

Looking after and sharing information about your child

We have a duty of care to help patients and families understand how information about them is kept and shared and we include the following information in all our patient leaflets:

Information is collected about patients relevant to their diagnosis, treatment and care. We store it in written records and electronically on computer. As a necessary part of that care and treatment we may have to share some patient information with other people and organisations who are either responsible or directly involved in the patient's care. This may involve taking the patient's information off site. We may also have to share some information for other purposes; such as research etc. Any information that is shared in this way will not identify the patient unless we have the patient's and parent's/carer's consent. If you have any questions and/or do not want us to share that information with others, please talk to the people looking after your child or contact PALS (Patient Advice and Liaison Service) on 0121 333 8403.

**Birmingham Women's and Children's
NHS Foundation Trust**
Steelhouse Lane Birmingham B4 6NH
Telephone 0121 333 9999
Fax: 0121 333 9998
Website: www.bwc.nhs.uk

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**Birmingham Women's
and Children's**
NHS Foundation Trust

Advice Sheet for

Looking after your child with Concussion

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What is concussion?

Concussion is a brain injury that affects the way that a child may think.

What are the symptoms of concussion?

- Headache
- Dizziness/feeling sick
- Poor concentration
- Sensitive to noise/lights
- Tiredness

What symptoms will parents/teachers notice?

- Depression/irritability
- Easily confused/forgetful/distracted
- Answers questions slowly

Many of these symptoms can get worse when the child is trying to concentrate.

Will head scans be helpful?

Head scans are not needed to diagnose or manage concussion.

How is concussion treated?

The treatment of concussion is 'brain rest'. Brain rest means reducing the time spent concentrating (e.g. for school work, reading and 'screen time' such as television and smart phones). Brain rest also involves avoiding physical activities and sports.

Your child should not do activities that might make their symptoms worse.

Once your child is completely better at rest, they can start a gradual, increase in concentration and activity.

When can my child return to school?

Once your child has no symptoms with normal activities at home then they can return to school. Sometimes children with concussion may find it hard to concentrate at school or develop symptoms at school.

This means that your child will need a 'graduated return to school'. Your child will need to slowly spend more time in school. If increasing time at school causes symptoms then the child should rest at home for 2 days or until the symptoms get better and then try attending school again. Please speak to your child's teachers and explain that your child has suffered a concussion.

When can my child return to playing sport?

- When they are back to attending school full time with no symptoms.
- When no medications are being used to help with headache / dizziness etc
- Your child should not take part in any contact sports for at least 3 weeks

If your child is playing club level sport then there is a more specific plan for returning to sport. Please speak to your coaches to agree a plan to follow.

When should I come back to the Emergency Department after a concussion?

- Increasing headache
- Confusion
- Vomiting
- Sleepiness
- Poor balance or difficulty walking.

When should I seek help from my GP?

- If the concussion symptoms last more than 10 days.
- If your child has difficulty in returning to school without symptoms.

Further information

If you need any more information or advice please contact: 111.

Call 111 if you need medical help fast, but it's not life-threatening - for example, if you:

- Think you need to go to the hospital.
- Don't know who to call for medical help.
- Don't have a GP to call.
- Need medical advice or reassurance about what to do next.



For health needs that are urgent, you should call your GP. If a health professional has given you a number to call for a particular condition, you should continue to use that number.