

Self-management advice

- Observe your child closely for the next 2–3 days. Check that they can respond to you normally and can move their arms and legs normally
- Give your child Children's liquid paracetamol or ibuprofen if they are in pain. Always follow the manufacturers' instructions for the correct dose.
- If the area is swollen or bruised, try placing a cold facecloth over it for 20 minutes every 3-4 hours.
- Make sure your child is drinking enough fluid – water is best, and lukewarm drinks can also be soothing.
- Keep the room they are in at a comfortable temperature, but well ventilated
- Keep your child at home, allow them to get plenty of rest and make sure they avoid any strenuous activity for the next 2-3 days

Useful Numbers

Walk-in centre 01273 203058 (Open every day from 8am to 8pm, inc bank hols).

www.brightonstationhealthcentre.co.uk

NHS Direct 0845 4647 www.nhsdirect.nhs.uk

Royal Alexandra Children's Hospital

01273 696955 ext 2593

Children's Assessment Unit

(Health Visitors may make referrals to CASU)

Out of hours GP service 0845 4565420

(Service available 6.30pm to 8am Mon to Fri, and at any time during weekends and bank hols.)

Royal Sussex County Hospital 01273 696955

Translation? Tick this box and take to any council office.

ترجمة؟ ضع علامة في المربع وحدها إلى مكتب البلدية. Arabic

অনুবাদ? বক্সে টিক চিহ্ন দিয়ে কাউন্সিল অফিসে নিয়ে যান। Bengali

需要翻译? 请在这方格内加划, 并送回任何市议会的办事处。Cantonese

ترجمه؟ لطفاً این مربع را علامتگذاری نموده و آن را به هر یک از دفاتر شهرداری ارائه نمایید. Farsi

Traduction? Veuillez cocher la case et apporter au council. French

需要翻译? 请在这方格内划勾, 并送回任何市议会的办事处。Mandarin

Źłumaczenie? Zaznacz to okienko i zwróć do któregoś z biur samorządu lokalnego (council office). Polish

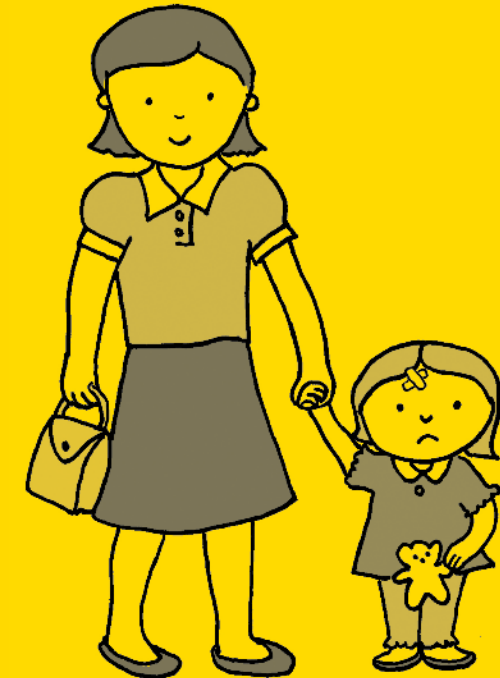
Tradução? Coloque um visto na quadrícula e leve a uma qualquer repartição de poder local (council office). Portuguese

Terçümesi için kareyi işaretleyiniz ve bir semt belediye bürosuna veriniz Turkish

other (please state)

This can also be made available in large print, Braille, or on CD or audio tape

Guidance for community staff to manage head injuries



Questions to consider for dealing with 1-16 year olds

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NHS

Brighton & Hove
Children and Young People's
TRUST


Brighton & Hove
City Council

Questions to consider for dealing with 1-16 year olds

(Any baby under one year old should be seen by staff in an A&E department.)

Ask all questions in the red and yellow boxes

Has the child:

- Been knocked out at any time?
- Injured their neck or spine?
- Had difficulty understanding what the parent/carer is saying?
- Been confused or so sleepy that the parent/carer cannot wake them properly?
- Complained of tingling or numbness (lack of feeling in their arms or legs)/shown any weakness in their arms and legs
- Have they been clumsier than usual – having problems with their balance?
- Had a fit or convulsion since the head injury?
- Become suddenly deaf?
- Had clear fluid dribbling out of their nose, ears or both?
- Had blood coming from inside one or both ears?
- Vomited more than once?
- Bled a lot from it's head?

If YES to any of the above phone 999 for an ambulance to take the child to A&E

If the parent/carers answer YES to any of the questions below advise them to attend the nearest A&E department.

They should take their mobile phone and if their child deteriorates and shows any of the symptoms in the red box they should stop the car and call 999 for an ambulance to take them to A&E.

Has the child:

- Fallen from a height greater than it's own height? (eg. a baby rolling off a bed, but a 2 year old rolling off the same bed would not constitute the same risk)
- Fallen more than a metre in height?
- Fallen down stairs? Was it from top to bottom or did they bump down the stairs? (bumping down poses less risk)
- Had a persistent headache since the injury?
- Had a blood clotting disorder?
- Consumed alcohol?
- Been very irritable or "not themselves", no concentration or interest in things around them?
- Are you concerned that your child may have been deliberately abused?

If YES to any of the above consider taking the child to to A&E or obtaining medical advice (see number overleaf)

If the child

- Has not been "knocked out"?
- Is alert and interacts with the parent?
- Has been sick but only once?
- Has bruising or minor cuts to their head?
- Cried immediately but is otherwise normal?

Give self-management advice. Advise them to contact their GP, NHS Direct (0845 4647) or go to the Walk-in-Centre if they have any concerns.