

1 **The Balance between Best Case and Worst Case Recovery Scenarios -**

Suggestions from the Patient Side of the Scenario

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2 **First a few Thank You's**

- Miigwech and acknowledgement of the space
- Miigwech to ancestors generally
- Miigwech to Creator and Spirits
- Miigwech to Organizers and Sponsors and Participants
- Miigwech to my family

3 **Intro self – family**

- Born in U.S. raised in Canada on Reserve (ACES, Boarding School, MMIW, etc.)
- Moved Texas then Wyoming – graduated H.S.! Started family
- Black Hills State –Spearfish SD to earn B.S.
- Sam Houston State – Huntsville TX to earn M.A and PH.D.
- UND!
- Much more than a young woman, seeking drugs, IHS

4 **Thank You**

"Know how to listen, and you will profit even from those who talk badly." Plutarch

5 **Learning Objectives**

- 1. Develop an appreciation for the possible emotional impact of recovery related information on the patient and their caregivers.
- 2. Able to differentiate between being too optimistic and too pessimistic when predicting recovery scenarios.
- 3. Being able to integrate some of the information presented into how patient meetings are conducted in the future.

6 **A Part of My TBI Story**

- Rupture and bleed, told family not worth effort of surgery as likely to die – less than 5% chance
- Titanium plates for pressure fracture, torn optic nerve, shaved bald
- After coma – moved to in-patient rehab- 6 wks
- Difficulty with vision, could not walk or self transfer, could hardly eat, problems with words, math, some memories
- Would hide in bathroom to cry
- Suggested move to a "home", moved to my home and continued with therapy
- Wanted to be "all better", realize a new me
- Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, 'I will try again tomorrow.'
- Maryanne Radanbacher – Author
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- 7 **1. Develop an appreciation for the possible emotional impact of recovery related information on the patient and their caregivers. Self Fulfilling Prophecy**
- - Need to customize based on patient (no cookie cutter)
 - Invisible injury
 - Will deal with your whole life - Can work on improving your whole life
 - "Previously viewed nihilistically" <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590569/#>
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- 8 **2. Able to differentiate between being too optimistic and too pessimistic when predicting recovery scenarios.**
- Many factors influence recovery: where in the brain the stroke occurred; how much of the brain was affected, the survivor's motivation; caregiver support; the quantity and quality of rehabilitation; and the survivor's health before the stroke. (Mayo recommended fact sheet from Am. Stroke Association)
 - Maybe also support and quality of medical care, survivor's resilience/determination, spiritual factors, extended support network, etc.?
- 9 **3. Being able to integrate some of the information presented into how patient meetings are conducted in the future.**
- Gains can happen quickly or over time. The most rapid recovery usually occurs during the first three to four months after a stroke, but some survivors continue to recover well into the first and second year{[decade](#)} after their stroke. (Mayo recommended facts sheet from Am. Stroke Assoc.)
 - Work with patient not just to maintain but to help them improve. Encourage them to continue improving, ensure the patient can guide care plan[not just need for a team or for information, or the patient to "Make sure others understand that you want to help make decisions about your care"], include the caregivers, allocate [time](#).
- 10 **Further References**
- http://scmag-digi.stroke.org/strokeconnection/special_topic_supplement_rehab_after_stroke/
 - <https://www.brainline.org/blog/getting-back-bike/traumatic-brain-injury-lifetime-recovery>
 - [J Multidiscip Healthc](#). 2015; 8: 433–442. Published online 2015 Sep 22. doi: [10.2147/JMDH.S68764](https://doi.org/10.2147/JMDH.S68764) Improving post-stroke recovery: the role of the multidisciplinary health care team by [David J Clarke](#) and [Anne Forster](#)
 - <http://www.strokecenter.org/wp-content/uploads/2011/08/Recovering-After-a-Stroke.pdf>
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