

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202511-02-HICH
Created: January 2024/ Revised: November 2025 /
Review Date: November 2027

INFORMATION FOR PATIENTS

Head injuries - children

Emergency Department

King's Mill Hospital

Mansfield Road
Sutton in Ashfield
Notts NG17 4JL
Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

A clinician has reviewed your child who presented following a head injury and are happy for them to go home.

When you get back home it is unlikely that they will have any further problems. **However, please do not leave your child alone for the next 24 hours.** If you are unable to stay with them, please ensure that another responsible adult is with them for this duration.

Please return immediately to the Emergency Department or call 999 if your child develops the following:

- Seizure activity.
- Abnormal drowsiness.
- Separate episodes of vomiting, (each episode 30 minutes apart would count as one separate episode);
- New onset of confusion.

- Loss of balance, or weakness in any part of the body.
- New onset of blurred vision.
- Problems speaking or understanding.
- Severe and worsening headache despite regular analgesia.
- Clear fluid coming out of your child's ear or nose.
- New deafness in one or both ears.

Following a mild head injury children may develop **concussion** - signs and symptoms of concussion may be very varied. Some of the examples are:

- Headache or a feeling of pressure in the head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light or noise.

- Feeling fatigued, sluggish, groggy or dazed.
- Trouble paying attention.
- Memory problems.
- Confusion.
- Being slow to understand and respond to others.
- Sleeping problems.
- Mood changes and irritability.
- Changes in behaviour.
- Changes in personality.

If you are concerned about your child, please return to the hospital for your child to be reviewed again.

Please note that a child may be able to resume their normal physical activity following a concussion after 14 days.

If the symptoms of the concussion do not resolve within two weeks, your child needs to be seen by their GP.