

Children's Assessment Unit

Queen Alexandra Hospital

Tel: 023 9228 6000 ext: 3344

Head injury in children

Information for parents



If your child becomes unwell and shows any symptoms shown in the red box overleaf take your child to A&E

Specialist Support

If you require this leaflet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.



Head Injury Instructions for Parents

Your child has been examined and we believe that he/she is able to leave hospital and go home. Their symptoms have been checked and your child seems well on the way to recovery. When you get home it is very unlikely that there will be any further problems. If, however, any of the following symptoms do return we suggest you take them to the nearest Emergency Department as soon as possible and seek medical advice.

If Your Child...

- Has not been “knocked out” **AND** Is alert and interacts with you
- Has been sick but only once
- Has bruising or minor cuts to their head
- Cried immediately but is otherwise normal



Manage at home following the advice below

If You Think That

- Your child has fallen from a height greater than the eaves of a house
 - Your child has fallen from more than a metre
- OR**
- If your child is unwell

Take your child to the nearest Emergency Department OR seek medical advice

Self Management at home:

- Observe your child closely for the next 2–3 days.
- Check that they can respond to you normally and can move their arms and legs.
- Give your child children’s liquid paracetamol or ibuprofen if they are in pain. Always follow the manufacturers’ instructions for the correct dose.
- If the area is swollen or bruised, try placing a cold facecloth over it for 20 minutes every 3-4 hours.

These things are expected...

- Mild headache, especially while watching TV or computer games
- Being off their food
- Tiredness or trouble getting to sleep
- Irritability or bad temper
- Concentration Problems

If things don't get better in a week contact your GP

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o the nearest A&E
seek Immediate
l advice

If Your Child...

- Has been sick more than once
- Has clear fluid dribbling out of their nose, ears or both
- Has blood coming from inside one or both of their ears
- Has difficulty speaking or understanding what you are saying
- Is sleepy and you cannot wake them

Phone 999 for an Ambulance or
go straight to the nearest A&E
department

Self Management at home continued

- Make sure your child is drinking enough fluid – water is best, and lukewarm drinks can also be soothing.
- Keep the room they are in at a comfortable temperature, but well ventilated.
- Give them plenty of rest and make sure they avoid any strenuous activity for the next 2-3 days.

Consent - What does this mean?

Before any health professional examines or treats you they must have **your consent or permission**. Consent may be implied (e.g. offering a wrist for taking a pulse) or written (where you sign a form agreeing the treatment/operation).

Young people are presumed to be able to give consent depending on their maturity and the nature of the decision. Where a child is not competent to give consent, only a person (or body) with parental responsibility may consent on the child's behalf. More detailed information is available www.dh.gov.uk

Information we hold about you and your rights under the Data Protection Act

Please refer to the booklet 'Your Healthcare Information – Your Rights! Our Responsibilities!' for further guidance.

How to comment on your treatment

We aim to provide the best possible service and staff will be happy to answer your questions. However, if you have any concerns you can also contact the Patient Experience Service on 0800 917 6039 or E-mail portsmouthhospitals.patientexperience@porthosp.nhs.uk