

Do children with mild traumatic brain injury follow the activity restrictions given to them by health professionals?

childhood
disability
LINK



Summary

This study examined to what extent children and adolescents with mild traumatic brain injury (MTBI) comply with activity restrictions given to them at discharge from the hospital. Fifteen children with MTBI, matched with 15 control children with no injury, completed the study. The method consisted of administering an activity diary (recording each day in 15-minute intervals) for each child to fill out over 3 consecutive days, 2 weekend days and 1 weekday. This diary was completed at 3 specific time intervals: 1 week, 4 weeks and 12 weeks post-trauma. Children with MTBI were instructed as to what the maximum activity level that they were supposed to do was, and how to record the activity level in their diary. From this diary, type of activity and energy expenditure (EE) were tabulated. As well, the physical activity questionnaire (PAQ), which records a child's level of participation in several activities (recalled over the past week), was given to every child to fill out on the day of injury and at 12 weeks post-trauma. It was found that two-thirds or more of children complied with the activity restrictions given to them. It was also found that children with MTBI spent less energy at the first- and fourth-week evaluations than the control children, but not at the twelfth-week evaluation. This study confirms that children with MTBI usually comply with the activity restrictions they receive from healthcare service providers at discharge.

What practitioners should know

It appears that children with MTBI comply with activity restrictions given to them by healthcare professionals, particularly in the 1st month following the traumatic injury. This finding is a stepping stone for further studies looking at the effectiveness of restricting activity for better recovery from MTBI.

Reference

Gagnon, i., swaine, b., & forget, r. (2009). Using activity diaries to measure children's and adolescents' compliance with activity restrictions after mild traumatic brain injury. *Journal of head trauma rehabilitation*, 24 (5): 355-362.

Link to article :

https://journals.lww.com/headtraumarehab/Abstract/2009/09000/Using_Activity_Diaries_to_Measure_Children_s_and.6.aspx