

# Traumatic brain injury's severity assessment, treatment and rehabilitation - conc...

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The paper "Concussion Prevention, Severity Assessment, Treatment, and Rehabilitation" is an inspiring example of a term paper on health sciences & medicine. A concussion occurs as a result of external forces that come into contact with the head resulting in injuries in the brain thus causing a malfunction in the nervous system (Desrocher & Autism. 2012). 'In cases of concussion, prevention are better than cure' (Tsao. 2010). This is a medical statement which is commonly found in many healthcare facilities all around the world. It emphasizes the importance of the precautions needed to be taken in order to counter the adverse effects of concussion. The World Health Organization considers many neurological disorders preventable. A concussion is the most preventable according to the Organization's research analysis. This is because it is caused by circumstances that can be avoided if people are given the correct education. This involves the importance of protecting the head as well as the spinal cord at all times.

### Prevention strategies

In order to prevent concussion, it is important to begin by learning the physical causes of this neurological disorder and the precautions that can be taken to prevent them. There are different strategies that can be applied to prevent circumstances which may lead to a concussion. Medical facilitators have identified and categorized groups of people who are prone to concussion injuries. Adults above the age of 65years and children below the age of 4years are reported to fall under the most affected group (Coetzer. 2006). This is because many deaths reported as a result of concussion injuries are associated with adults above the age of 65years and children

with 4 years and below. In this case, these groups of people should be highly monitored. Children below the age of 4 years are vulnerable to concussion injuries as they are very playful and may not identify or communicate their exact problem thus should be closely monitored. It is important to apply caution in one's daily routine to reduce the chances of involving in situations that may, in turn, lead to a concussion. Motor vehicle accidents are the most common causes of concussion injuries (Desrocher & Autism. 2012). Normal life rules such as always using safety belts when driving, using headgears when cycling, obeying traffic rules as a pedestrian or driver and disengaging in violent acts such as riots and street fights are some of the basic aspects to be considered in the strive to prevent cases of traumatic brain injuries. Athletes are another group of people who have a higher chance of being affected by concussion. In order to prevent concussion injuries, athletes should limit sports-related injuries by wearing the right protective equipment, learning safe sporting techniques and reporting to the medical staff in case they notice any symptom of concussion. Learning of concussion symptoms is another method of preventing the neurological disorder. This aspect promotes the prevention of adverse effects in circumstances where a person incidentally falls victim of concussion (Culebras. 2010). Some of the basic symptoms of concussion include: somatic, behavioral change, cognitive impairment, and visual disturbance, and sleep disturbance, development of physical signs such as loss of consciousness, unsteadiness as well as amnesia and slowness to answering questions or following instructions (Kim. 2012). A person suffering from a concussion is easily distracted, unaware of time date or place, he or she makes incomprehensible or disjointed

statements as well as is unable to remember words or objects in order and also stumbles when walking.

### Assessment, treatment, and management of concussion injuries

A concussion is divided into three forms which include Grade 1, Grade 2 and Grade 3. In grade 1, symptoms last less than a quarter an hour and there is no loss of consciousness. In Grade 2 symptoms last for more than quarter an hour and there is no loss of consciousness. In Grade 3 there is loss of consciousness that may last for several minutes (Kim. 2012). A medical evolution of the problem may require long-term medical rehabilitation before the brain begins to function normally. The rehabilitation procedure involves various stages. Evaluation is the first stage where a medical assessment involving a comprehensive history as well as a detailed neurological examination is carried out. The assessment of the patient's mental status, gait and balanced are also included in the first stage of the rehabilitation procedure (Kim. 2012). The clinical status of the patient is accessed at this stage.

The second stage is the assessment and screen tests phase which involves the use of X-rays, MRI, scans, and SCAT3 in assessing the progress of the patient. The third stage is the rest phase where the patient is refrained from watching television, extensive reading daytime sleep, and physical activities. The final stage is the treatment and management phase which involves pain treatment, pharmacotherapy, physical exercise, academic education, and reaction testing. Concussion injuries do not have a specific duration in which

the patient is required to go through the rehabilitation procedures in order to fully recover. The procedure may take several days, weeks or months depending on how severe the injuries appear to be and the response of the patient towards treatment.