

Aging with a Traumatic Brain Injury

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Objectives:

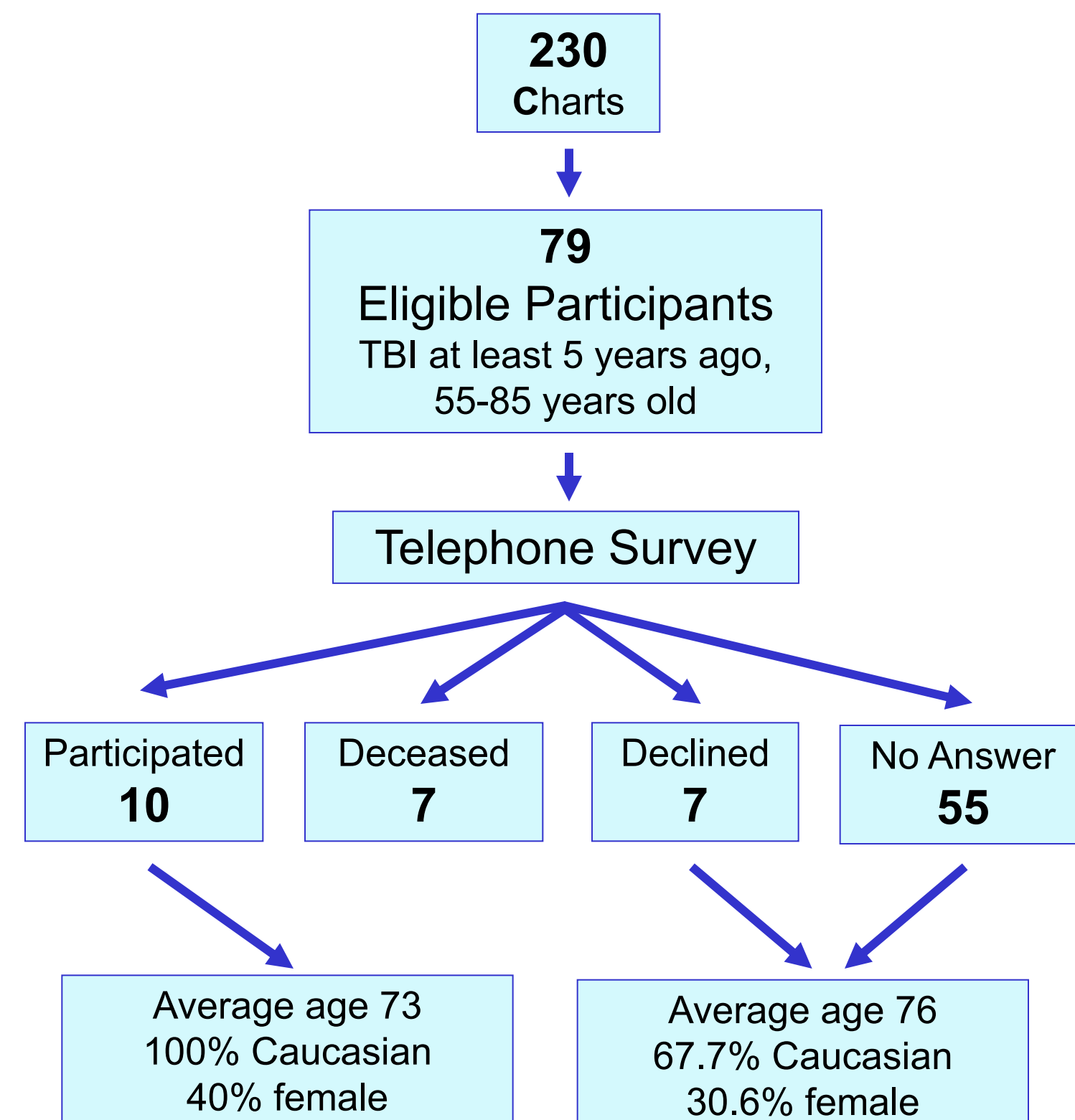
- Little is known about the impact of traumatic brain injury (TBI) on quality of life in patients as they age
- In this study, we asked middle-aged and older TBI patients to identify the issues and barriers that impact their quality of life

Design:

- Prospective telephone survey
- Subjects aged 55-85 with a history of TBI at least 5 years prior
- Participants had completed inpatient brain injury rehabilitation between 2009 and 2015
- Participants completed:
 - Brief capacity questionnaire
 - 13-item survey to identify and quantify the severity of problems experienced since brain injury
 - Survey was developed for this study
 - Includes common physical and psychological problems as well as potential healthcare and education limitations

Survey:

PROBLEM	Very Much	Somewhat	A Little Bit	Not At All
a. Getting a restful night's sleep				
b. Feeling tired all the time				
c. Keeping my balance while walking or standing				
d. Having trouble focusing with my eyes				
e. Having headaches				
f. Having seizures				
g. Experiencing mood swings				
h. Having problems with memory				
i. Being less motivated to do anything compared to a year ago, like visiting friends or exercising				
j. Not knowing who to call for advice on things related to my TBI				
k. Not having enough information about the health issues relating to TBI				
l. Not knowing how to get help for health problems relating to TBI				
l. Other areas that are a problem, please specify:				



Results:

Median number of problems identified:
4

Number of problems identified per participant ranged from 1 to 10 issues

Most Frequently Identified Problems

Fatigue (70%)
Impaired balance (70%)
Poor memory (60%)
Poor sleep (50%)

PROBLEM	Very Much	Somewhat	A little bit	Not at all
Sleep	0%	20%	30%	50%
Feeling tired	20%	10%	40%	30%
Balance	10%	10%	50%	30%
Vision	10%	10%	10%	70%
Headaches	20%	10%	0%	70%
Seizures	0%	0%	10%	90%
Mood swings	20%	10%	0%	70%
Memory issues	30%	10%	20%	40%
Motivation	10%	0%	30%	60%
Who to call for advice about TBI issues	10%	10%	0%	80%
Not enough information about TBI	10%	0%	10%	80%
Not knowing where to get help for health problems related to TBI	0%	10%	20%	70%

Percentage of patients who selected the answer per question

Results:

Overall subjects felt they understood the medical issues associated with TBI and where to seek help for their problems.

Conclusions:

Fatigue, imbalance, poor memory and poor sleep are the most frequent symptoms reported in the middle age to elderly chronic TBI population. Targeted screening for these problems may be indicated in this population. Overall subjects felt they understood the medical issues associated with TBI and where to seek help for their issues.

References:
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