

Balmalloch Primary School



HEAD INJURY – POLICY & PROCEDURES



responsi **B**ility

gr**A**ttitude

BELIEVE IN YOURSELF

hu**M**ility and forgiveness

persever**A**nce

Love

ACHIEVE YOUR GOALS

h**O**nesty and gener**O**sity

respe**C**t

friends**H**ip & family

A Place of Enthusiastic Learning and Achievement!

INTRODUCTION

Balmalloch Primary School and Nursery Class seeks to provide a safe return to all activities for pupils after injury, particularly concussion. As such, Balmalloch Primary School and Nursery Class has established this policy to outline procedures for staff, parents and pupils to follow in the management of head injuries.

Head Injuries and Concussion

- Head injury is a trauma to the head that may or may not include injury to the brain.
- Head injuries may occur at school if a child's head comes into contact with a hard object such as a desk or the floor or during potential collisions in physical education classes, school-based activities or break times. These incidents are significant because students must be screened and it must be understood that concussion symptoms can be delayed or progressive
- A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. All concussions are serious. Most concussions occur without loss of consciousness. Recognition and proper response to concussions when they first occur can help aid recovery and prevent further injury, or even death.

Children and adolescents are at greatest risk of concussions with the greatest risks occurring during activities where collisions may occur. This can happen in or outside of school. Concussions can have more serious effects on a young, developing brain and need to be addressed correctly to prevent further injury and help with recovery. It is important to note that subsequent concussions can be much more threatening than a single concussion.

Recognition of Concussion Common signs and symptoms of head injury resulting in concussion:

Signs (observed by others)/Symptoms (reported by pupil)

- Pupil appears dazed or stunned
- Confusion
- Unsure about game, score, opponent
- Moves clumsily (altered coordination)
- Balance problems
- Personality change
- Responds slowly to questions
- Forgets events prior to injury
- Forgets events after the injury
- Loss of consciousness

- Headache
- Fatigue
- Nausea or vomiting
- Double vision, blurry vision
- Sensitive to light or noise
- Feels sluggish
- Feels 'foggy'
- Problems concentrating
- Problems remembering

Management of Head Injuries

- At the time of incident/injury the pupil is to be removed from the lesson/activity/game immediately.
- The school office should be contacted who will locate an appropriate first aider. Children should be monitored for 30 minutes after a forceful head injury. National advice highlights that anyone sustaining a forceful head injury should seek medical attention.
- If the injury is serious an ambulance should also be called immediately by the staff member with the pupil.
- Parents or carers will be contacted by school as soon as possible after the event. It is important that Data Checks have been completed with the most up to date contact information.

Parent/Carer will have written confirmation of the head injury that has occurred, with a copy being stored in school to ensure Health and Safety procedures are being followed.

Parent/Carer is notified by telephone to ensure they check their child's bag for written confirmation.

Emergency contact will be contacted if 3 attempts to contact the parent/carers have failed.

- Children who have no symptoms may return to class if parents/carers are in agreement but must be advised to return if symptoms develop as symptoms are not always present immediately. This is an important consideration 48 hours following a concussion.
- Children with underlying neurological conditions, should be dismissed to home if any forceful blow occurs. Children with cognitive impairments that are difficult to assess, or children that developmentally unable to articulate symptoms should be deferred to medical care rather than being observed at school. Children who have sustained a recent brain injury or are recovering from prior concussion should be dismissed home and must see a medical professional before returning to school and activities.

- If there are signs or symptoms of concussion, the pupil must be taken to the GP or A&E. Treatment involves physical and cognitive rest until symptoms resolve. The symptoms usually go away entirely within three weeks, but in some cases a longer time frame for recovery may be necessary. Medical professionals will advise follow-up care and treatment.
- Parents/carers should advise the member of the Senior Leadership and Management Team responsible for their child's year group of any requirements when their child returns to school.

Miss McCarthy
Head Teacher

Policy - 8th November, 2023