



Calderdale and Huddersfield **NHS**

NHS Foundation Trust

Emergency Department Advice Sheet – Adult Head injury

Head injury

After discharge it is unlikely that you will develop any complications however if you experience any of the symptoms listed below we suggest you return to your nearest Emergency Department:

- Unconsciousness/ Inability to be woken
- Any confusion (not knowing where you are, getting things muddled up).
- Any drowsiness (feeling sleepy) that goes on for longer than one hour when you would normally be wide awake.
- Any problems understanding or speaking.
- Any loss of balance or problems walking.
- Any weakness in one or more arms or legs.
- Any problems with your eyesight.
- Very painful headache that will not go away.
- Any vomiting.
- Any fits (collapsing or passing out suddenly).
- Clear fluid coming out of your ear or nose.
- Bleeding from one or both ears.
- New deafness in one or both ears.

Things you shouldn't worry about

Most people recover quickly and completely within a few days; however some people may experience symptoms that do not require a return to hospital for up to 2 weeks – these include:

- Headaches (mild/mod)
- Irritability
- Dizziness
- Nausea
- Sensitivity to light or noise
- Fatigue
- Difficulties with concentration
- Memory problems
- Restlessness
- Feeling anxious/depressed or tearful
- Sleep disturbances
- Sexual difficulties

Try not to rush back to normal activities as this may delay your recovery but if these symptoms persist beyond 2 weeks we suggest you see your GP.

Things that will help you get better

If you follow this advice it should help you get better more quickly and it may help any symptoms you have to go away.

- Do not stay at home alone for the first 48 hours after leaving hospital.
- Do make sure you stay within easy reach of a telephone and medical help.
- Do have plenty of rest and avoid stressful situations.
- Do not take any alcohol or drugs.
- Do not take sleeping pills, sedatives or tranquillizers unless they are given by a doctor.
- Do not play any contact sport (for example rugby or football) for at least three weeks without talking to your GP first.
- Do not return to school, college or work activity until you feel you have completely recovered.
- Do not drive a car, motorbike or bicycle or operate machinery unless you feel you have completely recovered.

Long-term problems

Most people recover quickly from their accident and experience no long-term problems. However, some people only develop problems after a few weeks or months.

If you start to feel that things are not quite right (for example memory problems, not feeling yourself), then please contact your GP as soon as possible so that he/she can make sure that you are recovering properly.

Further information

More information is available on Clinical Knowledge Summaries:

<http://cks.nice.org.uk/head-injury>

<http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/>

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.