



Adult Concussion Clinic: Video Transcript

Cate McGraw ([00:12](#)):

Hi, my name's Cate and I'm one of the two nurse practitioners that, um, does the mild TBI clinic here at neurosurgery. One part of what we do here is really do a comprehensive assessment of really understanding the trauma that was caused to your brain and helping you work through the symptoms to maximize the recovery that you have following the mild trauma.

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I always like to talk about my five subsets of T B I symptoms, so it's always headache, what I call vestibular symptoms. So those are nausea, vomiting, dizziness and being off balance. There's the hearing and vision changes. Oftentimes that's sensitivity to the light. There's also sometimes changes in behavior, so sometimes you're more irritated or more emotional and tearful when you weren't normally. And then there's the fifth symptom, which is memory and concentration or cognition. Sometimes people describe to me that they feel very foggy or they're doing things that they wouldn't expect based on your symptom profile will send you to the appropriate therapy. So different type of medication management for your headaches. And then a, um, cognitive therapy or speech therapy, which will really help us retrain the pathways. When you injure or when you're building a new road, what you wanna do is pave the road.

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And so oftentimes what cognitive therapy does is helps us repave that road, even though it's a road that was there before, but it takes several passes of that road to get nice and smooth. So that's how I describe cognitive therapy. Now, the thing that's tricky about concussions is oftentimes that's not something that you can see on just imaging. It's something that is really a, a symptom driven syndrome. And so that's part of what it's, what's important about having a comprehensive assessment and getting you into the right types of treatment to help you get better as you recover from this neurotrauma.