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Rehabilitation after Traumatic Brain Injury – My First step...

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Traumatic brain injury (TBI) often results in impairments in physical and cognitive skills and can reduce health-related quality of life. YS experienced a TBI from a car accident in 12/11/2015. Before he was independent in his activities of daily living (ADLs) and a top military student. The accident resulted a diffuse axonal injury with brain oedema, contusion of the bilateral temporal, parietal and left brain stem, fracture of right occipital bone, left mastoid bones and bilateral maxillary with spastic tetraparesis, dysphagia and expressive dysphasia. YS was admitted to our post-acute rehabilitation unit on 15/12/2015 and started on a three month rehabilitation program. Upon admission, YS was conscious but totally disoriented to time and place. He was able to follow simple commands, tracking, counting fingers and moving his right side, but had minimal movement on his left (needed help with bed mobility, rolling, supine sitting, sitting balance and transfer from bed-chair). He displayed inappropriate behaviour and gestures, was not able to retain any information, and had post-traumatic amnesia. On soft puree diet and had no control of his bladder and bowel. FIMFAM score 34. After the rehabilitation team assessment, an interdisciplinary rehabilitation plan was created for YS, which matched the patient and family's goals/expectations. YS was discharged on the 13/03/16. He is currently independent with all ADLs, but needs supervision to maintain his safety. He is able to hold a good conversation. Manages a normal diet. He is independent with bed mobility, rolling, supine to sitting and sitting balance. He mobilizes using elbow crutches with minimal assistance. Bladder and bowel are now continent. FIMFAM score 142.

Biography

Raquel Neves has completed her Master and Post Specialization in Nursing Rehabilitation in Lisbon University (Portugal). She is the nurse's team leader in Post-Acute Rehabilitation in Amana Healthcare Medical and Rehabilitation Hospital.

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