

Head Injury – Child

Minor Injury Unit

Head injury in children

Information for Parents/Carers

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The doctor has examined your child to detect any immediate problems but does not feel they need to stay in hospital.

Only a small number of children get any problems after going home. Most problems occur during the first 24 hours after injury. It is therefore essential that a responsible adult should be with your child for at least 24 hours after the accident so they can get help if they become ill.

There is no need to keep your child awake and they should be allowed to rest if they want to. However, keep a close eye on them if they sleep during the day and check up on them 2 or 3 times during the night.

In addition after head injuries children should:

- Do gentle activities only for the first 24 hours
- Be given light meals to begin with
- Be given their usual medicine if they take any
- Not play on climbing frames or bikes for 24 hours
- Avoid noisy environments
- Be given any Paracetamol syrup or Ibuprofen for children in normal dose if they have a headache or other pain.

You should take your child to the nearest Emergency Department if they:

- Vomit repeatedly. It is not uncommon for children to vomit once or twice and you should not worry about this in the absence of other symptoms
- Become unusually sleepy or hard to wake up
- Become confused or do not appear to behave normally.
- Become fretful or agitated, not settling with simple painkillers
- Complain of persistent blurred or double vision
- Have a fit or collapse.

It is not uncommon for children to be generally tired and sometimes irritable or clingy after head injuries. They might also have behavioural difficulties at their crèche, playgroup or school. When you feel your child is ready to start back again, you should inform teacher or the person in charge of the group that your child has had a head injury and asked to be informed of any problems. If your child has had such problems they usually settle in a few days but they can last longer. If this is the case, it would be appropriate for you to discuss this with your GP or return to the Emergency Department. If you need further advice you can telephone 111 for immediate advice.



Contact us [if not included elsewhere]

This factsheet has been produced by the service.

Your team is based at

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Telephone:

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Confidentiality

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We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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