



Isle of Wight
NHS Trust

Patient Information Leaflet

Discharge advice for carers of children who have sustained a head injury

Produced by:
Children's Ward

Date: October 2015
Review due: October 2018



SMOKEFREE
Isle of Wight

The logo features a stylized icon of a person with arms raised, positioned above the text 'SMOKEFREE' and 'Isle of Wight'.

**This page is left
intentionally
blank**

If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

Introduction

We think that it is safe for your child to leave hospital now. We have checked their symptoms and they seem well on the road to recovery. When you get them home, it is very unlikely that they will have any further problems but if **any of the following symptoms** occur, we suggest you take them to their nearest hospital A&E department as soon as possible.

Potentially serious symptoms

- Unconsciousness or lack of full consciousness, (for example, problems keeping their eyes open). Please dial 999.
- Any fits, (collapsing or passing out suddenly) – dial 999.
- Any confusion, (not knowing where they are, getting things muddled up).
- Any drowsiness, (feeling sleepy) that goes on for longer than 1 hour when they would normally be wide awake.
- Difficulty waking them 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 will not go away.
- 3 or more episodes of vomiting – getting sick.
- Clear fluid coming out of their ear or nose.
- New bleeding from one or both ears.
- New deafness in one or both ears.

Common symptoms that you should not worry about

Your child may experience some other symptoms over the next few days. These include:

- A mild headache.
- Feeling sick, (without vomiting).
- Dizziness.
- Irritability or bad temper.
- Problems concentrating or remembering.
- Tiredness.
- Lack of appetite or problems sleeping.

These symptoms should disappear over the next 2 weeks.

If you feel very concerned about any of these symptoms in the first few days after discharge, or these problems do not go away after 2 weeks, you should take the patient to their local doctor.

To help them recover more quickly and reduce any symptoms they have, try to ensure your child:

- Has plenty of rest and avoids stressful situations.
- Avoids any contact sport, (such as football) for at least 3 weeks.
- Avoids any medication, sedatives or tranquillisers, unless specifically prescribed for them by their own doctor.

Make sure the patient stays safe by:

- Keeping them off school/nursery until you feel they have completely recovered.
- Keeping a responsible adult with the patient for the first 48 hours after leaving hospital.
- Staying within reach of a telephone and within easy reach of medical help.

Telephone number to call at the hospital: 01983 534695

Long-term problems

Most patients recover quickly from their accident and have no long-term problems. However, sometimes problems only develop after a few weeks or months. If you start to feel that things are not quite right with your child, (for example, memory problems or not feeling themselves) then please contact your doctor as soon as possible.

**This page is left
intentionally
blank**

If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.