

# Brain Injury Outpatient Clinics at Kennedy Krieger Institute

## Who We Are

Brain injuries vary widely in severity. While some children experience full recovery, other children may experience consequences ranging from mild cognitive and behavioral challenges to significant limitations in daily living. In our Brain Injury Outpatient Clinics at Kennedy Krieger Institute, we offer a range of services designed to address all levels of need, including diagnostic and comprehensive evaluation and treatment, along with follow-up care when needed. The mission of our outpatient specialty clinics is to help individuals with brain injuries participate in home, school and community life to their fullest abilities.

Established in 1937, Kennedy Krieger is one of the nation's leading centers for pediatric brain injury rehabilitation. Our pediatric brain injury program was the first in Maryland to receive accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF).

## Diagnoses Treated

Our Brain Injury Outpatient Clinics treat children and adolescents who have had any type of brain injury, including:

- Traumatic brain injury, including concussion
- Anoxic/hypoxic brain injury
- Stroke
- Encephalitis
- Other neurological disorders

## Our Clinics

Our clinics were developed to meet the most common needs of children with varying levels of brain injury.

- **Concussion Clinic:** Children 2–18 years old with traumatic brain injury, including concussion, and other forms of brain injury are seen in this clinic, typically soon after injury or discharge from the hospital. Each child is seen by a medical provider and a neuropsychologist for the purpose of determining the best path for the child's recovery and to help the child return to academic, athletic and community life. We also provide education and support for families who have questions about their child's recovery. Patients 19–21 years old who are full-time college students are also treated in this clinic.
- **Brain Injury Clinic:** Children—from newborns through 18-year-olds—who require more extensive interdisciplinary care are evaluated and followed in this clinic. Physicians, neuropsychologists, behavioral psychologists and educators evaluate children to ensure that all of their long- and short-term rehabilitation needs are being met. Common challenges addressed include motor, feeding, school and behavior difficulties.



*“Our visits to the clinic have been great. It’s quite a place. Christopher’s injuries were scary, and it was such a comfort to know that places like Kennedy Krieger’s Concussion Clinic were taking such good care of him.”*

– Mother of a patient



Kennedy Krieger Institute

## Do's and Don'ts After a Brain Injury

At your child's clinic visit, we will develop a specific plan to meet your child's needs.

In the meantime, if you have received any specific instructions regarding your child's care, please follow those instructions. If not, the information below can serve as general guidelines for your child's activity until their clinic visit.

## General Guidelines

### Sleep

- Children often need more sleep than usual after a brain injury.
- Help your child sleep well at night, and allow your child to take naps if your child is tired.
- Avoid late nights and sleepovers.

### Daily Activity

- Your child should return to daily activities (e.g., getting out of bed, dressing, grooming, eating with family) as soon as your child is able to tolerate those activities.
- Your child can participate in light activities (e.g., watching television, reading, texting, video games, computer activities, going for walks) as long as those activities do not cause an increase in symptoms, such as headaches or dizziness. Start gradually, with 10–20 minutes of light activity a day. If your child is able to tolerate that level of activity, slowly increase the time spent in those activities as tolerated without an increase in symptoms.

### School

- Before returning to school, inform your child's teachers, school nurse, school psychologist or counselor, and administrators about your child's injury and symptoms. Identify someone at the school who can communicate with you closely over the transition period when your child is returning to school.
- Once your child is able to tolerate light activity for most of the day, your child should return to school.
- If needed, start with partial days. As your child feels better, work up to a full day of school.

- Other accommodations that may be needed upon return to school include:
  - Periodic, planned rest breaks to manage symptoms
  - Decreased workloads
  - Reduced test demands
  - Extra time
- As your child feels better, extra support at school can be slowly removed.

### Physical Activity

Talk with your child's healthcare provider about a plan for increasing your child's physical activity.

Your child should not resume physical or recreational activities with risk of injury to the head (e.g., during recess, physical education and sports practice) until your healthcare provider gives clearance.

## Contact Information

### Brain Injury Outpatient Clinics at Kennedy Krieger Institute

For more information or to schedule an appointment, please call **443-923-9400**, or call toll-free at **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

### [KennedyKrieger.org/BrainInjuryCenter](https://www.kennedykrieger.org/BrainInjuryCenter)

### Physicians and Healthcare Professionals

To make a referral, email us at **[FindASpecialist@KennedyKrieger.org](mailto:FindASpecialist@KennedyKrieger.org)** or call our Physician Referral Line at **443-923-9403**.

### Clinic Location

801 North Broadway  
Baltimore, MD 21205

### Mailing Address

707 North Broadway  
Baltimore, MD 21205

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