

Caring for your child at home (Self Care)

- Clean any wound with tap water
- If the area is swollen or bleeding apply pressure
- Give your child liquid paracetamol or Ibuprofen if they are in pain, but please always read and follow the instructions on the medicine container or ask your pharmacist
- Observe your child closely for the next 2 – 3 days and check that they are responding to you as usual
- It is OK to allow your child to sleep, but observe them regularly and check that they respond normally to touch and that their breathing and position in bed is normal
- Give them plenty of rest, and make sure they avoid any strenuous activity for the next 2 – 3 days or until their symptoms have settled
- You know your child best. If you are concerned about them you should seek further advice

If you are worried about your child, trust your instincts

Contact your GP or dial NHS 111



Some useful telephone numbers:

**If you need advice please try your local pharmacy.
Their details can be found at: www.nhs.net**

Health Visitor:

Your GP Surgery:

Please contact your GP when the surgery is open or call **NHS 111** when the GP surgery is closed.

NHS 111 provides advice for urgent care needs.

It is available 24 hours a day, 365 days a year. Calls from landlines and mobile phones are free

NHS Choices: www.nhs.uk
for online advice and information

BUCKINGHAMSHIRE:

Family Information Service

Tel: **0845 688 4944** or www.bucksfamilyinfo.org.uk

For common childhood illness advice see:

www.childhealthbucks.nhs.uk

BERKSHIRE:

Family Information Service - Slough

Tel: **01753 476589** or www.servicesguide.slough.gov.uk

Windsor, Ascot and Maidenhead Tel: 01628 685632

or www.rbwm.gov.uk/web/cis.htm

For common childhood illness advice see:

www.childhealthslough.com

www.childhealthwam.com

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This guidance is written in the following context:

This document was arrived at after careful consideration of the evidence available including but not exclusively NICE Clinical Guidance 56, Head Injury- Triage, Assessment, Investigation and Early Management of Head Injury in Infants, Children and Adults, SIGN and NHS evidence as applicable. Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. The guidance does not, however, override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient in consultation with the patient and / or carer.

www.chilternccg.nhs.uk www.aylesburyvaleccg.nhs.uk www.sloughccg.nhs.uk
www.windsorascotmaidenheadccg.nhs.uk

Head Injury



Advice for parents and carers of children aged 16 years and under



This leaflet is to help to advise on how best to care for a child who has had a bump or injury to the head.

Most children with a head injury can be managed according to the green guidance in the traffic light advice overleaf, especially if they are alert and interacting with you.

It is important to make sure your child is responding as usual for the next 2-3 days.

What should I do if my child bangs or bumps their head? (traffic light advice)



RED

If your child has banged or bumped their head and any of the following apply:

- Fallen more than 3 metres in height (9ft)
- Been knocked out at any time
- Has had a convulsion or fit
- Injured their neck or spine
- Has difficulty understanding what you are saying
- Is confused or so sleepy that you cannot wake them properly
- Has weakness in their arms or legs or is losing their balance
- Has new problems with eyesight or hearing
- Has blood or clear fluid dripping out of their ear, nose or both
- Is bleeding a lot from their head
- Has a severe headache
- Has been sick more than once



You need **EMERGENCY** help

Call **999** or go straight to the nearest Hospital Emergency (A&E) Department
Nearest Hospitals (open 24 hours 7 days a week):

- Frimley Park, Surrey
- Hillingdon Hospital
- John Radcliffe, Oxford
- Milton Keynes Hospital
- Royal Berkshire, Reading
- Stoke Mandeville Hospital, Aylesbury
- Wexham Park Hospital, Slough



AMBER

If your child has banged or bumped their head and any of the following apply:

- Fallen from a height greater than their own height
- Fallen more than a meter in height (3ft)
- Has a blood clotting disorder
- Has consumed alcohol
- Is very irritable
- Has no concentration or interest in things
- Is under 1 year old
- You are concerned that your child may have been deliberately harmed
- Has been sick but only once



If ANY of these features are present seek immediate advice by taking your child to the nearest Hospital Emergency Department OR from your GP when they are open OR from calling 111 when they are not open



GREEN

If none of the features in the red and amber boxes above are present and your child:

- Is alert and interacting normally with you
- Has only minor bruising or minor cuts to their head
- Cried immediately after the head injury but is otherwise acting normally
- May feel sick but has not actually been sick

You should manage your child at home following the advice on this sheet



Self Care

Using the advice on this leaflet you can care for your child at home.
If you feel you need advice please contact your GP/Practice Nurse
(or follow the links at **www.nhs.uk**)

You can also call **NHS 111**