

## TBI Basics

## For People with TBI

## For Family and Friends

## For Professionals

After the Injury:  
Acute Care and  
TBI

Making  
Connections After  
Brain Injury

Fact Sheet  
Series: Job  
Accommodations...

Understanding the  
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### After the Injury: Acute Care and TBI

Learn about the medical care provided following a traumatic brain injury (TBI) — from the first moments in an emergency room to the collaboration between the family and medical team.

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November 17, 2008*

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Their Personal Story*

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#### Dr. Kelly Talks About Parts of the Brain

Dr. James Kelly, professor of Neurosurgery and Physical Medicine and Rehabilitation at the University of Colorado Denver School of Medicine, talks about parts of the brain typically affected by traumatic brain injury.



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## How to Be Your Own Brain Injury Case Manager

Michael Paul Mason

There is an entire psychology involving the care and rehabilitation of brain injury survivors, but that isn't case management. Case management is the thankless job that gets dropped in your lap the moment the injury occurs. It amounts to hours of phone calls, research, and advocacy. Case managers spend more time on damage control than damage repair, and their role is critical over the lifespan of the survivor. If someone you care for has experienced a brain injury, consider appointing yourself as his or her de facto case manager. Their quality of life hinges on the actions of others, so accept this role wholeheartedly, if you're going to do it. It's the only way.



Whether the brain injury has happened ten minutes ago or ten years ago, the best thing you can do is to arm yourself with as much information and as many facts as possible. Facts and information fuel the changes you want to see happen. Pick up a sturdy spiral notebook, and make this your case management log. Immediately begin a record of every encounter you have with a professional. Write down names, dates, numbers, and a summary of the encounter-including phone calls and emails. Request copies of everything: medical records, lab results, pamphlets, brochures. You'll be shopping for a file cabinet soon enough. Make a special point to write down every incident in which you received a denial of treatment or were flatly ignored. This will be an indispensable resource in the months ahead.

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## Datos sobre las lesiones traumáticas del cerebro

### ¿Qué es una lesión traumática del cerebro?

Una lesión traumática del cerebro (TBI, por sus siglas en inglés) es definida como un golpe fuerte o una sacudida fuerte a la cabeza que interrumpe la función normal del cerebro. No todos los golpes o sacudidas a la cabeza resultan en lesiones traumáticas del cerebro. Una lesión traumática del cerebro puede variar de "leve," como un cambio temporal al estado de conciencia a "severa," como un periodo extendido de inconciencia o amnesia después de la lesión. Una lesión traumática del cerebro puede provocar problemas de corto o largo plazo con función independiente.

### ¿Cuántas personas sufren lesiones traumáticas del cerebro?

De las 1.4 millones de personas que sufren lesiones traumáticas del cerebro cada año en los Estados Unidos:

- 50,000 mueren;
- 235,000 son hospitalizadas; y
- 1.1 millones reciben tratamiento y son dadas de alta por el departamento de emergencia.<sup>1</sup>

El número de personas con lesiones traumáticas del cerebro que no son vistas de emergencia o que no reciben cuidado, no se ha determinado.

### ¿Cuáles son las causas de las lesiones traumáticas del cerebro?

Las principales causas de las lesiones traumáticas del cerebro son:

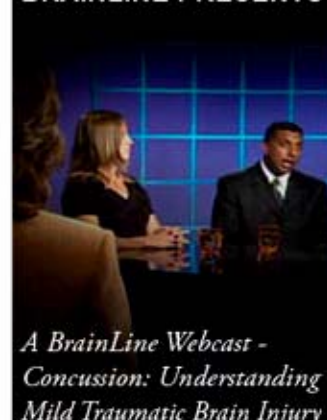
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## Breathing the Fire: Fighting to Report -- and Survive -- the War in Iraq

Kimberly Dozier

### A Story of Tragedy . . .

NIGHT BEFORE MEMORIAL DAY, MAY 29, 2006

I hate these nights. Stare at the ceiling, turn left. Turn right. Can't sleep. Dread tomorrow's assignment, as usual. In the morning adrenaline will pull me through, as it always does. Tonight worry is getting the better of me, as it always does.

The aircon is noisy, and the thick hotel drapes (of cheesy pseudo-velvet) block out the spotlights on the catty-corner mosque nearby and the lights from across the river. The drapes are meant to catch any flying glass, should a rocket hit the side of the building. But that's only ever happened once, so in my mind that's not the problem. The problem is the next day's patrol.

I'm "safe" here. I've transformed the 12- by 15-foot room into a cocoon fortress—a yoga sanctuary in this half-star hotel floor turned network bureau. I live here about two-thirds of the year. Over three years my personal possessions have migrated to join me. The place is like the Big Brother house crossed with a rusting, peeling, leaking Soviet-era submarine, where the carpet sticks to your feet. We've sealed the corridor with steel doors and installed cameras to eyeball would-be visitors.



*Breathing the Fire: Fighting to Report -- and Survive -- the War in Iraq*

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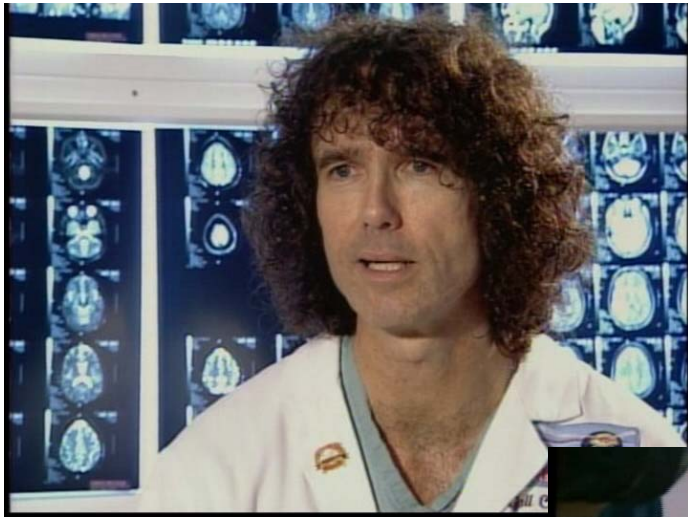
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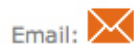


A BrainLine Webcast -  
Conclusion: Understanding



# Video and Multimedia





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## Ask the Expert: Remembering to Take Action

Dr. Celeste Campbell

### Question

A friend with a mild traumatic brain injury is an excellent listener and new acquaintances often share their problems with him. He empathizes, which creates the expectation that he will do something to follow up. Then, because his organization and planning skills were affected by the injury, he never takes any action. He loses friends as a result. Is there anything I can do to help?

### Answer

The good news is that your friend's desire to be helpful and his ability to empathize will go a long way to improving his situation. It sounds as though he has good interpersonal skills, so people may be more understanding and open to giving him a second chance.



Celeste Campbell, PsyD - a neuropsychologist at the Polytrauma Program at the Washington, DC Veterans Administration Medical Center.

#### Related Content

[Learning to Remember](#)

[Managing Memory and Metamemory Impairments in Individuals with Traumatic Brain Injury](#)

[Moving On: A Personal Futures Planning Workbook for Individuals with Brain Injury](#)

[PDA Intervention Plan: Implementing Electronic Memory and Organization Aids](#)

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**MARCH 2009**

Brain Injury  
Awareness Month

## Brainline.org – Traumatic Brain Injury Community

Global



### Basic Info

Type: [Common Interest – Health & Wellness](#)

Description: BrainLine.org addresses preventing, treating, and living with traumatic brain injury.

This group exists to bring survivors, family members and supporters together to share their stories, tips, and advice on how they are surviving day to day.

RSS feed of TBI news from around the world:  
<http://brainline.org/rss/news.xml>

Join our LinkedIn Group:  
<http://www.linkedin.com/e/gis/127301>

Follow our Twitter Posts:  
<http://twitter.com/brainline>

Privacy:  
 BrainLine.org cares about protecting your privacy on Facebook. We urge you to be careful about what you disclose online – don't post anything you wouldn't want the world to see. Think carefully before posting any information you wouldn't want your parents, current or future employers, or schools to know about.

### Contact Info

Email: [info@brainline.org](mailto:info@brainline.org)

Website: <http://www.brainline.org>

Office: WETA

Location: 2775 S. Quincy Street  
Arlington, VA

### Members

Displaying 8 of 1,152 members

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Shawn Smith



Patrick B. Donohue



Krystal Klingenberg



Melanie Voll



Rob Farnsworth



Christian Lindstrom



Jussi Vahtera



Deb Fugate

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### Officers

BrainLine Org  
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### Group Type

This is an open group. Anyone can join and invite others to join.

### Admins

- Brian King (creator)
- BrainLine Org
- Kim Larson

### Events

2 past events

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Online

Friday, November 7 at 2:00pm

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