

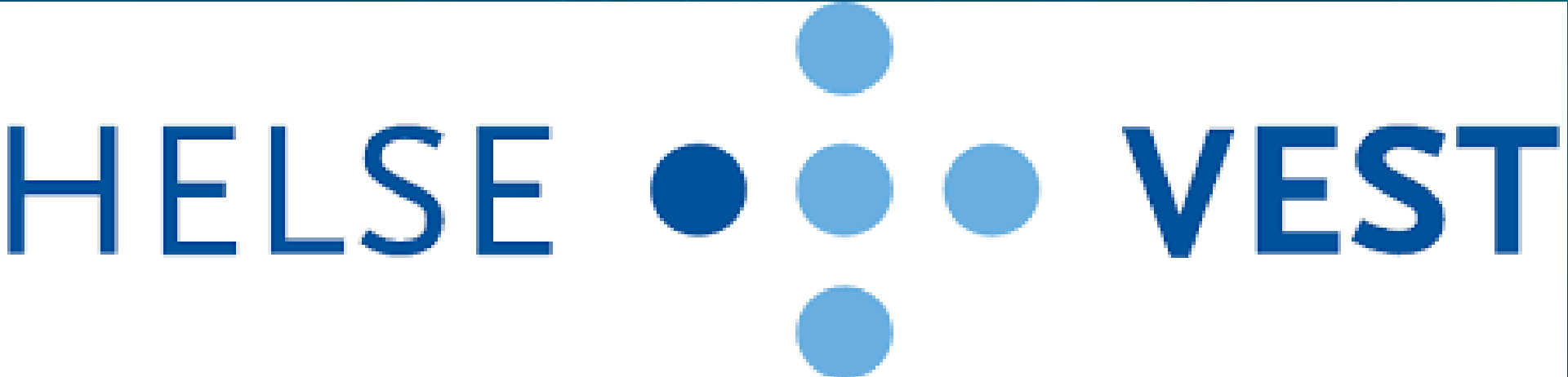
Rehabilitation for patients with mild traumatic brain injury

in

The Western Norway Regional Health Authority

Eirik Vikane, PhD, MD

Specialist in Physical Medicine and Rehabilitation



Mild Traumatic Brain injury (MTBI)



Glasgow Coma Scale (GCS) 13-15





Loss of consciousness < 30 min.

Posttraumatic amnesia < 24 hours

Other signs of Brain injury

Rehabilitation MTBI



| | In-patient Rehab | Out-patient clinic | Ambulatory treatment | Group |
|--|------------------|--------------------|----------------------|-------|
|  HELSE FØRDE | X | NP MD | | |
|  HELSE BERGEN Haukeland universitetssjukehus | X | Multi-disciplinary | | X |
|  HELSE FONNA | X | | | |
|  HELSE STAVANGER Stavanger universitetssjukehus | X | Multi-disciplinary | Multi-disciplinary | Plan |

- Visit by a specialist in Rehabilitation Medicine
- Multidisciplinary examination
 - Neuropsychologist
 - Occupational therapist
 - Social worker
 - Nurse
 - Physiotherapist
 - Speech therapist
- Multidisciplinary feedback
 - Expected favourable outcome
 - Recommendations

Multidisciplinary outpatient follow-up program

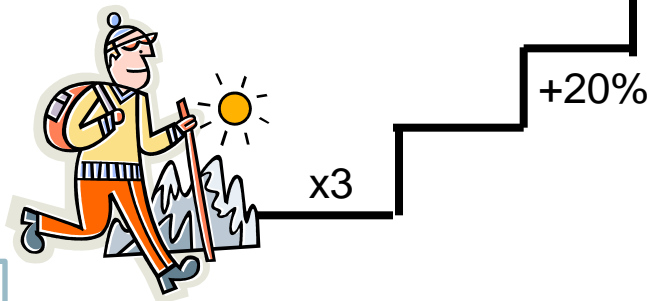
- Psycho-educational group intervention
 - Consecutive 4-weeks
 - Better understanding
 - Reassurance of favourable outcome
 - Sharing experiences
- Individual tailored contacts (one year)
 - Evaluation of patient's capabilities and job demands
 - Plan for gradually RTW

Stepwise return

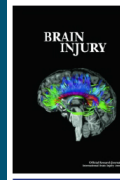
Earlier level of activity

Actual level of activity

Start level – 50%



Participation: Work – Social – Training- Other activities



Multidisciplinary outpatient treatment in patients with mild traumatic brain injury: A randomised controlled intervention study

Eirik Vikane, Torgeir Hellström, Cecilie Røe, Erik Bautz-Holter, Jörg Aßmus & Jan Sture Skouen

The multidisciplinary outpatient follow-up program

- Did not improve RTW
- May have reduced
 - Development of PCS
 - Use of other healthcare services
- Future directions
 - Early standardised work visits
 - Individual Placement and Support?



Thank you