Instructions for Discharged Patients from the Emergency Room after Minor Head Injury

Head trauma is one of the most common injuries that physicians deal with every day in the emergency room. Head injuries are defined as: severe, moderate or mild according to neurological examination after the injury had occurred. There are a number of symptoms that may appear hours or even days after the initial injury. These symptoms may be the only finding of a severe head injury complication (cerebral edema, intracranial hematoma), so patients discharged from the ER should recognize these symptoms. By the Instructions of the Ministry of Health- Every patient discharged with the diagnosis of mild head injury, must receive oral and written instructions clarifying that patients should return immediately to the ER, in case one or more symptoms above-mentioned appear. In this study, we assumed that patients don't get enough instructions before discharge. The targets of this study are to improve the instructions given to patients, and to prepare written information, to be given to every patient before discharge.

Methods:

1. Identification of 50 patients discharged with the diagnosis of mild head injury by examination of all medical files in the ER (The medical team in the ER didn’t know about our study), then contact the patient by phone to know about the instructions they were given before discharge.

2. After preparing written instructions, the results of the first phase were presented to the medical team in the ER, and they were demanded to give the written instructions to every patient before discharge.
3. The third phase was done after the second phase, and is identical to the first one.

Results: the results show that the intervention (making the written instructions) we made in this study, improved the instructions given to patients.
References:


2. הздравות משרד ההנהלה של משרד הבריאות, 50/99 ,25.10.1999


