

Head Injury (Child)

Your child has been carefully examined and appears to have suffered a minor head injury and should make full recovery. However, very rarely complications may develop, and therefore, you or another responsible adult should observe your child for 24-48 hours and if any of the following signs develop, **please go to the nearest Accident & Emergency Department:**

- **Unconsciousness or lack of full consciousness** (for example, problems keeping your eyes open, difficulty in waking the child up)
- **Vomiting** – it is not uncommon for children to vomit once or twice after a head injury, but if he/she continues to vomit, your child should be re-examined
- **Headache** – headaches are common after a head injury, but if severe and unrelieved by paracetamol, you should seek further advice
- **Drowsiness** - children will often want to sleep after a head injury. You do not need to keep them awake. However, you should rouse them after an hour or so. If they rouse normally and are not confused, they may go back to sleep. If you are unable to wake them, return to the A&E department immediately
- **Confusion** – in small babies, this may just appear as irritability and difficulty in settling them, not knowing where they are and getting things muddled up
- **Fits or convulsions** – lie the child on their side to protect their airway and dial 999 for an ambulance. Do not try to push anything in the mouth or forcibly open the airway, you are more likely to do damage
- **Any weakness** in one or more arms or legs

We suggest that the child rests for a day or two after a minor head injury until fully recovered. You should give simple painkillers, such as Paracetamol (Calpol) for headache. Painkillers are more effective if given regularly, but do not exceed the maximum daily dose.

If your child was knocked unconscious, they should not play contact sports for at least three weeks. Try to discuss this with a doctor first.

Your child should not return to normal work/school unless completely recovered. A few children will suffer from more persistent symptoms, such as mild headaches, feeling sick (without vomiting), dizziness, tiredness and difficulty concentrating at school. If these symptoms persist for more than two weeks, you should discuss them with your own doctor.

If you need further advice, please contact the Accident & Emergency Department at Worcestershire Royal Hospital.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:
Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>

www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743