

## **Admissions: Brain Injury Rehab (Inpatient/Day Patient Program)**

### **Brain Injury Rehab**

The Brain Injury Rehab team serves clients aged 3 months to 18 years who require rehabilitation following an acquired brain injury. An interdisciplinary team provides collaborative assessment and intervention for children and adolescents by facilitating return of function, development of compensatory skills and assisting reintegration into the family, school and community at the child's optimum level.

Severity of brain injury is measured by using Glasgow Coma Scale, duration of unconsciousness and/or positive neuro- imaging. *Rehabilitation following a brain injury is a complex multifactorial process and the inpatient stay is only one stage of the journey to recovery. Clients will continue to make gains as they transition into the community.*

There are two streams of acquired brain injury (ABI) inpatient rehabilitation programs: Rehabilitation Stream and Restorative Stream. Children who are admitted into the Restorative Rehabilitation Stream can transition to the Rehabilitation Stream when able to participate in active rehabilitation and/or transition to home. The general admission criteria for the two streams are listed below.

Parents and family also play an important role and are encouraged to participate in the care of their child. In order to successfully transition to the community, weekend leaves are encouraged as soon as medically ready.

#### *Examples of Conditions:*

- Moderate to severe traumatic brain injuries; for example, head injury as a result of a motor vehicle accident, fall and assault
- Non-traumatic brain injuries; for example, Brain tumors, Anoxic brain injuries, Post central nervous system infection, Post grid surgery, Arterio venous malformation (AVM), Stroke

### **Admission Criteria:**

#### *Rehabilitation Stream*

- Presents at Level IV and higher on Rancho Los Amigos Scale: Confused and agitated without targeted aggression. Description of level IV: The client is confused and does not make sense in conversation but may be able to follow simple directions. Stressful situations may provoke some upset, but again agitation is no longer a major problem. Clients may experience some frustration as elements of memory return.
- Presents with **new** moderate to severe functional deficits (physical and/or cognitive)
- Requires two or more professional services (OT/PT/SLP)
- Requires medical and nursing care
- Medically stable (i.e. stable vital signs, stable tracheostomy)
- An onsite or OTN review may be required
- Clients need to be off tube feeds and central line for at least 4 hours consecutively so they can participate in rehabilitation
- Expected participation in a school program and/or therapeutic playroom activities
- Appropriate services are not available closer to home
- A discharge destination is known
- Clients who are no longer ventilator dependent
- Clients who are not a danger to themselves or others (i.e. not psychotic/suicidal)
- Clients with no drug or alcohol dependency

### *The Rehabilitation Stream Program*

- Clients participate in a minimum of 3 hours of therapy/activity per day for 5 days per week
- Clients have defined rehabilitation goals that include transition to community
- Average length of stay is 64 days
- Therapy services are provided as needed by an interdisciplinary health team including physician, nursing, pharmacist, neuropsychologist, physiotherapist, occupational therapists, speech language pathologists, social workers, dietician, child life specialist, child youth worker, recreation therapists, teachers, occupational and physiotherapy assistants, communication disorders assistant, and psychometrists
- The client demonstrates goal directed behavior but due to cognitive impairments may require cueing or strategies to enhance new learning. The environment is structured to provide a consistent approach to the client's daily schedule and activities. Effective therapeutic strategies include using task specific training that may be challenging for the client but allows for success
- As the client progresses, the complexity of the tasks and environmental distractions also gradually progress and therapy focuses on community integration

### *Restorative Stream*

- Presents at Level III on Rancho Los Amigos Scale: demonstrate a localized response but which may be inappropriate or early Level IV: demonstrates confusion, disorientation and may present with agitated, aggressive or inappropriate behavior
- An onsite or OTN review will be required.
- Presents with complex cognitive, physical and nursing needs
- Has attention and responsiveness for a minimum of a 30 minute session, twice per day
- Demonstrates meaningful responses to their immediate environment
- Expected participation in a school program and/or therapeutic playroom activities
- Medically stable (i.e. stable vital signs, stable tracheostomy)
- A plan in place for discharge post rehab which includes a discharge destination
- Appropriate services are not available closer to home
- Clients need to be off tube feeds and central lines for at least 4 hours a day so they can participate in rehabilitation
- Clients who are no longer ventilator dependent
- Clients who are not a danger to themselves or others (i.e. not psychotic/suicidal)
- Clients with no drug or alcohol dependency

### *The Restorative Stream Program*

- Clients participate in a minimum of 1 hour of therapy per day for 5 days per week
- Clients are able to tolerate a minimum of 1 hour out of bed, twice a day
- Clients have defined rehabilitation goals that include transition to community
- Average length of stay is 128 days
- Therapy services are provided as needed by an interdisciplinary health team including physician, nursing, pharmacist, neuropsychologist, physiotherapist, occupational therapists, speech language pathologists, social workers, dietician, child life specialist, child youth worker, recreation therapists, teachers, occupational and physiotherapy assistants, communication disorders assistant, and psychometrists
- Sensory stimulation program for clients with a decreased level of responsiveness is provided
- A structured environment with minimal distractions is provided to allow the client freedom to safely move about
- Therapy sessions are frequent and short term treatments are interspersed throughout the day
- As clients gain greater awareness, therapeutic activities progress in complexity with the goal of transitioning to the community

*Reviewed June 27, 2016*