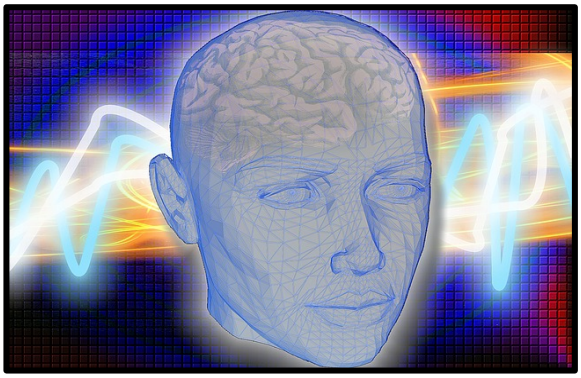
CHENNAI MINDS LEAFLET – BRAIN INJURY AND MENTAL HEALTH

All You Need To Know About Brain Injury & Mental Health

Dr Radhika MBBS MRCPsych MSc(Psychiatry) CCT(UK)

POST-CONCUSSION SYNDROME:



After a head injury, your brain does suffer the effects of the injury mechanism. Common symptoms include headache, dizziness, fatigue, memory problems, sleeping problems, restlessness, irritability, depression, personality changes, sensitivity to noise and light. These vary from person to person. Usually occurs in the first 10 days and settles down within 3 months. This is called POST-CONCUSSION SYNDROME.

Treatment is symptom specific. Antidepressants for depression and anxiety may be indicated. Most people will make good recovery in 3 months though symptoms up to 1 year is also reported.

INJURY AND ITS MANIFESTATIONS:

1. DISINHIBITION: This may result in inappropriate behaviour like giving too much personal information, being overfamiliar, abusive, crude language. Gradually the affected person regains control over their behaviour.
2. IRRITABILITY: This includes frustration, anger, not being interested in activities and lack of initiatives.
3. EGOCENTRIC: The person may appear to become more selfish than before with no regard for others.
4. DEPRESSION: In 50% of cases. Loss and impact on job, relationships, physical functioning all may contribute to depression.



MANAGEMENT:

1. Talk talk talk to family and friends
2. Do not become socially isolated
3. Music and art will help; Music is a feel-good factor
4. Try light exercise when you are able to
5. Try mindfulness and yoga
6. Eat healthy and think healthy
7. Have a “feel good “box (ideas in post it cards that make you feel good
8. Put it in a box and take one at a time when feeling down – eg., playing with your kids is a feel good factor
9. Write it down; Write it and put it in the box
10. Comedy shows are a feel-good factor

MEDICATIONS:

- May need medications at low dose- SSRI- antidepressants

Brain Injury can also lead to post-traumatic stress disorder, anxiety and adjustment disorder.

DISCLAIMER

All the details contained in this leaflet are for information purposes only. You need to consult a Consultant Psychiatrist well trained to treat this condition. CHENNAI MINDS takes no responsibility for the information or the consequences of the decision made on reading this information leaflet.