

# Contents

Preface .....	6
Relevant Background .....	6
Traumatic Brain Injury .....	6
TBI Severity .....	6
PTA .....	6
Management of individuals in PTA .....	6
Early Rehabilitation following TBI .....	7
Learning in PTA .....	7
Agitated Behaviour during PTA .....	7
Intervention Trials during PTA .....	8
Activities of Daily Living .....	8
Research Project .....	8
Study Publications .....	8
Summary of the Intervention .....	9
How to use this Therapy Manual .....	10
Manual Content .....	11
Assessing Suitability .....	11
Summarised Flow Diagram of Procedure .....	12
Module 1: Summary of Guiding Principles .....	13
Functional assessment and task analysis .....	13
Procedural learning – Routine, repetition and consistency! .....	14
Errorless learning .....	14
Utilising pre-morbid skills .....	14
Utilising strengths .....	14
Balancing challenge with feelings of success .....	14
Integration of therapy into daily routines .....	14
A therapeutic relationship .....	15
Cater to the individual .....	15
Use of self as a therapeutic tool .....	15
Use of the environment .....	15
Module 2: Strategies to Enhance Functional Independence .....	16
Steps of ADL retraining .....	16
Step 1: Preparation .....	16
Step 2: Assessment and goal setting .....	16
Step 3: ADL retraining .....	17
Step 4: Routine practice, monitoring and grading .....	19
Module 3: Smart Goals and Gas Guideline .....	21
SMART goals .....	21
GAS (Goal Attainment Scaling) .....	21
Goal Bank .....	24
Module 4: Personal Care Routine .....	28

Module 4 – Part 1: Retraining within ‘Personal care session – Bathing’ .....	28
Module 4 – <b>Part 2:</b> Record form for ‘Personal care – Bathing’ .....	30
Module 4 – Part 3: Retraining within ‘Personal care session – Grooming’ .....	31
Module 4 – <b>Part 4:</b> Record form for ‘Personal care – Grooming’ .....	33
Module 4 – Part 5: Retraining within ‘Personal care session – Dressing’ .....	34
Module 4 – Part 6.1: Record Form for ‘Personal care – Dressing upper’ .....	36
Module 4 – <b>Part 6.2:</b> Record Form for ‘Personal care – Dressing lower’ .....	37
Module 4 – <b>Part 6.3:</b> Record Form for ‘Personal care – Dressing upper & lower’ .....	38
Module 4 – Part 6.4: Record Form for ‘Personal care – Bathing, Grooming, Dressing’ ...	39
Module 5: Self-Feeding .....	40
Module 5 – Part 1: Retraining within ‘Meal time session’ for Self-feeding.....	40
Module 5 – Part 2: Record Form for ‘Self-feeding’.....	42
Module 6: Light Meal Preparation.....	43
Module 6 – Part 1: Retraining within ‘meal preparation session’ .....	43
Module 6 – <b>Part 2:</b> Record Form for ‘Light meal preparation’ .....	45
Module 7: Strategies for Providing Treatment during PTA .....	46
Module 8: Managing Potential Risks .....	49
Agitation.....	49
Injury.....	49
Module 9: Monitoring Pta.....	51
Module 10: Monitoring Agitation.....	52
Module 10: ABS recording form (Corrigan 1989).....	53
<b>References</b>	55