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### **Dear Healthcare Provider:**

This **TBI Questionnaire\*** has been designed to provide a standardized, efficient, and comprehensive way for TBI survivors to document their symptoms when they are at home, and they can take as much time as they need. It aims to enhance communication between patients and healthcare providers, reduce stress for patients, and ensure consistency in care. (\*Please see References below.)

#### **Benefits for Physicians**

##### **1. Consistency Across Visits and Providers**

- The standardized format ensures that all doctors have access to the same information, reducing discrepancies and ensuring continuity of care.

##### **2. Time Efficiency**

- The quick scan checkmark system allows for a rapid overview of the patient's condition, freeing up more time to focus on in-depth discussions and treatment planning.

##### **3. Holistic Patient View**

- The comprehensive nature of the questionnaire provides a complete picture of the patient's symptoms and their severity, aiding in more accurate diagnosis and treatment.

##### **4. Data-Driven Insights**

- Consistent data collection supports better clinical decisions and may contribute to broader research efforts, improving understanding of TBI recovery patterns.

#### **Benefits for Patients**

##### **1. Reduced Emotional Stress**

- Patients won't need to repeatedly discuss their symptoms, which can be emotionally taxing and might trigger symptoms. This helps them feel more at ease during appointments.

## **2. Proactive Involvement in Care**

- Completing the questionnaire at home encourages patients to actively participate in their own care, making them more aware of their symptoms and how they fluctuate.

## **3. Clear and Consistent Communication**

- The standardized format helps clearly communicate the patient's condition to healthcare providers, reducing misunderstandings and ensuring that all aspects of the patient's health are considered.

## **4. Better Tracking of Progress**

- Patients can easily track changes in their symptoms over time, helping them and their doctors understand their progress and make more informed decisions about their treatment plans.

## **Implementation**

### **1. Patient Completes at Home**

- Patients fill out the questionnaire at home, providing a more relaxed environment for self-assessment.

### **2. Reviewed During Appointments**

- The completed questionnaire is reviewed by the doctor during appointments, allowing for quick identification of key issues and focused discussions.

### **3. Standardized Across All Providers**

- The same form is used by all healthcare providers, ensuring that every doctor has the same information and can build on previous assessments.

### **4. Privacy and Confidentiality:** Ensure patients understand that their information is kept confidential and used solely for their care.

## **Conclusion**

By using this questionnaire, we aim to enhance the quality of care for TBI survivors, making the process more efficient, less stressful, and more effective for both patients and doctors.

**Feedback and Improvement:** We encourage you and your patients to provide feedback on this TBI-ID.com questionnaire so we can continually improve its effectiveness. ([kgomez.tbi8@gmail.com](mailto:kgomez.tbi8@gmail.com))

I want to extend my deepest gratitude to each and every one of you for your dedication and compassion. Your unwavering support and commitment make a world of difference in their Recovery Journey.

It's my genuine wish that this new approach will not only streamline your intake process but also ease the emotional burden on your patients, giving them the comfort they need. Your understanding and collaboration in implementing this change are truly appreciated, and I am confident it will enhance their care.

Thank you for your relentless pursuit of excellence in patient care.

Warmest Regards,

*Karen R. Gomez*

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## References

1. **Centers for Disease Control and Prevention (CDC):** Provides comprehensive information on TBI symptoms, diagnosis, and treatment.
  - CDC - Traumatic Brain Injury <https://www.cdc.gov/traumaticbraininjury/index.htm>
2. **Mayo Clinic:** Offers detailed descriptions of TBI symptoms and the severity scale.
  - Mayo Clinic - Traumatic Brain Injury <https://www.mayoclinic.org/diseases-conditions/traumatic-brain-injury/symptoms-causes/syc-20378557>
3. **Brain Injury Association of America (BIAA):** Provides resources and support for TBI survivors and healthcare professionals.
  - BIAA - Brain Injury Overview <https://www.biausa.org/brain-injury/about-brain-injury>
4. **National Institutes of Health (NIH):** Contains research and information on TBI and its impact on patients.
  - NIH - Traumatic Brain Injury <https://www.ninds.nih.gov/health-information/disorders/traumatic-brain-injury>
5. **World Health Organization (WHO):** Offers global perspectives on TBI and its management.
  - WHO - Traumatic Brain Injury <https://www.who.int/news-room/fact-sheets/detail/traumatic-brain-injury>