

Reference source

- NICE Guidelines (CG176) January 2014: Head injury: Triage, assessment, investigation and early management of head injury in children, young people and adults
www.nice.org.uk/guidance/

Contact details

Have you any other questions or problems.
Please contact us at

Royal Surrey County Hospital Accident & Emergency Department on 01483 571122 ext 2370

or

Contact your own GP or phone 111

Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) *Being Open* best practice framework, November 2010.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located in far left corner as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Patient information leaflet

Head injury advice for carers of children



Accident & Emergency

Your child has sustained a Head injury. We think that it is now safe for your child to leave hospital. We have checked their symptoms and they seem well on the road to recovery. When you get home it is very unlikely that they will have any further problems.

What problems should I look out for and when should we return to hospital?

If any of the following problems develop we suggest that you bring your child back to the nearest Emergency Department as soon as possible:

- Unconsciousness or lack of full consciousness (for example, problems keeping their eyes open).
- Clear fluid coming out of their ears or nose.
- Bleeding from one or both ears.
- Bruising behind one or both ears.
- Any vomiting (being sick).
- Any fits/seizures (collapsing or passing out suddenly).
- Any confusion (not knowing where they are, getting things muddled up).
- Any drowsiness (feeling sleepy) that goes on for longer than 1 hour when they would normally be wide awake.
- Difficulty in waking your child up.
- Any problems than normal in understanding your child, for example with your child's speech.

- Any loss of balance or problems walking.
- Any weakness in one or more arm or leg.
- Any new problems with their eyesight.
- A very painful headache that will not go away, and cannot be relieved by painkillers such as Paracetamol.
- New deafness in one or both ears.

Things you should not worry about

Your child may experience some other symptoms over the next few days, which should disappear in the next 2 weeks. In some cases these may persist longer.

- Mild headache
- Feeling sick (without vomiting)
- Dizziness
- Irritability or bad temper or restlessness
- Problems concentrating or problems with their memory
- Tiredness.
- Feeling tearful or anxious
- Lack of appetite
- New problems with sleeping.

If you feel concerned about any of these symptoms in the first few days after discharge, you should take your child to their own doctor/ GP

How can I look after my child and make them feel better more quickly?

- Do not leave your child alone in the home for the first 24 hours after leaving hospital.
- Please check on your child at least once during the first night after leaving hospital.
- Ensure that your child has plenty of rest and avoids stressful situations.
- Only give medication advised/prescribed by the doctor
- Do not allow them to return to school until you feel they have completely recovered.
- Avoid letting your child play any contact sports for at least 3 weeks.
- If your child has had a CT scan please take them to the GP in the following two weeks to be reviewed
- Please inform the School Nurse or Health Visitor of your child's injury

Support Organisations

- Headway
www.headwaysurrey.org or www.headway.org.uk
Phone: 0808 800 2244
- Brain and Spine Foundation
www.brainandspine.org.uk
Phone: 0808 808 1000
- Child Brain Injury Trust
www.childbraininjurytrust.org.uk
Phone: 0303 303 2248