

Title: Traumatic brain injury: treatments

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Abstract: Traumatic brain injury is a common episode, and prompt diagnosis is important for optimal treatment. A number of acute and chronic treatments are available for improved prognosis.

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Rehabilitation methods for brain injury

A number of rehabilitation methods are currently in use for chronic brain injury patients:

- Verbal fluency speech to regain speaking ability
- Auditory comprehension treatments
- Exercise therapy that can affect global brain function
- Visual-spatial therapy
- Activities of daily living retraining
- Behavioral therapy to learn to work with new physical limitations



Should you suspect TBI?

Contact your health care provider if a physical head injury occurs with any of the following:

- Loss of consciousness
- Memory loss
- Nausea or vomiting
- Recurrent headaches
- Dizziness or lightheadedness
- Vision changes



Treatments for Brain Injury

For more information

Brain Injury Association of America
<http://www.biausa.org/>

University of Minnesota

Family Practice Clerkship
Patient Education Tool

What is traumatic brain injury?

Traumatic brain injury (TBI) is an acute injury to the brain from any number of reasons, including vehicle accidents, falls, sports injuries, and firearms. The actual injury to the brain can range from bruising on the surface of the brain to bleeding in the brain to direct traumatic penetration into the brain tissue.



“The brain can heal itself.”



Acute TBI treatments

The initial medical treatments of TBI are focused on reducing the effects of brain swelling. In the hours and days after TBI, the brain swells as a result of the injury. A number of treatments are used to stabilize these patients:

- IV fluids and medications
- Mechanical ventilation
- Sedation
- Surgery to reduce pressure

Chronic stage TBI treatments

Over the past several decades much has been learned about the remarkable ability of the brain to heal itself. Brain rehabilitation involves a number of health professionals working together to help the brain heal itself.

- Neurologists often work to coordinate the rehabilitation team and treat seizures
- Physical therapists help the brain regain function
- Speech and language therapists patients regain proper speaking
- Occupational therapists work to improve quality of life and work toward a return to previous lifestyle
- Neuropsychologists diagnose brain deficits through in-depth testing
- Psychologists, psychiatrists, and therapists treat depression and emotional disorders that commonly happen after TBI