

# How do we manage head injuries?

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## Creating guidelines for clinicians

Mild traumatic brain injury (mTBI) accounts for most traumatic brain injuries (injury from an external force to the head). Following an mTBI, people can experience prolonged challenges with movement, learning, interacting with others and sleep/fatigue. So far, there is little evidence to guide the treatment and management of these symptoms, so clinicians have had to rely on agreed guidelines and recommendations. Now, we are designing Australian clinical practice guidelines relevant to all people affected by symptoms of mTBI. We hope to improve outcomes, limit the impact of prolonged symptoms, and give health professionals confidence to deliver best-practice care.



↑ Prof. Karen Barlow in our brain stimulation lab

## Our questions for you

What are the barriers to implementing an effective treatment plan for people with mTBI who experience Persistent Post-Concussion Symptoms (PPCS) include challenges with movement, learning, interacting with others and sleep/fatigue?

What are the biggest social, occupational and family issues facing recovering mTBI patients?

## Future involvement opportunities

- Who:** We are looking for 10 consumers from the TBI community to form a consumer advisory group and 8 people with lived experience of mTBI to form the Aboriginal and Torres Strait Islander peoples working group.
- What:** The role of the consumer advisory group and Aboriginal and Torres Strait Islander peoples working group is for consultation and surveys regarding the clinical practice guidelines and supporting tools. The Aboriginal and Torres Strait Islander peoples working group will be supported and coordinated by an Aboriginal and Torres Strait Islander healthcare professional.
- When:** We want to complete this work by Feb 2024, and publish the guidelines for clinical use. The time commitment would be over the next 12-18 months.
- Where:** Online meetings and email.
- How:** Attend and be remunerated for 4 online meetings, each lasting up to 2 hours, as well as 4 hours per meeting for preparation and follow-up activities (24 hours in total).
- Why:** We want to work with people with lived experience and their families, and doctors to create a guideline that will genuinely meet the needs and match the priorities of the people who will benefit from it.



Scan the QR Code to get in touch with Karen about consumer involvement on this project.