

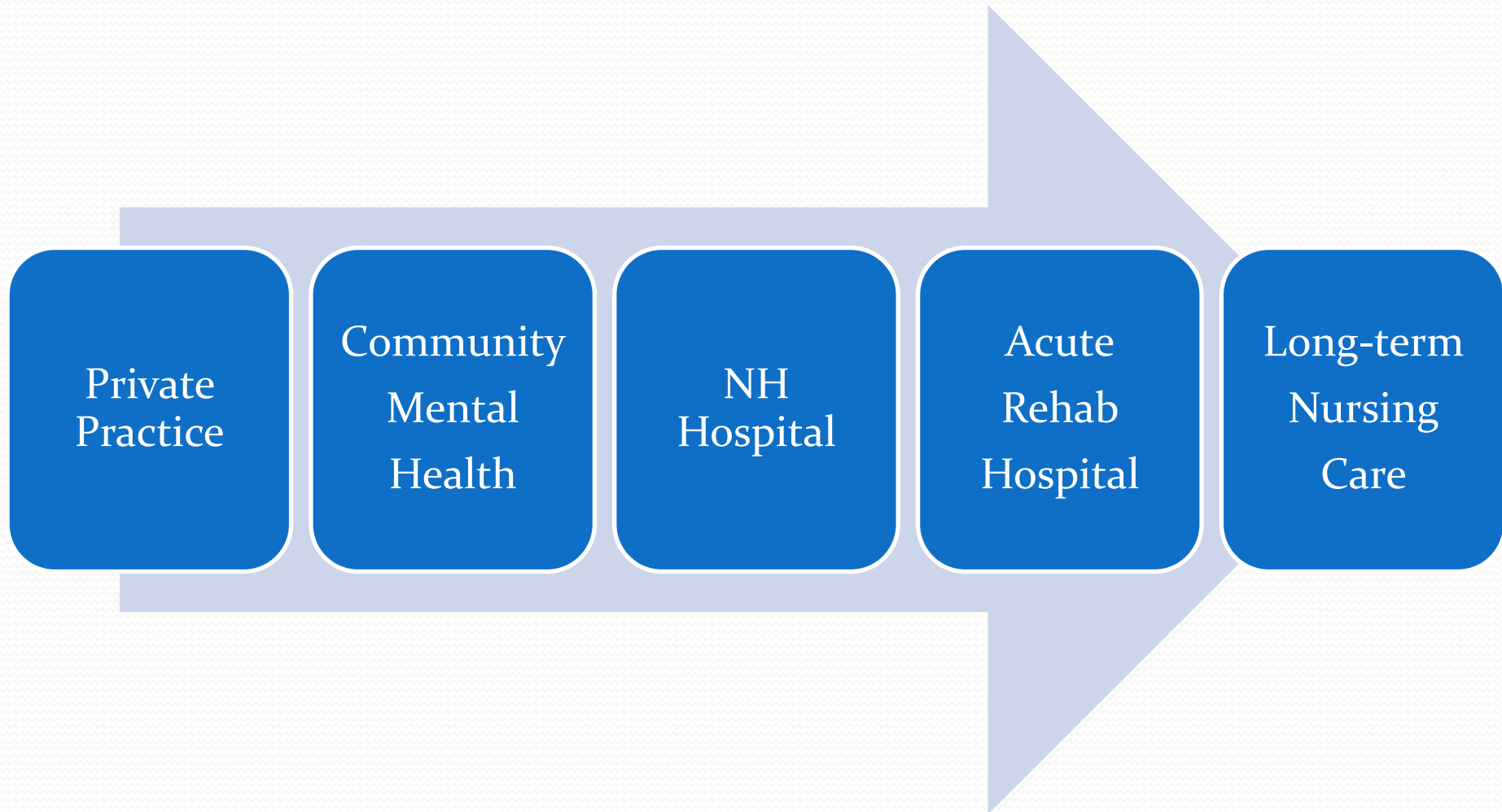
Recovery and Healing After a Brain Injury

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Important Mentors

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Continuum of Care



Sobering Statistics


- 2.8 million US citizens per year sustain a TBI
- 50,000 people in the US die each year from a brain injury
- 2.5 million, or nearly 90% are treated and discharged from Emergency Department (most are categorized as mild TBI/concussions)
- In 2012 approximately 330,000 children age 19 or younger were treated for sports related concussion/MBTI

Fatigue

- “Battery Concept “
- Good brain days vs Bad brain days

Sleep Problems

- People with TBI have X₃ sleep disorders than general population
- Nearly 60% of TBI people have long term difficulty with sleep

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- SLEEP PROBLEMS
Cont'd
 - Sleep Hygiene
 - Melatonin (1 mg – 3 mg)
 - Tricyclics
 - Trazadone
 - “The Dirty Dozen “

● “The Dirty Dozen “

- Benadryl
- Dramamine
- Excedrin PM
- Nytol
- Sominex
- Tylenol PM
- Paxil
- Detrol
- Elevil
- Demerol
- Any other allergy product containing diphenhydramine

● Statins

- Lipitor
- Advicor
- Altoprev
- Crestor
- Vytorin

MOOD DISORDERS

Mania (1.7 % - 9 %)/ Agitation

- Medications
- Mood Stabilizers
- Atypical Anti-Psychotics
- SSRI's
- (Mania and Priapism)
- Depression
- “Short Fuse Syndrome”
- Lability
- Pseudo- Bulbar Affect
- (laughing vs crying)

PERSONALITY CHANGES

- Isolation equates to Under stimulation
- Overstimulation due to Environment
- Avoidance of certain environments (crowds)
- Tiggy
- OCD vs Memory ?



HEADACHES / MIGRAINES

PREVENTIVE TREATMENT

- Blood Pressure Meds
- (Inderal , Covera , Isoptin)

- Tricyclic Anti-Depressants
- (Pamelor)

- Anti-Convulsants
- (Neuronmtin , Topomax)

HEADACHES / MIGRAINES Cont'd

Abortive Treatments

- Sumatriptan
- Triptans
- (Imitrex , Axert , Frova)
- IV Fioraset
- Acupuncture

SENSORY PROBLEMS

- Vision
- (Nystagmus , Double Vision , Field Cut /Neglect)
- Prisms , Sunglasses
- Light Sensitivity
- Eye Therapy

COGNITIVE PROBLEMS

- Too Many to List !!
- Neuropsychological Testing
- DHMC



COGNITIVE- BEHAVIORAL THERAPY

Dr. Albert Ellis , first Cognitive Psychologist 1955
(Cognitive Distortions)

Dr. Aaron Beck , Cognitive-Behavioral Therapy (CBT) 1960's
Negative/Positive Self -Talk



MASTERY and CONTROL

Do What You Can Do and What You Enjoy



MEDITATION

Thich Nhat Hanh

Jon Kabat Zinn Ph.D. 1970's

Sonic Meditation

YOGA

DOG TIME/ PET THERAPY
(oxytocin)

RELIGION





RESILIENCE

Strong Sense of Mastery and Control

Social Connections (“Magnets “)

Strong Sense of Meaningful Purpose

Sense of Humor





HOPE !

