



York Teaching Hospital  
NHS Foundation Trust

# You have fallen today and we would like to help you

Head injury

We accept you or your relative/carer has declined an examination today. We would still like to help you with some advice about your injury.



<b>Contents</b>	<b>Page</b>
References and further information .....	3
Disclaimers.....	3
What to do if you suspect you have a head injury.....	4
Tell us what you think of this leaflet .....	6
Teaching, training and research.....	6
Patient Advice and Liaison Service (PALS).....	6
Leaflets in alternative languages or formats .....	8

## **References and further information**

<https://patient.info/doctor/sports-injuries-basic-principles>  
Last checked 03/11/2020

<https://patient.info/health/head-injuries>  
Last checked 03/11/2020

## **Disclaimers**

This leaflet is for information only and should not be used for the diagnosis or treatment of medical conditions.

As a Trust, we do not advocate compression therapy for a head injury or soft tissue injury.

# What to do if you suspect you have a head injury

We believe that you sustained a head injury following a fall whilst in our care. You were offered a check-up in our Emergency Department / Minor Injury Unit / Urgent Care Centre but you declined this service. We respect your decision, but would like to offer you the following advice.

If you have any of the symptoms below, we recommend you return immediately to your local Emergency Department:

- Unconsciousness or lack of full consciousness (for example, unable to keep your eyes open).
- Any confusion (not knowing where you are or muddled thinking).
- Any drowsiness (feeling sleepy that goes on for longer than one hour, when you would normally be awake).
- Difficulty waking up.
- Any problems with your eyesight.
- Very painful headaches that will not go away.
- Any vomiting.
- Any fits (collapsing or passing out suddenly).
- Clear fluid coming out of your ears and nose.
- New bleeding from one or both ears.

The following advice should also be followed:

1. That you contact a family member or friend to let them know you have had an injury. One of our practitioners would be happy to do this for you.
2. We advise you not to stay home alone for 48 hours. If this is not an option, stay within easy reach of a phone or medical help.
3. Do have plenty of rest and avoid stressful situations.
4. Do not take any alcohol or drugs.
5. Do not take sleeping tablets, sedative, or tranquilizers unless prescribed by a doctor after the fall.
6. Do not play any contact sports without discussing this with your doctor first.
7. Do not return to your normal school, college or work activity until you feel you have completely recovered.
8. Do not drive a car/ motorbike/ ride a bike/ operate machinery unless you have completely recovered.

## **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:  
Patient Safety Team, Fourth floor admin block,  
The York Hospital, Wigginton Road, York, YO31 8HE or  
telephone 01904 721549.

## **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](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電  
或發電

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

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

Owner	Patient Safety team
Date first issued	December 2018
Last Reviewed	November 2020
Review Date	November 2022
Version	2 (issued November 2020)
Approved by	Falls Steering Group
Document Reference	PIL 1319 v2

© 2020 York Teaching Hospital NHS Foundation Trust. All Rights reserved