

## 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.



when it's less  
urgent than 999

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.

Information and internet access is also available from the Patient Experience Hub. To get there, follow the signs for the 'Patient Experience Hub' from the Hospital's main entrance.

The information has been produced by the Emergency Department.

## Support our Emergency Department

  
Birmingham  
Children's Hospital  
Charity  
Doing more for sick kids

With up to 200 children coming to our Emergency Department every day, with everything from broken toes to severe road traffic injuries, there can be a bit of a wait. With your help, we can continue to provide books, toys and activity packs to keep children occupied and distracted during any waits and throughout their treatment journey.



Text  
**GIVE2ED** to  
donate **£3** to  
show your  
support.

Standard rates apply. Registered Charity Number 1160875

[bch.org.uk/donate](http://bch.org.uk/donate)

**NHS**

Birmingham Women's  
and Children's  
NHS Foundation Trust

Information leaflet for patients and parents

## Using Crutches

Produced: Apr 16  
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Version 1.0.0  
CPADS: 50395



By your side

## Information for Parents:

### Pulled Elbow (Child)

Our examination has revealed that your child has a 'pulled elbow'.

This is not the same thing as a dislocation, but means that one of the ligaments in the elbow has slipped off the bone causing pain. This can sometimes happen if a child's arm is pulled by someone or something.

### How is a pulled elbow treated?

The clinician can usually make the ligament go back to its proper place. However, this means that they have to move your child's elbow, and it may be painful for a short period. Normally your child will be able to use the arm fairly soon after this.

### How should I look after my child after treatment?

Please do give your child medicine such as junior paracetamol to relieve any pain.

You should also take your child to your nearest emergency department or telephone us if after 24 hours:

- Your child's elbow is still sore.
- Your child is not using the arm.
- You are worried about them.
- You think that it has happened again.

**Please remember** that your child might pull their elbow again at any time on either arm. In the future, we advise that you make sure your child's arm is not pulled or tugged and any games where arms are swung are avoided. Your child will stop being at risk of pulling their elbow when they are about 7 or 8 years old, as by this time their elbow has grown enough to prevent further episodes.

### Data Protection - 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 your child 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 of your information with other people and organisations who are either responsible or directly involved in your child's care. This may involve taking your child's information off site. We may also have to share some of your information for other purposes; such as research etc. Any information that is shared in this way will not identify your child unless we have your 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.