**Head injury leaflet for Residential Homes in Nottingham and Nottinghamshire**

**Treating a minor head injury**

As long as a head injury is minor you don't need to visit the GP, ask the GP to visit or go to the hospital for treatment. A head injury is ‘minor’ if there has been **NO** loss of consciousness and the resident knows where they are (to a level normal for them) and can speak and move as instructed.

If a resident’s consciousness has been affected by their injury in any way, even briefly, they may have had a severe head injury and need to be treated in hospital.

If you are concerned about a head injury, ring the resident’s GP, Out of Hours services or 111. Otherwise, follow the advice below.

**Advice regarding Residential Home residents with a minor head injury**

Ensure they:

* Are in the home or with a carer for the first 48 hours after the injury and do not go out alone; this advice needs to be shared with any friends and relatives who take the resident out during this period.
* Have plenty of rest and avoid stressful situations
* Are offered painkillers, such as paracetamol, if they complain of a headache (always follow the manufacturer’s instructions)
* nly take sleeping pills, sedatives or tranquillisers for the first 48 hours after the injury when this has been agreed with the resident and their GP
* Do not drink alcohol
* Do not take aspirin (unless it is prescribed by their doctor)

The resident should go to a **Hospital Emergency Department** if they have had a head injury and:

* lose consciousness or become confused, or more confused than usual for the particular resident
* have clear fluid or blood leaking from their ear or nose
* are drowsy when they would usually be awake
* have problems speaking or understanding other people
* lose their balance or have difficulty walking, or more difficulty than usual for the particular resident
* lose power in part of the body, for example in an arm or leg
* develop a new problem with their eyesight
* have a headache that keeps getting worse
* have been sick
* have a seizure (fit), when their body suddenly moves uncontrollably
* are taking warfarin

If someone has signs of a **severe** head injury, take them to the Hospital Emergency Department or dial 999.

Read a full list of the symptoms of a severe head injury to find out when you need urgent medical attention at: <http://www.nhs.uk/Conditions/Head-injury-severe-/Pages/Symptoms.aspx>

Source: NHS Choices website:<http://www.nhs.uk/Conditions/Head-injury-minor/Pages/Treatment.aspx>