

Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

Tel: **020 3299 3601**

Email: **kch-tr.PALS@nhs.net**

You can also contact us by using our online form at **www.kch.nhs.uk/contact/pals**

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.

Head injury in children



Information for parents/carers

This leaflet explains the signs and symptoms your child may have following a head injury.

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Your child has been assessed by one of our doctors or nurses who believe that it is safe for you to take your child home. This leaflet has been written by the doctors and nurses working in the department to act as a guide and is to remind you of some of the things that you need to know in order to look after your child in the future. We hope that this will be helpful to you. Please read it carefully.

If you have any worries or concerns you may call NHS 111 who will be able to give medical advice over the telephone, or alternatively you may contact your General Practitioner (G.P.), or come back to the Emergency Department.

Whilst in hospital your child will be assessed by both nurses and doctors.

- They may have routine observations
- They may need a short period of observation in the department.
- If it is deemed necessary they may need further tests, such as a head scan (CT), but this is not routine. It is not likely they will need to have an X-Ray.

What are the signs and symptoms?

Head injuries are very common in children. Signs and symptoms can vary depending on how bad the head injury is. These are some of the signs and symptoms your child may have:

- Loss of consciousness or a decrease in conscious state/seems confused
- Drowsy or not responding to voice
- Fit or twitching
- Confusion

- Visual disturbances e.g. blurred/double vision
- Vomiting
- Wound/cut
- Headache

How do I know when to seek medical attention?

Please seek medical attention if your child has any of the following:

- Vomiting. If your child vomits following a head injury, or if they continue to vomit, seek medical advice.
- Drowsiness or fatigue. We encourage a child to have rest and sleep following a head injury however if they become more sleepy than usual or are difficult to wake please seek advice.
- Unusual or confused behavior, or if they are acting differently to normal.
- Blurred or double vision.
- Poor coordination, clumsiness or weakness in any of their arms or legs
- Fits, twitches or any unusual twitching in the face or body.
- If any large bumps or soft areas appear on the head.
- If the child is complaining of pain give paracetamol and ibuprofen as per bottle guidance. If child's pain is severe and doesn't respond to pain relief please see a doctor.

What should I expect?

It can be normal for children to be drowsy following a head injury.

They may vomit. If they vomit more than twice please seek medical advice.

They may have pain/headache. If this does not go away after taking pain killers, seek medical attention.

Children can return to school once they have no symptoms and are back to their normal self. Avoid high impact sport until your child is fully recovered.

Why has my child had a head injury?

Head injuries can happen a number of ways however there are things you can do to minimize the risk. Some examples are:

- Use corner cushions for sharp pieces of furniture.
- Do not place car seats on tables.
- Do not leaving infants unaccompanied on high surfaces.
- Ensure stairs are fitted with the appropriate gates.
- Wear helmets whenever riding bikes, scooters and roller blades.

Key points to remember:

Children can rest and sleep following a head injury.

Give pain relief if they are in pain.

Seek medical attention if you are concerned.

How to find us

For information on directions, public transport and parking visit www.kch.nhs.uk and look at 'Getting to King's'.