



## **CSOP 016 - Head Injury**

Version No: 3.3

Effective Date: 16/03/2021

### **Head Injury Advice Sheet – Adults (Adapted from NICE Guidance 2014)**

**Patient name:**

**Date of incident:**

**Incident location:**

**Name of responsible adult when at home:**

You have been assessed by a doctor/paramedic following your head injury and there are currently no signs of a serious head injury requiring hospital admission.

When you get home it is very unlikely that you will have any further problems. If any of the following symptoms do occur we recommend you get someone to take you to your nearest hospital emergency department as soon as possible:

- Unconsciousness, or lack of full consciousness (for example, problems keeping eyes open)
- Drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be wide awake
- Problems understanding or speaking
- Loss of balance or problems walking
- Weakness in one or more arms or legs
- Problems with your eyesight
- Painful headache that won't go away despite over the counter pain killers
- Vomiting (being sick)
- Seizures (also known as convulsions or fits)
- Clear fluid coming out of your ear or nose bleeding from one or both ears

### **Things you shouldn't worry about**

You may feel some other symptoms over the next few days which should disappear in the next 2 weeks. These include:

- A mild headache
- Feeling sick (without vomiting)
- Dizziness
- Irritability or bad temper
- Problems concentrating or problems with your memory
- Tiredness
- Lack of appetite
- Problems sleeping



## **CSOP 016 - Head Injury**

Version No: 3.3

Effective Date: 16/03/2021

---

If you feel very concerned about any of these symptoms in the first few days after discharge, you should go and see your own doctor to talk about them. **If these problems do not go away after 2 weeks, you should go and see your doctor.**

**You must follow any bespoke advice given to you at the scene about your ability to drive a car or motorbike, but if you are in any doubt about your ability to do so safely then we would recommend not doing so for two weeks and to go and see your doctor after that if you are still in doubt.**

### **Things that will help you get better**

If you follow this advice you should get better more quickly and it may help any symptoms you have to go away:

- DO NOT stay at home alone for the first 24 hours after leaving hospital.
- DO make sure you stay within easy reach of a telephone and medical help.
- DO have plenty of rest and avoid stressful situations.
- DO NOT take any alcohol or drugs.
- DO NOT take sleeping pills, sedatives or tranquilisers unless they are given by a doctor.
- DO NOT play any contact sport (for example rugby, football or horse riding) for at least 3 weeks without talking to your doctor first. Also you should follow advice from the national governing body for your sport with regards return to sport.
- DO NOT return to your normal school, college or work activity until you feel you have completely recovered.
- DO NOT drive a car, motorbike or bicycle or operate machinery unless you feel you have completely recovered.

### **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 example, memory problems, not feeling yourself), then please contact your doctor as soon as possible so that we can check to make sure you are recovering properly.

You can find further support and information from the Headway website:

<https://www.headway.org.uk/home.aspx>

**Head Injury Advice Sheet - Children under 16 years (Adapted from NICE Guidance 2014)**



## **CSOP 016 - Head Injury**

Version No: 3.3

Effective Date: 16/03/2021

---

**Patient name:**

**Date of incident:**

**Incident location:**

**Name of responsible adult when at home:**

Your child has been assessed by a doctor/paramedic following their head injury and there are currently no signs of a serious head injury requiring hospital admission. When you get them home it is very unlikely that they will have any further problems. But, if any of the following symptoms do return, we suggest you bring them back to their nearest hospital emergency department as soon as possible:

- Unconsciousness, or lack of full consciousness (for example, problems keeping eyes open)
- Drowsiness (feeling sleepy) that goes on for longer than 1 hour when they would normally be wide awake
- Difficulty waking the patient up
- Problems understanding or speaking
- Loss of balance or problems walking
- Weakness in one or more arms or legs
- Problems with their eyesight
- Painful headache that won't go away
- Vomiting (being sick)
- Seizures (also known as convulsions or fits)
- Clear fluid coming out of their ear or nose bleeding from one or both ears.

### **Things you shouldn't worry about**

They may feel some other symptoms over the next few days which should disappear in the next 2 weeks. These include:

- A mild headache
- Feeling sick (without vomiting)
- Dizziness, irritability or bad temper
- Problems concentrating or problems with their memory



## **CSOP 016 - Head Injury**

Version No: 3.3

Effective Date: 16/03/2021

---

- 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 bring the patient to their doctor. If these problems do not go away after 2 weeks, you should bring the patient to see their doctor.

### **Things that will help the patient get better**

If the patient follows this advice it should help them get better more quickly and it may help any symptoms they have to go away:

- DO have plenty of rest and avoid stressful situations.
- DO NOT take sleeping pills, sedatives or tranquilisers unless they are given by a doctor.
- DO NOT play any contact sport (for example, football) for at least 3 weeks without talking to your doctor first. Also you should follow advice from the national governing body for their sport with regards return to sport.

### **Things you should do to make sure the patient is OK**

- DO NOT allow them to return to school until you feel they have completely recovered.
- DO NOT leave the patient alone in the home for the first 24 hours after leaving hospital.
- DO make sure that there is a nearby telephone and that the patient stays within easy reach of medical help.

### **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), then please contact their doctor as soon as possible so that we can check to make sure they are recovering properly.

You can find further support and information from the Child Brain Injury Trust:  
<http://childbraininjurytrust.org.uk/>

End of Document