

## **FIRST AID AND BUMPED HEAD NOTIFICATION**

**Child's Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Your child received treatment today for:**

- **A bumped head (ice pack and sticker applied)**
- **A bumped head (wristband applied – please leave in place for 5 days)**
- **A cut which required cleaning only**
- **A cut which required cleaning and plastering**

**This was sustained by** \_\_\_\_\_

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**Their class teacher has / has not been informed.**

- Unfortunately children are sometimes involved in accidents at school. Most of the time, this is dealt with in school, by a member of the support staff all of whom have regular first aid training.
- Simple cuts and grazes are washed. We don't apply plasters unless it is essential to keep a large wound clean. We do not use antiseptic creams just alcohol free wound cleansing wipes. Our support staff are very caring and always make sure that injuries are treated with a large dose of TLC.
- If we feel the accident has been traumatic for the child, which is often the case with young children, or that the injury sustained needs more specialised treatment, we telephone to let a parent or contact know. It may be appropriate for parents or carers to take the child home for more attention.
- If the injury is more serious and needs hospital attention, we telephone either parent or contact to come to the school immediately, if they are unavailable, we make arrangements for the child to be taken to hospital by ambulance and will meet the parent there. A member of staff will always accompany the child if the parent hasn't arrived at the school. If necessary the staff member will act in 'loco parentis' to ensure a child is treated appropriately at the hospital until a parent arrives.
- Several members of staff have Paediatric First Aid qualifications, they are called upon to advise in the event of more serious injuries.
- If a child falls ill whilst at school we telephone the parent or contact [if the parents are unavailable] for the child to be taken home.
- Children who have stomach upsets involving sickness and diarrhoea should have 48 hours at home before they return to school. This equates to 2 clear nights without any symptoms.

## NHS DIRECT BUMPED HEAD GUIDANCE

Children have many bangs to the head and it can be difficult to tell whether they are serious or not. A minor head injury, knock or bump to the head should not result in any permanent damage and symptoms are usually mild and short lasting.

Children are particularly prone to having minor head injuries as they have high energy levels and little sense of danger. It is highly likely your child will receive a bump to the head at some point during his/her school life, and probably more than once!

### **If your child receives a bump to the head:**

- All injuries will be seen and assessed by one of our Paediatric trained first aiders
- Apply an ice pack to the injured area
- Advise the classroom teacher and staff to observe your child closely for the remainder of the day
- Record the incident in Arbor
- Issue a 'Red First Aid Letter' which comes home in book bags
- **Give your child a sticker which reads 'I Bumped My Head Today' or 'I Received First Aid Today'. If your child has a bumped head wristband, please leave this in place for 5 days so that any potential long term effects can be monitored and, if necessary, medical advice can be sought.**

### **SYMPTOMS**

A minor head injury often causes a bump or bruise on the exterior of the head. Other symptoms may include:

- **Nausea**
- **Mild Headache**
- **Tender bruising or mild swelling**
- **Mild dizziness**

If your child experiences these mild symptoms after a bump to the head, then they do not require any specific treatment. You should, however, observe them closely for the following 48 hours, to check to see if their symptoms change or worsen.

After a minor head injury, your child should rest and not take part in any strenuous activity for 48 hours (eg; rugby, football or any other type of contact sport). Although one of the symptoms of a severe head injury is increasing drowsiness, this does not mean you cannot let your child sleep following a bang or knock to the head. Increasing drowsiness means that your child will become increasingly difficult to rouse and will be very unresponsive. If your child is simply tired from the stress of the situation, or from crying, then it is fine to let them sleep. If you are concerned in any way about their drowsiness, then make sure you wake your child an hour after they go to sleep. Check that they are still responsive and that their breathing pattern and position is normal. If at any stage you are unable to wake your child, dial 999 for an emergency ambulance.

If your child requires pain relief, liquid paracetamol is recommended but please always follow the manufacturers guidelines regarding dosage.

***Never give aspirin to a child under 16 years of age.***

Please note school staff are unable to administer medicine without a signed medical consent form from parent or carer, even if you give verbal consent over the telephone.

### **FOLLOW UP**

Some problems that may result from a minor head injury can be hard to detect at first. During the next few weeks, parents or carers may notice:

- **Irritability**
- **Mood swings**
- **Tiredness**
- **Concentration problems**
- **Behavioural changes**

Talk to your doctor if you are worried about any of these signs.

Call your doctor **immediately** if your child has:

- unusual or confused behaviour
- Severe or persistent headaches
- Frequent vomiting
- Bleeding or discharge from the ears or nose
- A fit or a convulsion
- Difficulty in waking up
- Difficulty in staying awake

Please be assured that should we have any concerns regarding your child, no matter how small those concerns are, we will always contact you by telephone. This allows you to make the decision about how to proceed. If a child has sustained a significant head injury we will always insist that they are seen by professionals by sending them directly to hospital and making contact with parents or carers immediately.

**Remember, if you have any concerns please seek medical advice.**