Impairment and quality of life four years after a severe traumatic brain injury: Results from the Paris-TBI study

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Keywords: Traumatic Brain Injury; Cognitive and comportemental disorders; Quality of life; Outcome

Objectives.— To describe physical, cognitive and behavioral disorders and study quality of life 4 years after a severe traumatic brain injury. Study the prognostic factors of outcome and quality of life’s determinants.

Methods.— Prospective four-year follow-up of adults with a severe TBI in the Parisian area, through the Paris-TBI study. Out of 504 patients recruited from 2005 to 2007, 245 survived at four years, 147 were evaluated.

Total disability was assessed via the GOS-Extended. Cognitive sequelae were assessed with the questionnaire DEX and the Neurobehavioral rating scale-revised (NRS-R). Quality of life was assessed with the EuroQol scale and the Qolibri questionnaire.

Results.— Patients (mean age 33 years, 80% men) were severely disabled for 31%, moderately disabled for 39%, and had a good recovery for 27%. According to the DEX questionnaire, the cognitive and behavioral difficulties the most frequently observed are impulsivity, disinhibition, planning problems, distractibility and making decisions difficulties. Age and level of education are correlated with recovery level (GOS-E), while sex and familial situation were not predictive. Age and level of education are correlated too with the importance of cognitive disorders found to NRS-R. Other statistical analyses are underway that explore the relationship between sequelae and quality of life, together with outcome’s prognostic factors. Factors influencing outcome and quality of life are complex. It is important to study.

Further reading