

## Treatment Plan for Diagnosis of Traumatic Brain Injury (TBI)/Concussion S06.0X0A (newly diagnosed)

The primary treatment for TBI/concussion is called “Cognitive Rest.”

In the beginning you will need more, and as time goes by you will need less.

There are no supplements or drugs that can accelerate or treat the process. The treatment is TIME.

Concussion is a medical condition that can overwhelm the brain:

### 1. Sensory input such as: smell, noise, light, touch, taste, temperature, textures

- Treatment:
1. Limit these to the lowest possible level; start at zero
  2. Avoid all chemical smells (shampoo, deodorizers, cleansers, food) use unscented products
  3. Keep sound to a minimum, wear ear plugs, no music, no TV, no conversations
  4. Keep room light low, stay out of the sun, wear sunglasses (indoors/outdoors)
  5. Do not let anyone touch you, wear simple light-weight clothing, take tepid showers
  6. Eat bland un-spiced/un-processed foods like rice and egg whites (ask for a list)

### 2. Activities of Daily Living (ADLs): limit your responsibilities within your household

- Treatment:
1. Ask others to help you by doing the FULL task, and without being asked
  2. Do not take on ANY daily responsibilities, ask others to fill-in for you, do not go to work
  3. Do not plan your day. Follow the day as you feel necessary in-the-moment, relax, nap
  4. If you try to do it yourself, do it slowly, it will take more time than expected
  5. Expect any task to cause fatigue, frustration, etc. Do only simple one-step tasks.

### 3. Personal Living: Expect changes from the ‘usual’ routine

- Treatment:
1. Sleeping might be disturbed, unsatisfying, or eventful. Sleep whenever you want
  2. Turn off all media. Don’t watch TV, answer your phone, go online (no blue light)
  3. Do not expect your day to resemble your usual/prior typical day format
  4. Do not attend your usual exercise classes. Do not do any exercises. Just breathe
  5. Do not drive, nor assume responsibility for transporting others
  6. Allow yourself to express emotion: cry, stare into nothing, be emotionally irresponsible
  7. Shrug-off situations where other people do not understand you or your concussion

### 4. Social Activities: Assert that you can not be responsible for any social tasks (home, otherwise)

- Treatment:
1. Ask others to plan events while you remain uninvolved
  2. Cancel all social engagements with family and friends for at least 2 months
  3. When you miss an event, say to yourself, “I am taking care of myself right now”

### 5. Progressive Re-Introduction: When you feel ready to re-introduce normalization to your day.

- Treatment:
1. Without outside pressure, experiment with introducing one stimulus in one category
  2. Don’t have expectations about your progress
  3. Don’t let other people define your rate of healing, or pressure you for ANY reason
  4. Recognize your progress, take it slow.
  5. Draw a smiley-face next to any line-item that you feel better about even if it’s just for today

### 6. Stay in touch with your managing physician:

- Treatment:
1. Weekly SOAP notes are essential
  2. Work together to appraise your return to normal living
  3. Explain your confidence, personal strengths, solvency.
  4. Only your managing physician should clear you for more stimulus

In time, and only time, you will re-establish the connections that you had. You might choose to elevate yourself to a higher level as you heal. On the other side is YOU. You can define this in any way that you choose.

Dr. Dean