

# Traumatic Brain Injury Care at Dell Children's

## CONTACT INFORMATION

For more information, advice about early concussion care, or to schedule an appointment, please call **1-512-628-1850**.

Dell Children's Specialty Pavilion  
4910 Mueller Blvd., Suite 300  
Austin, TX 78723

## OUR TEAM

Our comprehensive team takes a multidisciplinary approach to addressing the needs of children and adolescents (2 to 18 years of age) with traumatic brain injury (TBI). We are the only clinic in the Central Texas region that provides evidence-based, multidisciplinary care for pediatric TBI.

## SERVICES WE PROVIDE

Our goal is to determine the best treatment plan for recovery after TBI to help children return to academic, athletic, home, and community settings as quickly and safely as possible. Clinic visits are comprehensive and include the following:

- Detailed discussion of injury history, symptoms, and pre-injury risk factors
- Medical evaluation with neurological exam
- Neuropsychological screening (e.g., attention, processing speed, memory)
- Education about expected recovery
- Individualized plan of care, including:
  - Symptom management
  - Academic recommendations
  - Rehabilitative plan for return to activities

## WHO WE SERVE

### Complex Concussion Clinic:

In this clinic, we treat children and adolescents with mild TBIs (concussions). Common causes of injury include sports injuries, falls, and wheeled activities. Children who were seen in the emergency room or who require more specialized care than a primary care setting are typically treated in this clinic. Our focus is early intervention for children and adolescents with risk factors for prolonged or incomplete recovery, including previous injuries, pre-injury anxiety, attention problems, or learning difficulties. Our expertise is in treating children who are not recovering as expected and are continuing to struggle for weeks or months after the injury. All patients will initially see a medical provider who specializes in concussion and, if necessary, a pediatric neuropsychologist. Our athletic trainer provides sports assessments and liaisons with school athletic trainers to ensure a safe return to play.

### TBI Clinic:

In this clinic, we treat children and adolescents who have more significant injuries that require a higher level of specialized care. This includes complicated mild TBIs (e.g., skull fractures, bleeding around/within the brain) and moderate-severe TBIs. Children who were hospitalized or who received inpatient rehabilitation following their injury are typically treated in this clinic. All patients see a medical provider and a pediatric neuropsychologist who specialize in TBI. Our multidisciplinary team provides comprehensive monitoring of the behavioral, cognitive, and educational needs that occur after TBI. Our team ensures that all of the child's short- and long-term rehabilitative needs are being met and make additional referrals (e.g., psychology, physical therapy) as needed.



# Common Concussion/TBI Symptoms



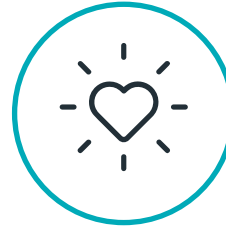
## PHYSICAL

- Headache
- Nausea/vomiting (early on)
- Balance problems
- Dizziness
- Fuzzy or blurry vision
- Feeling tired, having no energy
- Sensitivity to noise or light



## THINKING

- Feeling mentally “foggy” or slowed down
- Difficulty thinking clearly
- Difficulty concentrating
- Difficulty remembering new information



## EMOTIONAL

- Irritability
- Sadness
- Feeling more emotional than normal
- Nervousness or anxiety



## SLEEP

- Sleeping more than usual
- Sleeping less than usual
- Trouble staying awake
- Trouble falling asleep

## Concussion/TBI Care Tips

### REST RIGHT AFTER THE INJURY

Take it easy the first few days after the injury when symptoms are more severe.

- Early on, limit physical and thinking activities to avoid causing symptoms to worsen.
- Get a good night's sleep and take naps during the day as needed.
- Participate in relaxing activities (e.g., reading, drawing, playing with toys).
- Avoid activities that put the child at risk for another injury to the brain (e.g., bikes, trampolines).

### WITHIN A FEW DAYS

As the child starts to feel better (and within a few days after the injury), gradually return to non-strenuous activities.

- Return to school. If full days cannot be tolerated, consider partial days until symptoms improve.
- Return to activity. If an activity does not worsen symptoms, then this activity is OK. If symptoms worsen, cut back on that activity until it is tolerated.
- Encourage outside time, such as taking short walks.
- Get maximum nighttime sleep. Avoid screen time and loud music before bed and keep a fixed bedtime and wake-up schedule.
- Reduce daytime naps.