sup>

The people most at risk for traumatic brain injury include<sup>3</sup>:

- Newborns to 4 year-olds
- Young adults aged between 15 and 24
- Adults aged 65 and older
- All males regardless of age

## BRAIN INJURIES AND INTIMATE PARTNER VIOLENCE (IPV)

Abusive partners often target the head, face and neck with assaults. Types of assaults that cause head injuries include:

- Hits to the head or face
- Being hit with an object
- Being thrown to the ground or slammed into a wall
- Being shaken (causing the brain to hit the inside of the skull)
- Being strangled (which cuts off the flow of oxygenated blood to the brain, damaging brain cells)

Additional complications of IPV:

- Abusive partner may not allow medical care
- Victim of IPV may be embarrassed and not seek care or may not honestly share abuse history with medical provider
- Victim of IPV may be re-assaulted prior to brain injury healing causing further damage
- Cumulative effect of repeated head injuries

For more information: [www.healthanddv.org](http://www.healthanddv.org)

## ADDITIONAL RESOURCES ON TRAUMATIC BRAIN INJURIES

For information on statistics and resources that are made readily available to the public, please visit the following links to other PSM members:

[Maryland Department of Health- Behavioral Health Administration's Page on Traumatic Brain Injuries](#)

[Brain Injury Association of Maryland webpage](#)

## COMING UP

June's Newsletter will highlight **Child Abuse and Neglect**. If you would like to contribute information, advertise an event/webinar, or highlight your organization, please email us at [partnership.safer.md@gmail.com](mailto:partnership.safer.md@gmail.com)