



FARRINGTONS
SCHOOL

HEAD INJURY POLICY

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Farringtons School Head Injury Policy

1. Introduction

1.1 Minor head injuries are common in children and do not usually cause any serious problems. They are often caused by a blow to the head and in the school environment this is usually due to a fall or sporting activity.

1.2 Every minor head injury is different and Farringtons School acts in a 'play safe' manner in assessment and management of head injuries sustained in school. The advice below gives details of what signs and symptoms should be looked for in children who have hit their heads in school and when medical advice should be sought.

2. Definition of a Head Injury

2.1 A head injury is defined as 'any trauma to the head other than superficial injuries to the face' (NICE Head Injury Guidelines 2014).

3. Common symptoms after a head injury:-

- 3.1 Bump or bruise on the exterior of the head.
- 3.2 Nausea or vomiting once soon after the injury.
- 3.3 Mild headache, younger children may show only irritability.
- 3.4 Mild dizziness.
- 3.5 Feeling generally miserable / off colour.
- 3.6 Loss of appetite – do not force food but ensure good fluid intake.
- 3.7 Increased tiredness. He / she should be allowed to sleep but check on them to make sure that they are rousable.
- 3.8 Lack of interest / concentration.

4. Dealing with a Head Injury in School

4.1 If a child sustains a head injury whilst in school an ice pack should be applied immediately to any bump or bruise, if there is an open wound a pressure bandage should be applied. The child should then be escorted, if possible, by an adult to the medical centre or the healthcare practitioner for further assistance.

4.2 A record of the injury should be completed for the school records. A 'Head Injury advice' document should be emailed to parents by the medical team. In addition parents may be notified by phone.

4.3 If a boarder sustains a head injury the duty house staff must be informed and sent a notification of head injury form.

4.4 First aiders must ensure they inform the medical staff as soon as possible so that the child can be assessed.

4.5 Most minor head injuries should not require further treatment and most children make a full recovery, however, occasionally a child who is thought to only have a minor head injury can develop complications later in the day or sometimes days later. School staff must remain vigilant and take

the appropriate action if the child develops a problem. If the child develops any of the following symptoms medical advice must be sought and the child taken to GP/ UCC/ A & E:

- Becomes increasingly drowsy or very difficult to wake up.
- Complains of severe headache or visual disturbance.
- Vomiting.
- Appears confused.
- Has a seizure or fit (when the body suddenly moves uncontrollably). CALL 999
- Cries continuously / becomes irritable and cannot be consoled.
- Becomes unconscious (unrousable from sleeping) for either short or extended period of time.
- If after a head injury a child remains unconscious or fits, an ambulance should be called immediately and the parents contacted.
- Leakage of any blood or straw coloured fluid from ear / ears.

4.6 Should a child need additional assessment by visiting a GP/ UCC/ A & E, it is the parents/guardians/carers' responsibility to facilitate this.



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Farrington's School Head Injury Advice

Symptoms to be aware of following a head injury. **If your child experiences any of these symptoms you should attend the nearest Accident and Emergency Department without delay for further assessment. In case of emergency call 999.**

Headache

If your child experiences a severe headache. Mild headaches should be resolved by use of over the counter painkillers.

Visual Problems

If your child has trouble focusing, double vision or any visual disturbance.

Drowsiness

If your child becomes drowsy or loses concentration and finding it difficult to stay awake.

Dizziness/Weakness

If your child feels dizziness/unbalanced with any limb weakness.

Nausea/Vomiting

If your child feels nausea or has episodes of vomiting.

Confusion

If your child appears confused or unaware of their surroundings. Strange behaviour or trouble with speech.

Seizure (Fit)

These are very rare but if your child experiences a seizure you should **call 999 immediately**. Please document the time/duration and number of seizures.

