



Head Injury Advice For Over 5 years

Patient information Leaflet

June 2019

Introduction

Head Injury instructions for children over 5yrs of age.

When you get home it is very unlikely that your child will have any further problems, but if any of the following symptoms do return you need to take them to your nearest hospital A&E department as soon as possible.

- Unconsciousness, or lack of full consciousness (eg problems keeping eyes open).
- 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.
- Irritability or unusual behaviour.
- Difficulty in waking them up.
- Any problems understanding or speaking.
- Any loss of balance or problems walking.
- Any weakness in one or more arms or legs.
- Any problems with their eyesight.
- Very painful headache that won't go away.
- Any vomiting – getting sick.
- Any fits (collapsing or passing out suddenly).
- Clear fluid coming out of their nose or ears.
- New bleeding from one or both ears.
- New deafness in one or both ears.

Things you shouldn't worry about

Your child may experience some other symptoms (listed below) over the next few days which should disappear within 2 weeks; these include a mild headache, feeling sick (without vomiting), dizziness, irritability or bad temper, problems concentrating or problems with their memory, tiredness, lack of appetite or problems sleeping. If you are concerned about any of these symptoms after discharge or they are still present after 2 weeks, you should take your child to be reviewed by their GP.

Things that will help your child get better and enhance their recovery

- Make sure that your child has plenty of rest and avoids stressful situations.
- DO NOT give sleeping pills, sedatives or tranquillisers to your child unless they are prescribed by a doctor.
- DO NOT allow your child to play any contact sports eg. football for at least 3 weeks without talking to their GP first.

Things you should do to make sure your child is ok

- DO NOT allow them to return to school until you feel they have completely recovered.
- Ensure that your child is supervised by an adult who is aware of the risk of a head injury for the first 48 hours post injury.
- Make sure that there is a nearby telephone that you have easy reach to for medical help.

Long term problems

Most children recover quickly from their accident and experience no long-term problems. However, some children may only develop problems after a few weeks or months.

If you start to feel that things are not quite right for your child eg. memory problems, not feeling themselves, please contact your doctor as soon as possible so that he/she can make sure your child is recovering properly.

If you have any concerns about your child's condition please contact your GP or 111

If you require this leaflet to be printed in to any other language please contact the Ethnic Health team on 0161 922 5150.

Source of Good Practice

References.

NHS Choices Head Injury. <http://www.nhs.uk/Conditions/Head-injury-severe-/Pages/Introduction.aspx> accessed 28/5/17

NICE (2014) Head Injury: Assessment and Early Management

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

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Document control information

Author: C.Casey
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Date Created: 2013
Reference Number:
Version: 3.1