



TEST YOURSELF SYMPTOMS FROM HEAD

Structure of pamphlet

Test your own knowledge on the subject Symptoms from Head - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 121-129 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.

However, test your knowledge, before you read the answers.

Stay up-dated

**Find all self-training
assignments at our
webpage
www.dma.dk**

**You may ask us
questions at
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You may want to read chapter 17 in Medical Guide for Seafarers

Assignment 1

Which questions would you ask a person with pain in head region?

Assignment 2

List examples of:

Re-occurring and well-known headaches:

Slowly developing, unfamiliar type of headache:

Quickly developing, unfamiliar type of headache:

Assignment 3

When you ABCDE in life-saving first aid you also have to assess level of consciousness.

Describe briefly the 4 levels:

1. _____

2. _____

3. _____

4. _____

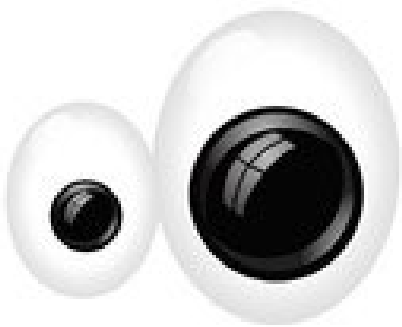
Assignment 4

Please, list examples of symptoms that may follow brain damage due to illnesses or trauma. – Aside from abnormal pupil-reaction and affected level of consciousness:



Symptoms of head injury: Headache, dizziness, nausea or even vomiting. In addition one may experience short term memory-loss or transient confusion.

Treatment: The first few days it is important to record vitals at regular intervals, in order to detect any changes that might point towards bleeding inside the skull. Usually pulse and blood pressure is recorded every 15th minute, during the first few hours.



Did you know ?

Pupils may change form and size in case of poisoning, certain medicines, stroke and lack of oxygen.

At the same time you often see changes in behavior and level of consciousness.

Examination of pupils

Examinations of the pupils include:

- Do pupils react to changes in light intensity?
- Is the reaction uniform on both eyes?
- Are pupils circular?
- Apply light to one eye and notice pupil's reaction on same eye.
- Repeat action on same eye, but observe reaction of pupil on other eye.
- Repeat procedures on the other eye.

Answers to the assignments:

Assignment 1

Which questions would you ask a person with pain in head region?

- How severe is the headache?
- Is it a well-known type of headache or something new?
- Did the headache develop slowly or quickly? Do you have any disturbances with vision?
- Do you have any nausea or vomiting?
- Did you hit your head?

Medical Guide for Seafarers, p 122

Assignment 2

List examples of:

Re-occurring and well-known headaches:

Tension headache, crick in the neck, neck pain or migraine.

“Medical Guide for Seafarers”, pp 123-125

Slowly developing, unfamiliar type of headache:

Sinusitis, high blood pressure or brain tumors are all usually symptoms that develop slowly.

“Medical Guide for Seafarers” pp 125-126

Quickly developing, unfamiliar type of headache:

Concussion, meningitis, illness with severe fever, stroke – are all headache types that develops quickly.

Medical Guide for Seafarers, pp 126-129

Assignment 3

When you ABCDE in life-saving first aid you also have to assess level of consciousness.

Describe briefly the 4 levels:

1. Awake and aware
2. Reacts to speech
3. Reacts to pain
4. Unconscious, but reacts to pain

Medical Guide for Seafarers, pp 23 and 76

Assignment 4

Please, list examples of symptoms that may follow brain damage due to illnesses or trauma.
– Aside from abnormal pupil-reaction and affected level of consciousness:

Convulsions, lacking or diminished function of arms and legs, asymmetrical facial expression, altered behavior, affected speech or unable to stand or walk.

Medical Guide for Seafarers, p 121