



## MILD BRAIN INJURY PROGRAM

Shepherd Center's experience in traumatic brain injury rehabilitation led to the development of the Acute Mild Brain Injury Program—specifically designed for individuals who have experienced a concussion or change in mental status at the time of the injury.

### RECOGNIZING THE SYMPTOMS:

Mild brain injury can go undetected or even dismissed. Yet, the impact of the injury can last for days, weeks or longer, and sometimes affect day-to-day living. Shepherd's Mild Brain Injury Program can help people understand these injuries and their potential outcomes.

To determine if someone has experienced a mild brain injury, look for the following signs:

- Headaches
- Sleep disturbance
- Balance problems
- Decreased speed of thinking
- Nausea
- Emotional mood swings
- Fatigue
- Irritability
- Decreased concentration and attention span
- Memory problems
- Depression and anxiety

### WHO MAY BE APPROPRIATE FOR A REFERRAL?

Anyone with head trauma resulting in loss of consciousness or altered mental status who:

- Was not admitted to the hospital or,
- Was discharged within 48-72 hours of admission and,
- Had a Glasgow Coma Scale (GCS) of 13-15.

### SHEPHERD CENTER'S APPROACH TO MILD BRAIN INJURY:

To determine if a mild brain injury has occurred, Shepherd's mild brain injury experts may conduct the following (depending on the individual's needs):

- Comprehensive psychiatric assessment
- Balance assessment
- Education & inform
- Cognitive screening
- Symptom checklist

Without appropriate treatment, mild brain injury symptoms may become worse. Our mild brain injury team works closely with each patient to determine how his or her injury interferes with normal activity. After an initial assessment, our treatment recommendations may include:

- Physical, occupational or speech/language therapy
- Case management
- Neuropsychological assessment
- Physical/pharmacological intervention
- Vocational services
- Education/support group

### REFERRALS:

If you have any questions or would like to make a referral, please call Shepherd Center Admissions at 404-350-7345 or 1-800-SHEPHERD.

Visit Shepherd Center online at [www.shepherd.org](http://www.shepherd.org)