

- Level 1:** No physical activity with complete rest being taken at home. When no symptoms of headache or lethargy have been experienced for a period of 24-hours, proceed to Level 2
- Level 2:** Light aerobic exercise such as walking or stationary cycling (no resistance exercise or weightlifting). If no symptoms have been experienced for 24 hours after physical activities at this level, proceed to Level 3.
- Level 3:** Sports-specific exercises (eg running on a soft surface, road cycling, gentle swimming). When no symptoms have been experienced for 24 hours after physical activities at this level, proceed to Level 4.
- Level 4:** Non-contact participation in sporting activities (eg drills and skills-type training for football and rugby). When no symptoms have been experienced for 24 hours after physical activities at this level, proceed to Level 5.
- Level 5:** Full contact training followed by a return to game play if no symptoms have occurred on full contact training

Please retain this leaflet for future reference

Contact Details

If you have any questions please telephone the RUH Emergency Department on

01225 824000 (day)
01225 825015 (night)

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

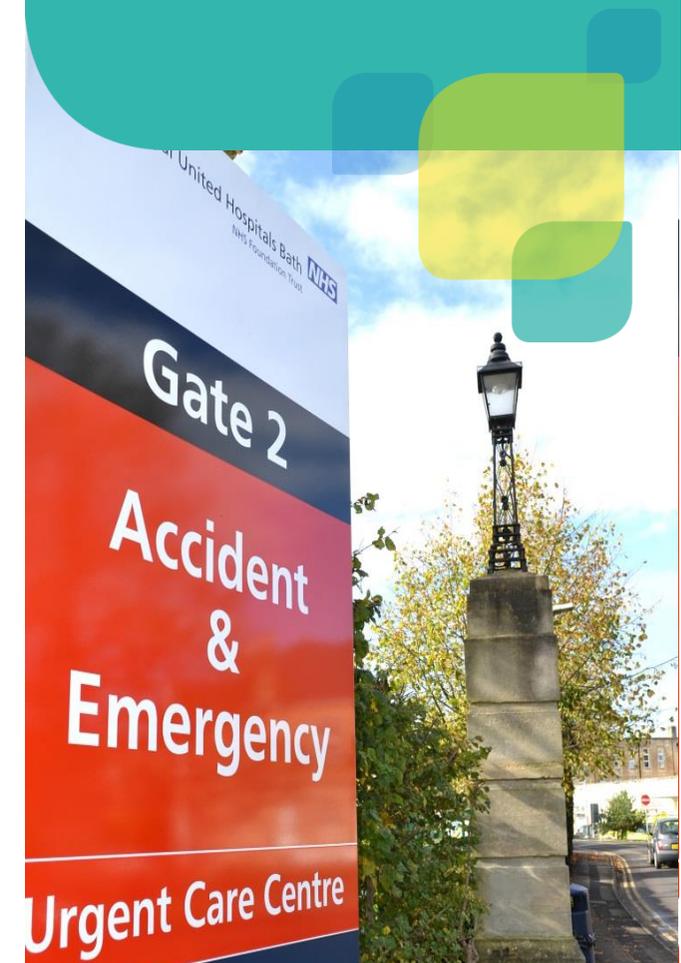
Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

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Head Injury - Child

Advice to parents and carers concerning children with head injuries who have been sent home



Your child has sustained a head injury and following a thorough examination, we are satisfied that the injury is not serious. It is expected that recovery will be rapid and complete.

- DO** expect your child to feel generally miserable and “off colour”. Do not force him/her to eat, but make sure that they have enough to drink.
- DO** expect your child to be more tired than usual. Allow him/her to sleep if they want to. Just pop in and see them every hour or so. Do not be confused between normal sleep and unconsciousness – someone who is unconscious cannot be woken up – you need to be satisfied that they are reacting normally to you.
- DO** expect your child to have a headache. Paediatric Paracetamol (sugar free) may be given for this. A young child may only show a headache as fretfulness.
- DO** keep your child quiet and resting as much as possible. Keep him/her away from school, discourage active games, watching TV, video games and reading until the symptoms subside.

These symptoms should improve steadily and your child should be back to normal within a few days.

Even after a minor head injury, complications may occur, but these are rare.

If these symptoms worsen or if you notice any of the following signs:

- Continuing drowsiness or difficulty in waking from sleep
- Appears confused or not understanding what is said to him/her
- Vomiting, more than twice
- Complaining of severe headache or trouble with their eyesight
- Cries more than usual or is more difficult to settle than usual
- Becomes irritable
- Has any kind of attack which you think is a fit

....then you **must call 111 or take your child to the nearest Emergency Department without delay.**

Post-Concussive Syndrome

A small percentage of children who have had a head injury will suffer some ongoing minor symptoms for a period of days.



Common symptoms are recurrent mild headaches, excessive tiredness and some difficulty in concentrating on tasks requiring close attention. These usually settle fairly rapidly over 48-72 hours.

It is sensible to avoid long periods of watching TV or computer/games/screens for the first 24-48 hours after a head injury.

It is important to use regular, simple painkillers such as Paracetamol (Calpol) for symptoms of headache. It is also important to maintain a natural pattern of wakefulness and sleep. Falling into a pattern of taking daytime naps tends to disturb night-time sleep and often makes symptoms of lethargy worse.

Low level physical activity is good for promoting recovery, however, excessive physical exertion can be detrimental to recovery.

Sporting activities after a head injury

After a head injury, avoid physical exertion for at least 24-hours. *The following stepwise approach to a return to sporting activities is recommended*