

Here is a comprehensive list of questions to ask your doctor if you or a loved one has been diagnosed with a traumatic brain injury - TBI:

Medical Questions

1. What type of TBI do I have? (e.g., concussion, contusion, diffuse axonal injury)
2. How severe is my TBI? (e.g., mild, moderate, severe)
3. What are the expected short-term and long-term effects?
4. What are the potential complications or risks associated with my TBI?
5. How will my TBI affect my daily life, work, or school?

Treatment and Rehabilitation

1. What treatment options are available for my TBI? (e.g., medication, therapy, surgery)
2. What is the plan for my rehabilitation? (e.g., physical, occupational, speech therapy)
3. How long will my rehabilitation take?
4. What are the goals and expectations for my rehabilitation?
5. Are there any alternative or complementary therapies that may be helpful?

References:

- Courtois, C. A., & Ford, J. D. (2013). Treatment of complex trauma: A sequenced, relationship-based approach. Guilford Press.
- Herman, J. L. (1992). Trauma and recovery. Basic Books.
- Liotti, G. (2004). Trauma, dissociation, and disorganized attachment: Three strands of a single braid. *Psychotherapy: Theory, Research, Practice, Training*, 41(4), 472-486.
- Lyons-Ruth, K., & Jacobvitz, D. (1999). Attachment disorganization: Unresolved loss, relational violence, and lapses in behavioral and attentional strategies. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (pp. 520-554). Guilford Press.

Medications and Supplements

1. What medications have been prescribed for me, and what are their potential side effects?
2. Are there any supplements or vitamins that may help with my recovery?
3. Are there any medications or substances that I should avoid?

Lifestyle and Safety

1. What activities should I avoid or modify to prevent further injury?
2. How can I protect myself from further head injuries?(e.g., wearing helmets)
3. Are there any changes I should make to my diet or sleep habits?
4. How can I manage stress and anxiety related to my TBI?
5. Are there any support groups or resources available to help me cope with my TBI?

Follow-up Care

1. How often should I follow up with my doctor?
2. What signs or symptoms should I look out for that may indicate complications or worsening of my condition?
3. How will we monitor my progress and adjust my treatment plan as needed?

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- Courtois, C. A., & Ford, J. D. (2013). Treatment of complex trauma: A sequenced, relationship-based approach. Guilford Press.
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Additional Tips:

- Take notes during your appointments to help you remember the discussions.
- Bring a family member or friend to provide emotional support and help with note-taking.
- Don't hesitate to ask questions or seek a second opinion if you're unsure about any aspect of your care.

Remember, every individual's experience with TBI is unique, and it's essential to work closely with your healthcare team to develop a personalized treatment plan.

*Make this printable with plenty of room for additional information, note taking, names, dates, etc.

References:

- Courtois, C. A., & Ford, J. D. (2013). Treatment of complex trauma: A sequenced, relationship-based approach. Guilford Press.
- Herman, J. L. (1992). Trauma and recovery. Basic Books.
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