



PREP: PRE-REHABILITATION AND EDUCATION PROGRAM

For Brain Injury Patients Who Have Disorders of Consciousness

I. PATIENT TREATMENT

Patients who are in a reduced or minimally conscious state following a traumatic brain injury are often not ready to begin an active rehabilitation program. However, Shepherd Center believes it is critical to optimize recovery until the patient emerges and to educate and train the family and/or the caregiver's expectations and care.

For these patients, Shepherd Center offers a specialized program called PREP, which stands for Pre-Rehabilitation and Education Program. PREP is a 4-6 week program, with approximately 1½ hours of therapy daily that takes into account a patient's slow response to therapeutic intervention and the need for rest and structure.

PREP focuses on preventing medical complications and continually measuring arousal and attention to the environment. Other key components are:

- Pharmacological management
- Nutrition
- Positioning and seating
- Cognition and communication
- Maximizing mobility
- Family/caregiver support and education

Shepherd Center's specially trained staff use the Coma Recovery Scale-Revised to assess the patient's rate of emergence and response to his or her environment. The interdisciplinary team works closely to facilitate the patient's recovery by offering an individualized plan of care that balances medication management, therapies, environmental stimulation and rest.

II. FAMILY CENTERED CARE/ TREATMENT

It is important during your loved one's treatment in the PREP Program that you get the necessary information about your loved one's expected recovery. We are also committed to making sure you feel involved in the care and

encourage you to ask questions and let us know your goals and expectations. The program will provide many opportunities for education and training to help you feel comfortable in caring for your loved one for when you take them home. Training may include, but not limited to:

- Medication management
- Tube feeding – nutritional management
- Bowel and bladder care
- Respiratory care
- Diabetic care
- Safety management and care
- Community education and reintegration
- Transfer and retraining
- Skin care
- Coma recovery scale training

III. FAMILY/CAREGIVER ACTIVITIES

- Medical conferences with your physician and case manager
- Neuropsychology education/counseling for understanding your loved one's recovery
- Goal-setting with your treatment team
- Scheduled hands-on training with nurses and therapists
- Support groups
- Peer visitors
- Community outing

IV. DISCHARGE SUPPORT

Following discharge from PREP, the patient will have regular telehealth appointments with Shepherd staff members for several weeks. During these visits, the staff addresses any concerns and questions the family has as they adjust to providing care in the home and monitoring their cognitive recovery. A case manager will also be assigned to support you during the transition for up to one year.