

Impact of caring with therapeutic and systemic approach for Traumatic brain injured patients and their families.

C BELIO¹, M Kolek¹, P Sureau¹

¹School of OT, Bordeaux, France, ²University, Bordeaux, France, ³School of OT, Bordeaux, France

Family distress as a complex association of anxiety, chronic stress, depressive state, frustration, culpability, anger, feeling of burden and denial is a major concern for professionals who care with traumatic brain injured patients (TBI).

We develop the theoretical framework of a therapeutic approach of family distress, based on multidimensional models of health and theory of systemic functioning since 1992.

Objective : the aim of the present study is to assess effectiveness of intervention with patients and families.

Method ; TBI patients and their families, young and adults.

Behavioural difficulties in family functioning

Caring in family therapy in a systemic approach.

Questionnaires with valid scales are used for assessment of anxiety, family functioning, anger and burden feeling of well being.

Questionnaires are proposed 3 times : before the first meeting, after the third, after one year.

Control group : families meet a doctor in rehabilitation medicine.

Results : one group is composed of 30 families (N=84), 8 don't come back after one or 2 meetings, 10 are reassessed at T2 and 3 at T3

Most of the patients are TBI or suffering cerebral vascular disease.

Members of family are husband or wife (31,5%), child (24%), parent (27,8%), brother or sister (16,7%).

In inclusive step 40% present a light feeling of burden; 31% moderate, 11% severe.

Between the 1st and 4th meeting burden score, anxiety, and depressive state decrease while feeling of well being increase.

The control group is still in an inclusive state

Discussion and conclusion : 1st results are encouraging. The families and patients move on a positive way with feeling of well being.

Study is continuing with inclusion and reassessment on T2 and T3.

Final results are expected in December 2009.

The major part of therapist are occupational therapist. We thought that the systemic therapy is a major way for occupational therapist to work with efficiency with families.

