Childhood Head Injury Instructions
Information for parents and carers

ℹ️ For more information, please contact:
Ward 17 Children’s Ward, Tel: 01904 726017 or 726018
The York Hospital, Wigginton Road, York, YO31 8HE

or

Duke of Kent Children’s Ward, Tel: 01723 342336
Ward Sister, Tel: 01723 236334
Scarborough Hospital, Woodlands Drive, Scarborough
North Yorkshire, YO12 6QL

Caring with pride
We think that it is all right for your child to leave hospital now. We have checked their symptoms and they seem well on the road to recovery.

**What should I do if further problems occur?**

When you get home it is very unlikely that they will have any significant problems. But if any of the following symptoms should develop we suggest you take them to the nearest hospital Emergency Department as soon as possible:

- Unconsciousness, or lack of full consciousness (for example, 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 one hour when they would normally be wide awake
- Difficulty waking 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 - being sick
• Any fits (collapsing or passing out suddenly)
• Clear fluid coming out of their ear or nose
• New bleeding from one or both ears
• New deafness in one or both ears

Things you shouldn’t worry about

They may experience some other symptoms over the next few days, which should disappear in the next two 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 feel very concerned about any of these symptoms in the first few days after discharge, you should take your child to their doctor.

If these problems do not go away after two weeks, you should take your child to their doctor.
What can I do to help my child get better?

If you and your child follow this advice it should help them to get better more quickly and it may help any symptoms they have to go away.

✓ **Do** ensure they have plenty of rest and avoid stressful situations.

✗ **Do not** give them/let them take sleeping pills, sedatives or tranquillisers unless they are given by a doctor.

✗ **Do not** let them play any contact sport (for example football) for at least two weeks without talking to their doctor first.
How can I make sure my child is OK?

✗ Do not allow them to return to school until you feel they have completely recovered.

✗ Do not leave them alone in the home for the first 48 hours after leaving hospital.

✓ Do make sure there is a nearby telephone and that they stay within easy reach of medical help.

Our Emergency Departments can be contacted on the following numbers:

York Hospital: 01904 726587
Scarborough Hospital: 01723 387111

What about Long Term Problems?

Most patients recover quickly from their accident and experience no long-term problems. However some patients only develop problems after a few weeks or months. **If you start to feel that things are not quite right for your child (for example memory problems, not feeling themselves), please contact your doctor as soon as possible so that he/she can make sure they are recovering properly.**
Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Nicola Lockwood, Matron for Child Health, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726117.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.
Listening in order to improve • Always doing what we can to be helpful
Please telephone or email if you require this information in a different language or format

如果你要求本資訊以不同的語言或版式提供，請致電或發電郵

 Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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