



CASE HISTORY 1

23-year-old female. Hospitalised for 1 year, following an RTA. Traumatic brain injury & complex pelvic fracture. Temporal & parietal lobe contusions.

<p>ICCM 7-Phase Support Plan</p>	<ul style="list-style-type: none"> Structuring Week Insight & Awareness Emotional Lability Memory Physical Independence Return to University 	<ul style="list-style-type: none"> <i>Weekly planner; diarise & review daily; modify</i> <i>Gaining awareness in her condition, by education, monitoring & feedback</i> <i>Self monitoring of behaviour; positive/negative feedback; compensation strategies</i> <i>Education on memory; relearn lost memory; compensation strategies</i> <i>In-line with prescribed physiotherapy activities</i> <i>Graded approach; independence tasks programmed throughout week</i> <i>Develop reasoning skills, mental flexibility & compensate for difficulties</i>
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<p>P R O G R E S S</p>	<p>Start</p>	<p>Fluctuating mental state & suicide risk. Marked emotional lability. Frontal lobe deficits (Dysexecutive syndrome) – reduced reasoning/judgement skills. Reduced new learning & verbal memory skills. Poor speed of processing. Reduced insight into difficulties. Requires supervision/structured routine.</p>	<p>70 hours support. 4 hours neuro- psychology</p>
	<p>6 months</p>	<ol style="list-style-type: none"> Great difficulties in remaining focused on tasks/plan week on hourly basis Lacks insight and awareness Loses temper when things are not progressing well/verbal outbursts Difficulties with memory/forgetful Right sided weakness/walking unstable on uneven ground/eye movements affected Phased, graded approach to crossing roads/going to appointments Programme to re-learn memory notes, develop mental flexibility, compensation strategies & future liaison with tutors 	<p>56 hours support. 4 hours neuro- psychology</p>
	<p>12 months</p>	<ol style="list-style-type: none"> Structure of week programme no longer needed Reasonable insight into her difficulties/poor self monitoring of activity Reduced frequency & severity of emotional outbursts – more control Memory programme discontinued due to normal scores Discharged from physiotherapy/programme discontinued Shows all signs of safe travelling/programme discontinued Lecturers contacted; willing to consider return following further feedback 	<p>16 hours support. 2 hours neuro- psychology</p>
	<p>18 months</p>	<ol style="list-style-type: none"> Phased return to full-time university education Re-sat & passed 2nd year examinations Gradual withdrawal of support workers Gradual withdrawal of neuro-psychology Passed driving assessment Independently, went on holiday 	<p>0 hours support. 0 hours neuro- psychology</p>



CASE HISTORY 2

39 year-old male. TBI following assault. Unconscious for 10 days, axonal injuries and small infarct in left hemisphere.

Blurred vision due to affected left eye muscles. Uncertain when walking. Easily fatigued. Headaches when feelings of anxiety. Cognitive damage. Unable to relate to timed tasks. Weaknesses in memory for verbal information, visual selective attention and divided attention. Stressed, anxiety and panic attacks in a busy environment. Lost confidence. Slow speech.

3 - Phase Treatment Plan	<ul style="list-style-type: none"> • Concrete Thinking • Encourage Greater Tolerance • Written/Document Skills 	<ul style="list-style-type: none"> • <i>To encourage more flexible thinking; adopt compensation strategies</i> • <i>Feedback on arousals/temper; gain more insight into arousal levels; alternate strategies</i> • <i>Make written work more consistently legible; develop methods for form filling</i>
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+ Additional support with housing, housing management and benefit claims.

	P r o g r e s s	Period	Input
Year 1	Problems with self-image. Anxiety & panic when out on own. ICCM purchased bike for carer to accompany client when cycling. Attempting to cook. Does not manage finance. Poor acceptance of problems. Becoming steadier walking. Poor concentration. Becomes aggressive. Part time return to work.	Start	84 hrs/wk +3mths NHS psychology
Year 2	Client has anxiety about memory ability. Attending college, studying for IT qualifications. Some friction with ex-wife. Would like longer visitation hours to children.	Wk 17 Wk 35	58.8 hrs/wk 38 hrs/wk
Year 2+	Moved into own flat. Has arranged for own furnishings. Arranged direct debits. Maintains a tidy home. Helped with creating a budget and some form filling. Improved multi-tasking although complex problems/unusual situations cause anxiety. Speed of processing/memory improved. Re-applied for and obtained driving licence. Working for local charity on part-time basis. Parental responsibility for his children, progressed from every other Saturday to every weekend. Completed IT College Course and commencing higher-level Microsoft qualifications.	Wk 38 Wk 56 Wk 78	33 hrs/wk 14 hrs/wk + 2 hrs ICCM neuro-psych 4 hrs/wk