



accidents don't have to happen

Homeward



Newsletter 205

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HOMEWORDB 205

Welcome to the new year and **205th edition** of Homeword. For nearly 20 years, staff at RoSPA have been bringing you up to date information about what is happening in the community safety world. Thank you for signing up to our newsletter and supporting us.

After Concussion, Return to Normality (ACoRN)

Guidance for concussion symptoms in children and adolescents has been developed across NHS Greater Glasgow and Clyde (NHSGGC) as a direct result of the evolving awareness of prolonged symptoms in children which can result in long absences from school. This guidance has been produced to empower families to manage these symptoms safely at home with an aim of providing symptom relief and preventing unnecessary admissions/ re attendance and therefore limiting absence from school/ education.

There has been an increased level of awareness of safe return to sports after head injury, however safe return to education and normal daily activities guidance has not existed in Scotland.

The most common injury presentation to the Paediatric Emergency Department in Glasgow is for head injuries (5,611 in 2018). This data was presented at NHSGGC's child safety and unintentional injury strategic group and agreement was made that the evidence for concussion in children should be reviewed.

A multi-agency short life working group was convened with a remit to consider a timeline of safe return to normal activity, and a patient leaflet. The membership of the group included a paediatric emergency nurse practitioner, paediatric emergency consultants, health improvement lead for public health, education representatives, a GP, a paediatric general surgeon and a paediatric neurology rehabilitation consultant.

The literature findings identified that guidance exists in other countries for return to education and also suggest that

After Concussion, Return to Normality (ACoRN)

Expected signs of concussion

- Headache
- Fatigue
- Feeling sick
- Poor concentration
- Poor balance/coordination
- Sensitivity to light or noise

Please give regular pain relief for the next 24 hours and consider giving for up to 1 week. (For doses follow guidance on medicine packaging).

The traffic light system below gives a step by step guide on how to manage the expected signs of concussion detailed below.

- You can move forward to the next stage when you have been symptom free for 24 hours.
- If symptoms re-appear then please move back to the previous stage to help relieve symptoms.
- If symptoms become worse at any point, then please contact either your GP, NHS24 (111) or, if urgent care required, call 999.
- If you still have symptoms after 2 weeks, please see your own GP

For return to sport, we recommend a minimum of 2 weeks rest. You can access this guidance from "If in doubt, sit them out" (Or scan the QR code).

STOP and rest both body and mind

OK to try

- Board games
- Short telephone conversations
- Light crafts

Not yet

- No screen time (TV, computer games, mobile phones, tablets etc)
- No school
- No sports/physical play
- No reading

If no concussion signs for 24 hours, then please move to the amber stage

REST, but preparing to move

OK to try

- Light reading
- Limited TV
- Short visits from friends
- 30 mins of school work
- short walks

Not yet

- No school yet
- Avoid computers and computer games
- No sports/physical play

If no concussion signs for 24 hours, then please move to the green stage. If signs return, go back to previous stage.

RETURNING to normal learning activities

OK to try

- Phased return to school (perhaps half days or 3-5 days attendance as tolerated)
- Phased return to homework: beginning at 30 mins and increasing

Not yet

- No sports/physical play for 2 weeks post injury
- No tests/exams until full phased transition back to education
- No technical subjects (Home Economics/Technical/Science) for 2 weeks

Discuss with your child and agree when phased return to normality is completed. If this is taking more than two weeks, please see your own GP.

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further guidance should be developed. The “After Concussion Return to Normality advice leaflet (ACoRN)” provides detailed information for use at admission or discharge from hospital and as a guide for families after a head injury to manage expected signs of concussion. It flows through an easy to read traffic light system for gradual return to activities. It has now been given a national platform through combined agreement via the Scottish Acquired Brain Injury Network (SABIN).

Mark Lilley, Major Trauma Coordinator, Royal Hospital for Children, Glasgow.

Wales Injury Surveillance System

‘The All Wales Injury Surveillance System (AWISS) has developed a suite of new resources designed to support injury reduction policy and practice across Wales.

English briefing: https://www.awiss.org.uk/wp-content/uploads/AWISS_BRIEFING.pdf

Briffio Cymraeg: https://www.awiss.org.uk/wp-content/uploads/AWISS_BRIEFING_C.pdf

AWISS is population-based, multi-source injury surveillance system, designed to measure injury rates and patterns, in order to support the design and evaluation of injury reduction initiatives, interventions and policies across Wales. AWISS is funded by Public Health Wales.

For further information please refer to the AWISS website: www.awiss.org.uk

Health Visiting and Accident Prevention

Fiona Black, Specialised Community Public Health Nurse (Health Visiting) at NHS Lothian provides a guest blog on accident prevention and working with RoSPA. Published via the Queens Nursing Institute Scotland – it can be viewed online here: <https://www.rospace.com/lets-talk-about/2020/January-2020/Health-visiting-and-accident-prevention>

Moving Forward Together

We have released a new blog which focussed on how Scotland’s Public Health priorities link to RoSPA’s work. To read the article, visit: <https://www.rospace.com/lets-talk-about/2020/January-2020/Moving-forward-together>

Fireworks in the Netherlands

The Dutch Safety Board last year conducted an extensive study into the safety risks of fireworks. The board called for structural improvement to safety by:

- Prohibiting the fireworks that are responsible for the most severe harm (rockets) and public nuisance they cause (bangers)
- Combating illegal fireworks
- Organising New Year’s Eve celebrations as a community event.

Read more here: <https://www.eurosafe.eu.com/news/a-dubious-tradition-comes-to-an-end-in-nl>

Recent Question in Westminster:

Yasmin Qureshi Shadow Minister (Justice)



- To ask the Secretary of State for Business, Energy and Industrial Strategy, what progress the Office for Product Safety and Standards (OPSS) has made on developing a fact-based evidence base relating to firework safety; and if the OPSS will make that evidence base available to the public.

Answer: Kelly Tolhurst Parliamentary Under-Secretary (Department for Business, Energy and Industrial Strategy)

- The Office for Product Safety and Standards (OPSS) is developing a fact-based evidence base on the key issues that have been raised around fireworks. This includes looking at data on noise and disturbance, anti-social behaviour, non-compliance, environmental impact, and the impact on humans and animals. This will build a fuller picture of the data around fireworks in order to identify whether further action is appropriate.

The evidence base work includes reviewing existing literature, research and data sources which are already publicly available. The work to develop a full evidence base is an ongoing exercise which is not time limited and we will report in due course.

Baroness Jolly stands up for safety in the House of Lords

Baroness Jolly, RoSPA President, spoke up for safety in the House of Lords last week, contributing to the Queen's Speech debate. She said: "Simple regulation and guidelines have the potential to ensure that tragic accidents, which most often involve infants or the elderly, are avoided and we can all feel safe in our own home. I refer the House to measures outlined in [RoSPA's Safer by design guidelines](#) for how this can be achieved."

You can read a full transcript [here](#).

Training

If you, or someone you work with, are interested in some Home Safety training, please get in touch with us. We offer a range of courses and workshops to meet your individual requirements. You can also start your training journey off by completing the short online course via the Virtual Learning Environment (VLE) with Health Scotland. See <https://elearning.healthscotland.com/enrol/index.php?id=505>

Did You Know?

The most recent ISD data shows that in all child age groups, males are more likely than females to be admitted to hospital for an unintentional injury.

Some useful links:

- Building Safer Communities online hub: <http://www.safercommunitiescotland.org/bsc-online-hub/>
- What are health inequalities - <http://www.healthscotland.scot/health-inequalities/what-are-health-inequalities>
- Unintentional non-fatal drowning in children in the USA:
<https://bmjopen.bmj.com/content/bmjopen/5/12/e008444.full.pdf>



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