



NEED OF TIME: ASSESSMENT OF "QUALITY" OF LIFE AFTER TRAUMATIC BRAIN INJURY

Neurosurgery

Dr. Meghna Kinjalk

M.B.B.S., Resident, Department of General Surgery, MGM Medical college and hospital, Kamothe, Navi Mumbai

Dr. Dilraj Kadlas*

DNB (Neurosurgery), Assistant professor, Department of General Surgery, MGM Medical college and hospital, Kamothe, Navi Mumbai *Corresponding Author

ABSTRACT

The quality of life of a patient plays an important role in holistic well-being: "good health". In developing country, specially in rural or tertiary care set up, the idea of "quality of life" lags behind. This one of its kind questionnaire, brought after a detail literature research is an amalgamation of physical, social, emotional and psychological factors which gives a holistic approach towards evaluating quality of life of a patient.

KEYWORDS

quality of life, traumatic brain injury, morbidity

INTRODUCTION:

Traumatic brain injury has emerged as one of the leading causes of morbidity and mortality when the rising incidence of non-communicable diseases is considered. Morbidity due to traumatic brain injury becomes most consuming for the patient indeed, but even more for the family members. The aetiology of a traumatic head injury can vary from a fall, assault to a road traffic accident.

In a developing country like India, the quality of life after a disease is seldom brought into picture, in the literature review or in the evidence-based studies. "Do no harm" holds true and we all abide by this every day, but the significance and relevance of this statement, definitely carries a larger responsibility after a disease or a procedure (surgical). The physical injury to a person comes along with psychosocial and emotional burden to him and the family or the caretakers which affect the quality of life. Hence, it's not just the quality of life of patient, rather the caregiver as well, which ought to be considered every time.

In this article, a simple caregiver questionnaire⁽¹⁾ has been proposed. It must have been used in other major health related issues but on a detailed evaluation and study, this questionnaire is very apt, to identify the quality of life in a patient with traumatic head injury who has been managed conservatively or surgically.

Since traumatic brain injury is one of the major causes of life lost but it is also emerging as one of the major causes of morbidity. Hence it is important to take initiative from the caregiver or family members and identify areas that add to the betterment of quality of life for a patient with traumatic head injury.

Replace with: In the patients who had cancer or had any surgery related to any malignancy, the use of various questionnaire has been seen in the past. But, those have been very specific to the "health" of the patient only. Other fields of surgery has been considered many a times, for evaluation of the same like morbidity associated after a major gastric bypass and many others. Similarly, when it comes to head injury and its treatment, it just cannot be left, considering that anything related to brain has irreversible or severe consequences. When in fact, the consequences are not only for the patient, but also for the family or the caretaker. We need to evaluate their "health" too.

The caregiver questionnaire by Canadian study of health and aging imbibes the essence behind this initiative for the need for evaluation of "quality of life" in a patient with traumatic brain injury.

The strengths of this caregiver questionnaire include:

- It includes all the parameters including social status of the patient.
- Helps to assess the areas which need to pay attention for improving quality of life.
- Easy to use and understand to the caregiver even if the patient has less or no knowledge of medical terminologies.
- While filling the form, a very detailed description of emotional, mental, physical, social and psychological environment around the patient and of the patient himself/herself can be obtained.
- Very effective and acceptable questions for evaluation of attender

and the patient.

- Helpful in effective planning of long term or palliative care of the patient, specially in a case of severe head injury.

However, there are few limitations:

- It is a subject based questionnaire.

The assessment of quality of life has been inculcated in the healthcare system in developed countries. Its high time that we realise that this assessment is indeed needed in India, as the research has proven time and again that, "stress", "morbidity", "after life" becomes the axis around which the rapid mushrooming of plethora of diseases has started in this era.

REFERENCES:

1. http://csa.ca/media/file_downloads/CSHA%203%20-%20Caregiver%20Interview%20.pdf accessed on 16/10/2019 at 7:45 P.M.

Questionnaire reference:

2. http://csa.ca/media/file_downloads/CSHA%203%20-%20Caregiver%20Interview%20.pdf accessed on 16/10/2019 at 7:45 P.M.