



FAMIPED

Familias, Pediatras y Adolescentes en la Red. Mejores padres, mejores hijos.

We can and we should but do we know how to?

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We are all aware, or we must be, of our duty when helping and assisting somebody else when they are ill or in an accident. No matter this person is a boy or an adult; our son, our neighbour, our patient or our pupil.

The experience of parents and teachers who are in daily contact with children make us learn how to help in different situations. Most of the times, everything is perfectly done. But it is possible that somebody, a childhood professional, a father or other carer, has thought if they should have done it differently or if they could have done something better.

We can do it better, for sure. We should do it the best way we can. And in order to do it better and to solve our questions, these are some advice that can be helpful for everyone.

There are so many possible scenarios that we will deal with them separately, one at a time.

We will begin with the most usual ones, for instance:

What should we do when a child falls at school or in the street and hits their head? Is there a bump or anything else? Should we act very quickly?

WHAT TO DO

Not every bump implies going to hospital. What is crucial is to observe the child constantly. Check if they are conscious, if their breathing and heartbeat are normal, as usual.

Most of the times, the child will just feel pain and will not need a doctor to check them immediately. It is normal that they are frightened.

We must call their parents and inform them of the accident and the way it has taken place.

We can and we should but do we know how to?

If they have a bump, you can put ice or a cold soft drink can on it, wrapped in a cloth in order to reduce swelling.

If you suspect there could be severe injuries because the fall has been serious or from some metres high, do not move the child, specially their neck.

Apart from calling their parents, call emergency services if you observe any of these symptom.

I am sure we know this by heart. What else can we know?

Watch out! We should visit the doctor in these situations:

If the child is confused, feels drowsy or irritable.

If they begin to vomit repeatedly

If they have problems to walk or talk, if they talk or see badly

If they feel pain on their head or somewhere else different from the hit

If they have a wound on their head that does not stop bleeding

If some blood or clear liquid is expelled from their nose or ears.

If the fall has been from more than a metre high

If there is a sunken are on their head

.If they behave in a strange manner or do not remember what happened

If they have lost consciousness or have convulsed

If there is a bruise around their eyelids or ears

If their pupils are not equal

If it is suspected that the neck may have been damaged

If we have not seen how they fell

If we know that they suffer from haemophilia or they have problems with blood clotting.

If you are in one of these situations and act this way, wherever you are, you can feel sure because what you are doing is right. And if you believe that this simple advice can help you any time, take them into account.