

Return to work or study after Traumatic Brain Injury: Demographic Review

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Introduction

Returning to work or study (RTW/RTS) is a major milestone for many people with traumatic brain injury (TBI). Prior evidence supports the correlation between TBI demographic data and ability to RTW/RTS.

Aim

To assess TBI demographic data and their RTW/RTS at one year post injury.

Methods

We retrospectively analysed twelve months traumatic brain injury patients' data admitted to the Dunedin inpatient rehabilitation unit from January to December 2015. We analysed ethnicity, age, severity of TBI as defined by Westmead Post Traumatic Amnesia (PTA) scale, aetiology, length of stay (LOS), Functional Independence Measure (FIM), FIM efficiency and their RTW/RTS.

Results

A total 43 patients were initially assessed, of which 25 patients were excluded due to incomplete follow up data, retirement or not employed prior to TBI. Of the remaining 18 patients, 13 (9 = male, 4 = female) returned to work or study whereas 5 did not. In the RTW/RTS group, the majority were NZ Europeans (n=9), younger (n=7 were between 15 and 29 years) and had severe to very severe TBI (n=9). In the group who did not return to work or study, all were NZ Europeans, most were between 50 and 69 years (n=3) and had severe to very severe injury (n=4). Motor vehicle accident and fall were the most common causes of TBI in both groups. In RTW/RTS group, mean LOS, total FIM admission and discharge, and FIM efficiency were 15.4 days, 103, 122.5 and 1.3 respectively. In contrast, in the non-RTW/RTS group, mean LOS, total FIM admission and discharge, and FIM efficiency were 38.6 days, 77, 101 and 0.62.

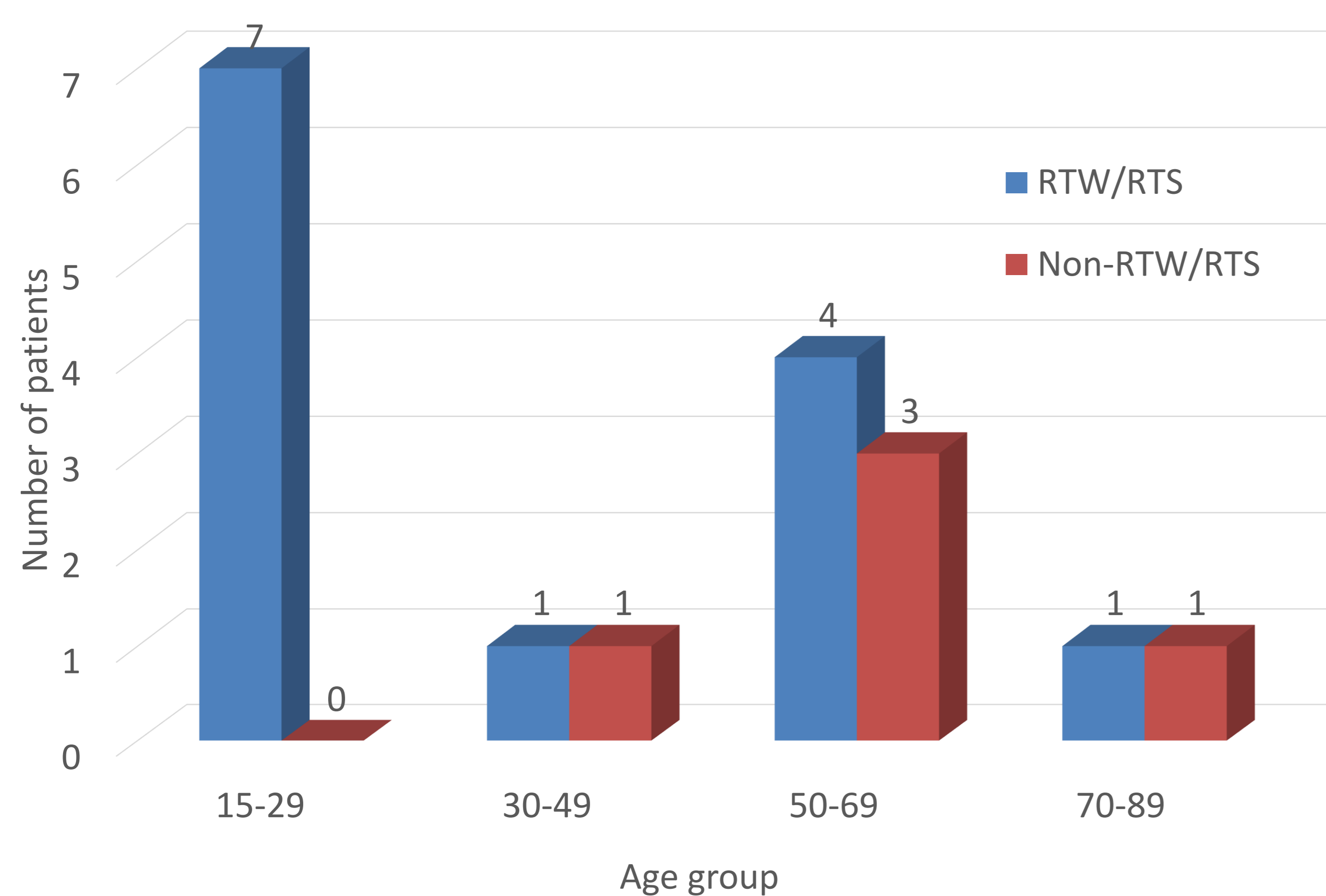


Figure 1: Comparison of Age group between RTW/RTS and Non-RTW/RTS

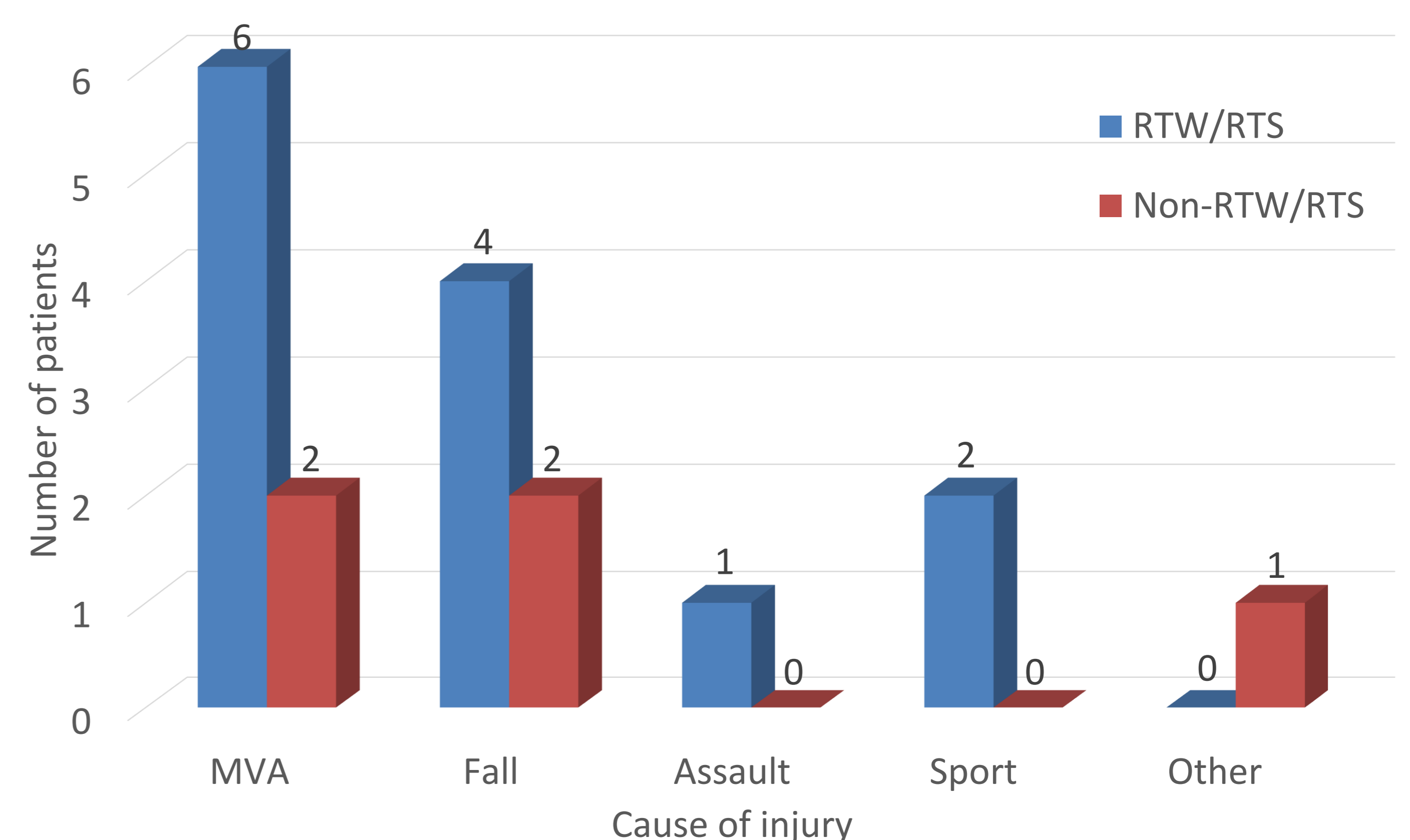


Figure 2: Cause of traumatic brain injury

Conclusion

Our data showed the RTW/RTS group were younger, shorter mean LOS and higher FIM efficiency. However, the dataset is small and further assessment is warranted to draw more accurate conclusions.

References:

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