

## Carers Advice for Acute Head Injury

Patients presenting with any of the following symptoms require urgent clinical assessment.

### Patient needs to attend A&E

- Any loss of consciousness as a result of the injury
- Any new loss of balance following the injury
- Persistent/painful headache since the injury.
- Any vomiting episodes since the injury.
- Any fits, collapsing or shaking during or following the injury
- Any bleeding, particularly from the nose or ears.
- Any new vision or sight problem following the injury
- Current anticoagulant therapy such as Warfarin/Clopidogrel.
- Excessive drowsiness when the patient would normally be awake.  
or difficulty in wakening
- Any weakness in one or more of the limbs
- Any confusion or problems understanding or speaking
- There are any safeguarding concerns (for example, possible non-accidental injury or a vulnerable person is affected).

Symptoms to watch out for – seek advice for any of the following symptoms.

**Contact Digital health centre for assessment and advice**

- Mild headaches
- Feeling Dizzy
- Feeling sick (but not vomiting)
- Sensitivity to light or noise
- Irritability
- New memory problems
- Restlessness
- New difficulty concentrating
- New Fatigue
- New sleep disturbance
- Feeling depressed, tearful or anxious

Advice to give to patients following a head injury.

**Contact Digital Health Centre for advice as required**

### **DO**

- Ensure that you are able to summon help over the next few days should you become unwell
- Have plenty of rest and try to avoid stressful situations
- Ensure another adult is able to monitor you, and preferably stay with you for the next 48 hours
- Take simple painkillers such as Paracetamol for headaches
- Seek advice if you feel any new symptoms which are unusual for you
- Seek advice on continuing any current medicines which thin your blood or cause drowsiness including sleeping tablets

### **DON'T**

- Take any new medicines without checking with your doctor first
- Drink Alcohol until all symptoms have resolved