

# Head Injury



# What is head injury?

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Head injuries are classified into mild, moderate and severe. A child who has suffered from a minor head injury can usually be safely discharged home with a parent or caregiver. However, a minority of patients may have persistent or new symptoms and this may warrant a return visit to the Urgent Care Clinic or Children's Emergency.

## What is a concussion?

A concussion is a mild head injury that commonly causes confusion, memory loss and a headache. It can happen as a result of a fall or other types of accident.

## What are the common symptoms after a concussion?

These symptoms can develop minutes to hours after the accident:

- Tiredness
- Irritability
- Behavioural problems
- Mood swings
- Poor concentration
- Memory loss
- Mild headache

These symptoms usually resolve within a few weeks to a few months. To help your child recover quickly:

- Ensure that they get enough rest
- Minimise screen time (television, computer games, video games or text messaging)
- Avoid sports, especially contact sports

Should these symptoms persist, please highlight them to the doctor.

# Should I bring my child to the Urgent Care Clinic (UCC) or Children's Emergency?

Please bring your child to the UCC\* if he/she:

- Is back to normal after a minor head injury
- Has a small bump or cut on the forehead
- Has a mild headache
- Has less than three episodes of vomiting

\*UCC is a walk-in clinic in the community for children and adolescents up to 18 years old with urgent but non-life threatening conditions. It is open daily from 9am to 11pm (last registration at 9pm).

Please bring your child to the Children's Emergency immediately if he/she:

- Displays any unusual behaviour
- Is confused with names, time or places
- Is unable to wake from sleep
- Has unusual drowsiness and sleepiness
- Has seizures or fits
- Has an increasing or persistent headache
- Has unsteady feet
- Has weak or numb limbs
- Has more than three episodes of vomiting

These warning symptoms are most likely to develop within 72 hours but can occur up to 3 weeks after the injury had been sustained.



The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

# About the Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents. NUH is the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit [www.nuh.com.sg/ktp-nucmi](http://www.nuh.com.sg/ktp-nucmi).

## Contact Us

### **24-hour Children’s Emergency**

Location: NUH Main Building, Zone F, Level 1  
General Enquiry: +65 6772 5000

### **KTP-NUCMI**

Location: NUH Main Building, Zone E, Level 2  
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)  
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
General Enquiry: +65 6772 5736 Appointment Line: +65 6908 2222  
Email: [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

### **9a Viva-University Children’s Cancer Centre**

Location: NUH Medical Centre, Zone B, Level 9  
Operating Hours: 8am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6772 5030 Fax: +65 6872 4314  
Email: [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

### **NUH Children’s Urgent Care Clinic @ Bukit Panjang**

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899  
Operating Hours: 9am – 11pm daily (including public holidays)  
General Enquiry: +65 6219 1538 Email: [childreucc@nuhs.edu.sg](mailto:childreucc@nuhs.edu.sg)  
Website: [www.nuh.com.sg/ucc](http://www.nuh.com.sg/ucc)

### **NUH Child Development Unit @ JMC**

Location: Jurong Medical Centre,  
60 Jurong West Central 3, Level 2, Singapore 648346  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

### **NUH Child Development Unit @ Keat Hong**

Location: Keat Hong Community Club,  
2 Choa Chu Kang Loop, #03-01, Singapore 689687  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

### **National University Hospital**

Location: 5 Lower Kent Ridge Road, Singapore 119074  
Tel: +65 6908 2222 Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)  
Website: [www.nuh.com.sg](http://www.nuh.com.sg)



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