

**POST-CONCUSSIVE SYNDROME**

A small percentage of children who have experienced a head injury will suffer some ongoing **minor** symptoms for a period of days following a head injury. The most commonly experienced symptoms are recurrent mild headaches, excessive tiredness and some difficulty in concentrating on tasks requiring close attention.

These are very common symptoms after a head injury and usually settle fairly rapidly over 48-72 hours.

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

It is important to use regular simple painkillers (such as Paediatric Paracetamol) for symptoms of headache and to ensure that a natural pattern of wakefulness and sleep is observed. Falling into a pattern of taking day-time naps tends to disturb night-time sleep and often makes symptoms of lethargy worse.

It is recognised that low level physical activity is good in terms of promoting recovery, however excessive physical exertion can be detrimental to recovery.

During school hours you can contact the school office

on: **0208 6749051**

or e-mail: [admin@holytrinity.lambeth.sch.uk](mailto:admin@holytrinity.lambeth.sch.uk)

Qualified First Aiders	
David Winn Pauline Thomas	Headteacher Deputy Headteacher
Denise Richards	School Business Manager
Nicola Walcott Samuel Olusile	School Administrator School Administrator
Faustina Adjaye Daniel Brooks Tricia Moore-Hall	Class Teacher Class Teacher Class Teacher
Paul Chetty Sharron Williams Angeleta Anderson Linda Williams	Teaching Assistant Teaching Assistant Teaching Assistant Family Welfare Officer
Eleanor Gardner	School Nurse

**For further advice please contact:**

Your GP or Your Local Hospital or  
NHS direct on 111



Holy Trinity Church of England Primary School  
Excellence in how we worship, learn and work together

## Head Injury Advice Leaflet

Holy Trinity  
Upper Tulse Hill  
London SW2 2RL

Tel: 020 8674 9051

Email:

[admin@holytrinity.lambeth.sch.uk](mailto:admin@holytrinity.lambeth.sch.uk)



Curiosity  
Hope  
RESILIENCE Empathy  
CREATIVITY  
*Happiness*

At Holy Trinity we take the health and well being of our pupils and staff very seriously. We have qualified first aiders throughout the school, enabling us to cater for the needs of all our pupils.

At Holy Trinity our policy states that if a child suffers a head injury, we phone the parents/ carers. The parent/carer has the option to collect the child. A child with a head injury is carefully monitored on a regular basis to ensure that there are no further complications.

#### HEAD INJURY ADVICE

Minor head injury and knocks to the head are common, particularly in children. Sometimes a knock to the head can cause damage to a blood vessel which may bleed. This is uncommon, but can be serious. Symptoms may develop over a period of hours, or even days. In rare cases, symptoms can develop weeks after a head injury.



#### THINGS YOU MIGHT NOTICE:

Your child may feel generally miserable and "off colour". Do not force him/her to eat, but make sure that they have enough to drink.

Your child may 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.

Your child may have a headache. Paediatric Paracetamol may be given for this. A young child may only show a headache as fretfulness.

Keep your child quiet and resting as much as possible.

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 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, or 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 are advised to:**

Contact your own doctor or contact the Emergency Department without delay.

