

# **The Impact of Neuropsychological Rehabilitation Programme on the Recovery of Patients with Brain Injury**

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Purpose

To look at the impact of individualised neuropsychological rehabilitation programmes on the cognitive ability of patients with brain injury.

Intervention

Several components formed the treatment programme:

- Selected tasks from the Brainwave-R programme. The intervention tasks selected from this programme targeted vigilance, sustained attention, visual scanning, selective attention, working memory and set shifting.
- A computer software was developed along the lines of the Stroop test for improving the patients sustained attention, speed of information processing and response inhibition.
- All the tasks used in the intervention programme had an inherent component aimed at improving the patients self-awareness.
- While performing these tasks, patients were taught metacognitive strategies such as minimising distractions, self questioning and verbalisation.
- Patients with prospective memory deficits were given diary training using a specific procedure termed as Diary and Self Instructional Training
- A psycho education programme was devised for patients and primary care givers to help them understand the nature and cause of problems after brain injury. Psycho education was provided in the written form using pamphlets

Conclusion

Results indicate that the intervention programme resulted in significant improvements in the patients global cognitive capacity....Similar improvements were seen on tasks indicative of improvements in speed of information processing, attention and mental flexibility. Patients memory showed improvements. Significant improvements were seen in executive functioning.