

Commonly overlooked non-minor injuries.



Must know

Most overlooked “non-minor” injuries can be broken into categories: Psychological, and Physical.

Psychological.

If you’ve had a prolonged period of psychiatric illness (i.e more than 1 month) then it’s probably a non-minor injury

Here’s a simple test:

- Have you had a reminder of the accident which brought back feelings about it?
- Do you feel irritable/angry?
- Do you have trouble sleeping since the accident?
- Have you thought about the accident but didn’t mean too?
- Have you tried to stay away from reminders of the accident?
- Are you jump or easily startled?
- Do you have waves of strong feelings about the accident?

If you answered ‘very often’ to these questions, then your injury is likely to be non-minor.

Physical.

If you answer ‘yes’ to any of the following questions, then your injury is likely to be non-minor.

- Did you break/fracture any bones (including ribs) in the accident?
- Did you suffer any cuts or lacerations in the accident that has resulted in a scar (e.g.) Did any glass shatter during the accident?
- Have you suffered any hearing loss as a result of the accident? (e.g.) Did the airbags in the motor vehicle go off?
- Have your been recommended any treatment for symptoms you suffer as a result of taking pain medication? (e.g) Nexium tablets for colonoscopy?
- Have you experienced GORD (Gastro-oesophageal reflux disease) owing to use of post anti-inflammatory/opiate medications?
- Prior to the accident, did you suffer from any condition (e.g. Arthritis) which has become worse as a result of the accident?
- Has your speech been affected by the accident?
- Since the accident have you experienced any bladder weakness or incontinence?
- Have you put on significant weight after the accident, which affects your ability to sleep, breath etc?
- Did you lose or break any teeth during the accident?
- Since the accident, do you now suffer pain to another body part as a consequence of the initial injury. (e.g.) you hurt your left knee and now due to limping you now suffer back pain or pain to your right knee.

