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Dear TBI Survivor,

I want to express my deepest admiration for your resilience and proactive determination in navigating your Recovery Journey. This Questionnaire* has been carefully designed to help you document your symptoms in a way that is both clear and consistent. By taking the time to complete it, you are taking an important step towards improving your care and making your medical appointments more efficient. (*Please see References below.)

Benefits for You:

1. Consistency in Care:

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

2. Reduced Emotional Stress:

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

3. Efficient Use of Appointment Time:

- Doctors can quickly review the pre-filled questionnaire, allowing more time to focus on specific issues, treatments, and recovery plans during the appointment.

4. Better Tracking of Progress:

- Easily track changes in your symptoms over time, helping you and your doctors understand your progress and make more informed decisions about your treatment plans.

5. Empowerment Through Self-Assessment:

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

How to Use the Questionnaire:

1. Complete at Home:

- Fill out the questionnaire in the comfort of your own home, providing a more relaxed environment for self-assessment.

2. Bring to Appointments:

- Bring the completed questionnaire to your medical appointments for your doctor to review. This will facilitate focused discussions and targeted treatment.

3. Use Across All Providers:

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

It's my genuine wish that this new approach will not only streamline your intake process with each of your providers, but also ease the emotional burden on you. 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. You are taking a proactive step towards enhancing your care and easing your recovery process.

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

Sending my warmest wishes for your continued recovery.

With heartfelt admiration,

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>