

Brain injury is a significant cause of morbidity and mortality in Scotland. It is estimated that 100 out of every 100,000 people who have a traumatic brain injury have difficulties that persist beyond one year post injury. These incidents challenge entire family systems and create opportunities for stress and disappointment. The subsequent constellation of difficulties experienced by the person with the injury and their family or carers can have a longer term impact on their ability to return to their previous level of function and quality of life. This includes their ability to attain, or retain employment.

Access to appropriate and timeous specialist assessment and rehabilitation can have a positive impact on outcome, however historically, services in Scotland for this patient group have been variable. Rehabilitation to manage brain injuries can be provided by individual professionals or specialised teams across a range of settings and a national strategy to coordinate this care has yet to be developed.

While SIGN 110, Early Management of Head Injury, focused on the management of the patient in the first 72 hours following an acute injury, this SIGN guideline is being developed as a companion document and covers the longer term rehabilitation of patients. It is anticipated that other SIGN guidelines will also assist practitioners in this area eg SIGN 119, Management of Dysphagia.

The purpose of this guideline is to provide practitioners with some guidance through what can be a challenging process. The guideline will provide recommendations, where possible, about assessment for adults and children with brain injuries in primary care and interventions for cognitive, communicative, emotional, behavioural and physical rehabilitation. Furthermore, evidence will be presented on important questions relevant to patient outcomes such as optimal models of care, the benefits of discharge planning and the applicability of telemedicine.

This national open meeting will be of interest to people who have a responsibility for the management of individuals with brain injuries in primary, secondary or tertiary care or the voluntary sector. This includes specialists with an expertise in rehabilitation medicine, nurses, physiotherapists, occupational therapists, speech and language therapists, neuropsychologists, neuropsychiatrists, general practitioners and managers of rehabilitation services. It will also be of interest to individuals with personal experience of brain injury and members of the voluntary sector and those who are keen to develop research strategies in the area of rehabilitation. We hope you will attend to join in discussing your area of interest and help to shape the final guideline.

SIGN guidelines are developed by multidisciplinary guideline development groups with representation across Scotland. The guideline recommendations are based on a systematic review of evidence on effective management of the clinical condition concerned and full consultation with healthcare practitioners in all relevant disciplines. The national guidelines are disseminated throughout NHS Scotland and are then tailored and implemented according to local circumstances for the benefit of patients.

The Scottish Intercollegiate Guidelines Network (SIGN) sponsors and coordinates the development of evidence based national guidelines for NHS Scotland.

**For further information please contact:**  
**Mrs Lesley Forsyth, SIGN Executive,**  
**Elliott House, 8-10 Hillside Crescent,**  
**Edinburgh EH7 5EA**  
**Tel: 0131 623 4728/4720**  
**Email: [lesley.forsyth@nhs.net](mailto:lesley.forsyth@nhs.net)**



## **SIGN guideline on brain injury rehabilitation**

**National Meeting Programme**

**Monday 5<sup>th</sup> December 2011**

**Royal College of Physicians, Queen Street, Edinburgh**

CPD  
applied  
for



RCGP Scotland  
EPASS  
accredited

*The draft guideline will be available for comment on the SIGN website for a short period immediately before and for a month after the National Meeting • [www.sign.ac.uk](http://www.sign.ac.uk)*

*SIGN National Meetings -  
Your chance to comment on  
draft SIGN guidelines  
Register **free** online  
[www.sign.ac.uk](http://www.sign.ac.uk)*

## Programme

**09.30 Registration and coffee**

**10.00 Welcome and introduction to SIGN guidelines**

*Dr Keith Brown, Chair of SIGN Council*

**10.10 Chair's introduction**

*Ms Ailsa McMillan, Lecturer, School of Nursing, Queen Margaret University, Edinburgh*

**10.20 The patient's and carer's perspectives**

*Ms Dorothy Strachan, Clinical Services Manager, Momentum Pathways*

*Ms Gaille McCann, West Scotland Regional Co-ordinator, Headway*

### SESSION ONE • ASSESSMENT, TRIAGE AND PHYSICAL REHABILITATION

*Session Chair: Mr Douglas Gentleman, Consultant/Clinical Director in Neurorehabilitation & Honorary Consultant Neurosurgeon, Centre for Brain Injury Rehabilitation, Dundee*

**10.30 How to identify patients in primary care requiring treatment**

*Dr Alan Carson, Consultant Neuropsychiatrist, Royal Edinburgh Hospital, and*

*Dr Gordon McLaren, Consultant in Public Health, NHS Fife*

**10.40 Improving physical functioning**

*Mr Donald McLean, Superintendent Physiotherapist, Falkirk Community Hospital*

**10.50 Improving spasticity and muscle tone**

*Dr Roger Holden, Consultant in Rehabilitation Medicine, Dumfries and Galloway Royal Infirmary*

**11.00 Improving gait, balance and mobility**

*Dr Alastair Weir, Consultant in Rehabilitation Medicine, Southern General Hospital, Glasgow*

**11.10 Panel discussion**

**11.30 Coffee/Tea**

### SESSION TWO • COGNITIVE AND BEHAVIOURAL REHABILITATION

*Session Chair: Professor Tom McMillan, Professor of Clinical Neuropsychology, University of Glasgow*

**11.50 Management of Cognitive Impairment**

*Dr Roisin Jack, Clinical Psychologist (Neuropsychology), Craig Court Neurorehabilitation Unit, Aberdeen*

**12.10 Reducing challenging and aggressive behaviour**

*Dr Alan Carson, Consultant Neuropsychiatrist, Royal Edinburgh Hospital*

**12.20 Pharmacological and psychological interventions for depression and anxiety**

*Dr Andrew Harrison, Consultant Clinical Neuropsychologist, Scottish Brain Injury Rehabilitation Service, Astley Ainslie Hospital, Edinburgh*

**12.30 Methods of assessment and rehabilitation for patients in vegetative and minimally conscious states**

*Dr Andrew Harrison, Consultant Clinical Neuropsychologist, Scottish Brain Injury Rehabilitation Service, Astley Ainslie Hospital, Edinburgh*

**12.40 Panel Discussion**

**13.00 Lunch**

### SESSION THREE • COMMUNICATION, SWALLOWING AND VOCATIONAL REHABILITATION

*Session Chair: Dr Ann-Marie Pringle, Head of Speech and Language Therapy, Astley Ainslie Hospital, Edinburgh*

**13.45 Speech and language therapy interventions for communication impairment and dysphagia**

*Ms Vicky Mayer, Speech & Language Therapist, Astley Ainslie Hospital, Edinburgh*

**14.05 Vocational rehabilitation**

*Ms Shiona Hogg, Reach Service Manager, Stirling Royal Infirmary*

**14.15 Panel discussion**

### SESSION FOUR • MODELS OF CARE, DISCHARGE PLANNING AND TELEMEDICINE

*Session Chair: Dr Lance Sloan, Consultant in Rehabilitation Medicine, Fife Rehabilitation Service*

**14.35 Setting of rehabilitation – dedicated neurorehabilitation units versus non-specialised units**

*Mrs Avril Beattie, Clinical Co-ordinator, Centre for Brain Injury Rehabilitation, Royal Victoria Hospital, Dundee*

**14.45 Discharge pathways**

*Miss Angela Sprott, Acquired Brain Injury Service Co-ordinator, West Dunbartonshire CHCP*

**14.55 Telemedicine in rural areas**

*Dr Roger Holden, Consultant in Rehabilitation Medicine, Dumfries and Galloway Royal Infirmary and Dr Gordon McLaren, Consultant in Public Health, NHS Fife*

**15.05 Panel discussion**

### SESSION FIVE

**15.30 General discussion and response to written questions**

**15.55 Concluding remarks**

*Ms Ailsa McMillan, Lecturer, School of Nursing, Queen Margaret University, Edinburgh*

**16.00 Close of meeting**