Outpatient clinic for mild TBI

Torgeir Hellstrøm, MD (PM&R specialist)
Oslo University Hospital
Department for Physical medicine and Rehabilitation
Background

- 4200-7000 hospitalized due to TBI each year in Norway (Andelic et al 2008, Heskestad et al 2009)

- ranges from severe to mild cases with 80-90% classified as mild

- 15-25% of the mild cases report longstanding somatic, cognitive, and emotional symptoms (Bohnen 1993, Ruff 1996)

- Startet following these patients 2007
How we work

• Patients are typically seen 6-8 weeks after the injury
• Consultation by a specialist PM&R
• Broad referral base: neurosurgery, neurology, PM&R, orthopaedics, oral- and maxillofacial surgery, as well as general practitioners (GP)
• We serve the Oslo and Akershus region (pop. ≈ 1’2 m)
• Funding from the Norwegian Labour and Welfare Administration (NAV); part of a ‘speedier return to work’ scheme
• Approximately 10 new patients per week; 440 p year
Physician 6-8 weeks post-injury

Additional interdisciplinary assessments

Rehabilitation plan with team and patient

Individual consultations/treatments, psycho-educative group

Evaluation of the rehabilitation plan
Routine physical examination (physician)

- Mental status assessment
  - By observation during history taking
  - Screening tools for affective disorders (PHQ9 and GAD-7) and PTSD-10 (PTSS)
  - Screening questions for alcohol (CAGE) and substance abuse

- Screening neurological examination including
  - Cranial nerves
  - Balance and coordination
  - Deep tendon reflexes
  - Manual muscle testing and general function tests
Evaluation and assessments

- Physical
  - Dizziness/vertigo
  - Neck function and pain
  - Oculomotor function
  - Exercise tolerance
    - (Physiatrist, P.T)

- Cognitive
  - Memory, concentration, attention
  - Psycomotor speed and information processing
  - Executive functioning
  - Daily activities
    - (O.T., Neuropsychologist)

- Emotional
  - Emotional functioning with focus on anxiety and depression and Post traumatic stress reactions
  - Mood/affect, fatigue,
    - (Neuropsychologist, O.T.)

- Psycho-social functioning
  - Family, friends, social activities
    - (O.T. Social worker, N.psych)

- Vocational
  - Work/studies facilitation
  - Sickness absence management
  - Social security benefits
    - (Social worker, O.T.)
Treatment

• Psycho-educative group intervention
  – Consecutive 4-weeks
  – Better understanding of their symptoms
  – Reassurance of favourable outcome
  – Sharing experiences

• Individual tailored contacts
  – Evaluation of patient’s capabilities and job demands
  – Plan for gradually RTW
Evaluation of the program

Client Satisfaction Questionnaire  (Attkisson CC. 1982)

The quality of the program:  excellent 55%,  good 36%
Met your needs?  almost all 36%,  most of 55%
Have the service you received helped to deal more effectively with your problems?  helped a great deal 50%,  yes, helped 41%
Would you come back to the program:  yes, definitely: 77%
Recommend to a friend:  yes, definitely: 86%
Overall satisfied:  very satisfied: 77%  mostly satisfied: 18%

Oslo University Hospital
Research related to the program

• Effect of multidisciplinary outpatient treatment after MTBI- a randomised controlled trial and prognostic factors for RTW; Eirik Vikane PhD

• Vestibular Rehabilitation after TBI; Ingerid Kleffelgård, Physiotherapist, PhD-fellow

• Transitions in rehabilitation. Biographical disruption and professional expertise. HIOA/OUS studie; PhD fellow Ida Heiaas. Supervisor Helene L. Søberg. PhD fellow Mirela Slomic. Supervisors Helene L. Søberg, Unni Sveen

• Biographical disruption, adjustment and reconstruction of everyday occupations and work participation after mild traumatic brain injury. A focus group study. Sveen U, Søberg HL, Østensjø S
Research related to the program

Problems in functioning after a mild traumatic brain injury within the ICF framework: the patient perspective using focus groups

Unni Sveen\textsuperscript{1,2}, Sigrid Ostensjo\textsuperscript{2}, Sara Laxe\textsuperscript{3} & Helene L Soberg\textsuperscript{1,2}

\textsuperscript{1}Department of Physical Medicine and Rehabilitation, Oslo University Hospital, Oslo, Norway, \textsuperscript{2}Faculty of Health Science, Oslo and Akershus University College of Applied Sciences, Oslo, Norway, and \textsuperscript{3}Guttmann Institute Hospital for Neurorehabilitation, Universitat Autonoma de Barcelona, Badalona, Spain
Thank you for your attention