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Professional Certificate in Minor Injuries and Illness

# Head Injuries and Concussion Awareness

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## Head Injuries and Concussion Awareness Glossary

### A

1. **Acquired Brain Injury (ABI)** - Damage to the brain that occurs after birth due to traumatic injury or non-traumatic events such as strokes, tumors, or infections.
2. **Altered Level of Consciousness** - A state in which a person is not fully awake, aware, or oriented to their surroundings.
3. **Amnesia** - Partial or total loss of memory, often associated with head injuries and concussions.
4. **Assessment** - The process of evaluating a patient's condition, including physical examination, history taking, and diagnostic tests.

### B

5. **Baseline Testing** - Pre-injury evaluation of an athlete's cognitive function, balance, and symptoms to use as a comparison after a head injury.
6. **Brain Contusion** - A bruise on the brain that results from a direct impact to the head.
7. **Brainstem Injury** - Damage to the part of the brain that controls basic life functions such as breathing and heart rate.
8. **Brainwave Patterns** - Electrical activity in the brain that can be measured using electroencephalography (EEG) to assess brain function.

### C

9. **Cerebral Edema** - Swelling of the brain tissue due to fluid accumulation, often seen in severe head injuries.
10. **Concussion** - A mild traumatic brain injury that results from a blow to the head, causing temporary changes in brain function.
11. **Concussion Protocol** - Guidelines for the evaluation, management, and return-to-play decisions for athletes who have sustained a concussion.
12. **Contrecoup Injury** - Damage to the brain on the side opposite to where the initial impact occurred, often seen in acceleration-deceleration injuries.

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13. Coup Injury - Damage to the brain at the site of impact, resulting from a direct blow to the head.

## D

14. Diffuse Axonal Injury - Damage to nerve fibers in the brain caused by rapid acceleration or deceleration, leading to widespread brain dysfunction.

15. Disorientation - Confusion about time, place, or person, commonly seen in head injuries and concussions.

16. Dizziness - A sensation of lightheadedness or unsteadiness that can be a symptom of a head injury.

17. Double Vision - Seeing two images of a single object, often due to damage to the nerves controlling eye movements.

## E

18. Emergency Department - A medical facility equipped to provide immediate care for patients with acute injuries or illnesses, including head injuries.

19. Epidural Hematoma - A collection of blood between the skull and the outer layer of the brain, often caused by a skull fracture.

20. Executive Function - Cognitive processes that involve planning, organizing, problem-solving, and decision-making, commonly affected by head injuries.

21. Exertional Headache - A headache that occurs or worsens with physical activity, often seen in post-concussion syndrome.

## F

22. Focal Neurological Deficit - Weakness, numbness, or loss of function in a specific part of the body, indicating damage to a particular area of the brain.

23. Frontal Lobe Dysfunction - Impairment of cognitive functions such as reasoning, planning, and emotional control, often seen in head injuries involving the frontal lobe.

24. Functional MRI (fMRI) - A type of MRI that measures brain activity by detecting changes in blood flow.

## G

25. Glasgow Coma Scale - A scoring system used to assess the level of consciousness in patients with head injuries, based on eye opening, verbal response, and motor response.

26. Guidelines - Recommendations for the diagnosis, treatment, and management of head injuries and concussions, based on the latest research and expert consensus.

## H

27. Headache - Pain or discomfort in the head or neck region, commonly reported by patients with head injuries and concussions.

28. Hematoma - A collection of blood outside of blood vessels, often seen in head injuries and requiring medical attention.

29. Hydrocephalus - Abnormal accumulation of cerebrospinal fluid in the brain, often resulting from head injuries or infections.

## I

30. Intracerebral Hemorrhage - Bleeding within the brain tissue, often caused by a traumatic injury or rupture of blood vessels.

31. Intracranial Pressure (ICP) - Pressure inside the skull, which can increase in head injuries and lead to brain damage if not managed promptly.

32. Intracranial Surgery - Surgical procedures performed inside the skull to treat head injuries, relieve pressure, or repair damaged brain tissue.

## J

33. Jaw Clenching - Involuntary tightening of the jaw muscles, often seen in patients with head injuries due to pain or stress.

## K

34. Kinetic Energy - Energy possessed by an object in motion, which can cause injury when transferred to the head in accidents or falls.

## L

35. Laceration - A deep cut or tear in the skin or tissues, often seen in head injuries with sharp objects or impacts.

36. Loss of Consciousness - Temporary or prolonged lack of awareness and responsiveness, commonly seen in severe head injuries.

## M

37. Memory Loss - Inability to recall past events or information, often associated with head injuries and concussions.

38. Mild Traumatic Brain Injury (mTBI) - Another term for a concussion, used to emphasize that the injury is not severe but still requires medical attention.

39. Monocular Vision - Vision in only one eye, often due to head injuries affecting the optic nerve or eye muscles.

## N

40. Neurological Examination - Assessment of brain function, coordination, reflexes, and sensation to detect abnormalities in patients with head injuries.

41. Neurological Deficit - Impairment of neurological function, such as weakness, numbness, or speech difficulties, commonly seen in head injuries.

42. Neuroimaging - Imaging techniques such as CT scans, MRI, and x-rays used to visualize the brain and detect abnormalities in head injuries.

## O

43. Occupational Therapy - Rehabilitation therapy that helps patients with head injuries regain independence in daily activities and improve cognitive function.

44. Olfactory Nerve Injury - Damage to the nerve responsible for the sense of smell, often seen in head injuries involving the front of the head.

## P

45. Post-Concussion Syndrome - Persistent symptoms such as headaches, dizziness, and cognitive difficulties that occur after a concussion and can last for weeks to months.

46. Prognosis - The predicted course and outcome of a head injury, based on the severity of the injury, patient's age, and other factors.

47. Protective Equipment - Helmets, padding, and other gear designed to reduce the risk of head injuries in sports, work, and recreational activities.

## Q

48. Quality of Life - The overall well-being and satisfaction with life, which may be affected by head injuries and their long-term consequences.

## R

49. Rehabilitation - A comprehensive program of therapy, exercise, and support services to help patients with head injuries recover and regain function.

50. Return-to-Play - The process of gradually reintroducing an athlete to sports activities after a concussion, following medical clearance.

51. Retrograde Amnesia - Loss of memory for events that occurred before a head injury, commonly seen in concussions.

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52. Seizure - Abnormal electrical activity in the brain that can cause convulsions, loss of consciousness, or unusual behavior, sometimes seen in head injuries.

53. Skull Fracture - A break in the bones of the skull, often accompanied by head injuries and requiring medical attention.

54. Sports-Related Head Injury - Head injuries sustained during athletic activities, which can range from mild concussions to severe brain trauma.

## T

55. Temporal Lobe Dysfunction - Impairment of memory, language, and emotional processing, often seen in head injuries affecting the temporal lobe.

56. Therapeutic Hypothermia - Cooling the body to reduce brain swelling and protect against further damage in patients with severe head injuries.

57. Traumatic Brain Injury (TBI) - Damage to the brain caused by an external force, such as a blow to the head, leading to a range of cognitive and physical impairments.

## U

58. Unconsciousness - A state of being unaware and unresponsive to stimuli, often seen in severe head injuries requiring urgent medical intervention.

## V

59. Vestibular Dysfunction - Impairment of balance and coordination, often seen in head injuries affecting the vestibular system in the inner ear.

## W

60. Whiplash - A neck injury caused by sudden acceleration or deceleration, often associated with head injuries in motor vehicle accidents.

## X

61. Xenon CT Scan - A diagnostic imaging technique that uses xenon gas to assess brain blood flow and metabolism in patients with head injuries.

## Y

62. Yaw Rotation - Rotational movement of the head around the vertical axis, which can occur in head injuries involving rapid acceleration or deceleration.

## Z

63. Zygomatic Fracture - A break in the cheekbone, which can occur in head injuries with direct blows to the

face or head.