



CLINICAL PRACTICE GUIDELINE FOR THE REHABILITATION OF ADULTS WITH MODERATE TO SEVERE TBI

November 6, 2015

THE LATEST NEWS

Fall is a most busy time for everyone, including our team working on the development of the clinical practice guideline (CPG) for the rehabilitation of adults with moderate to severe traumatic brain injury (MSTBI). Major work accomplished in the last 6 months is moving us closer to finalizing the guidelines and beginning their implementation in clinical settings:

- ✓ The recommendations selected, adapted or newly formulated by our panel of experts during the consensus conference held in November 2014 have been significantly refined and completed. This includes:
 - Additional review of pharmacological principles and therapeutic interventions;
 - Specific focus on intensity, duration and other modalities of therapeutic interventions delivery
 - Extensive review of the entire material to consolidate the formulation of the recommendations
- ✓ The revised material was then submitted to the full panel of experts for two rounds of voting to determine which recommendations should be included in the guidelines and to prioritize which are key for implementation.
- ✓ Most recently, further categorization of the entire set of recommendations was carried by the scientific team to label some recommendations as “**fundamentals**” or “**priority**” based on the information collected throughout the development process (i.e. the results of the target users’ survey, the level of evidence supporting each recommendation, the ranking given to recommendations by the Expert Panel).

PREVIEW OF THE UPCOMING GUIDELINES

As of October 2015, our development process has resulted in a total of **271 recommendations** covering the following topics:

Components of Optimal Rehabilitation Services	Assessment and Rehabilitation of Brain Injury Sequelae
<ul style="list-style-type: none"> ▪ Cross Continuum- Key Components of the Optimal TBI Rehabilitation System ▪ Assessment and Rehabilitation in the Acute Phase ▪ Intensive Rehab Provided in Sub-Acute Phase ▪ Rehabilitation to Promote Reintegration / Participation in Community Roles ▪ Caregivers and Families ▪ Brain injury Education and Awareness ▪ Capacity and Consent 	<ul style="list-style-type: none"> ▪ Comprehensive Assessment of the Person with TBI ▪ Altered State of Consciousness ▪ Cognitive Interventions ▪ Cognitive Communication ▪ Dysphagia and Nutrition Interventions ▪ Motor Function and Control ▪ Sensory Impairments ▪ Fatigue and Sleep ▪ Pain and Headaches ▪ Psychosocial / Adaptation Issues ▪ Neurobehavioral / Emotional Mental Health Issues ▪ Special Challenges / Concomitant Issues/Miscellaneous Impairments

Classification of the recommendations:

10 recommendations are considered “FUNDAMENTALS” because they refer to essential elements on which rehabilitation programs/settings should be built.

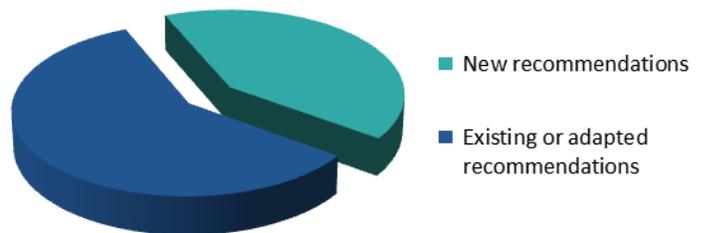
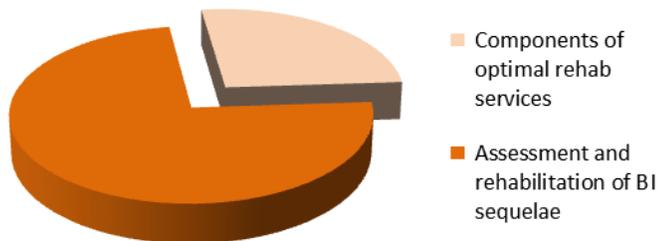


A1.5 - The assessment and planning of rehabilitation should be undertaken through a coordinated, interdisciplinary team and follow a patient focused approach responding to the needs and choices of individuals with traumatic brain injury as they evolve over time (adapted from NZGG 2007 and ABIKUS 2007) - Level evidence C

103 recommendations are considered “PRIORITY” because they are deemed most important to implement and monitor in the context of Quebec and Ontario rehabilitation (ex. expected gains, gaps in practice).



J 6.1 - Strategies to improve the capacity to analyze and synthesize information should be used with adults with traumatic brain injury who have impaired reasoning skills (adapted from NCOG 2014, EXEC 2, p. 343)



NEXT STEPS

- Further generate outcome measures and indicators for the fundamental and priority recommendations;
 - Complete the tools / reference documentation necessary to support the uptake of the recommendations;
 - Complete the narrative (e.g. methodology, rationale, etc.) for the guidelines;
 - Determine optimal format for the final product based on users feedback from the survey conducted last year;
 - Last review by the Expert Panel, followed by External Review,
 - French translation and production.
- ✓ In Quebec and Ontario, Implementation Advisory Committees have been established to advise on key system issues and guide the overall **implementation** process in concert with the Governing Committee for the project. The ‘on the ground’ implementation will be led by the Scientific Committee, in close collaboration with the sites and target users in both Quebec and Ontario. Preparation work for the implementation phase is already underway.

We understand our stakeholders are eager to see and begin using the guidelines. Some key steps, and particularly the consensual decision-making process in which we believe so strongly, are taking more time than initially envisioned. We expect the guidelines will be released in the spring of 2016. We will continue to keep you updated, and strive to make the final product worth the wait.

For further information, contact us any time and visit our websites:

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