

Present:

A Person (FB), David Wozny (DW), B Person (RH), C Person(SG), D Person (MR), E Person (GDL)

FB: Update from last MDT, Maxillofacial Surgeon appointment on 7 October. DW had acupuncture appointment yesterday, reports it went well and DW advised of the benefits of acupuncture. Undertook a small acupuncture session.

DW: explained what the issues were regarding tingling. Felt it did work as tingling disappeared temporarily. Reported marginal improvement in lips. Explained that pressure points can locate where tingling occurs. Concept of acupuncture was explained to DW by GDL. Acupuncture was quite painful, but not so that DW couldn't stand it.

GDL: DW has high pain tolerance level, but hadn't reckoned on consultant using electric machine.

DW: found acupuncture beneficial.

DW: receptive to treatment, was advised to undertake a total of 30 sessions at £45 per session. 20 initial sessions twice a week Monday and Thursday, then maintenance sessions would be required.

DW: Next session booked for Thursday 6th October.

FB: advised about neuropsychologist, confirming she had found someone, F Person who could visit DW at home. F Person has been emailed, awaiting CV and TOB's.

Psychologist:

DW: saw Dr Leslie Stewart earlier this week. Dr Ball had written to her, advising NHS level of treatment may not be enough and DW could do with someone who can be more focused on DW specific needs. Dr Leslie Stewart was in agreement to this and will write back to Dr Ball confirming she feels it best if he has a Private Psychologist. DW asked if someone can visit the home.

SALT:

FB: potential therapist with Helen Chesters, waiting for her to get back to FB, and will then request funding.

Occupational Therapy Report

MR: Been concentrating on driving, visit to see current situation. There was confusion regarding letters sent from DVLA. MR contacted DVLA, was advised to ignore letter sent in Feb. DVLA have accepted the application form to look at getting driving licence back or providing a provision licence to do driving assessment. MR phoned yesterday but still waiting for DVLA Doctor to review information. Was advised there's a lot of info to review, but no further information required. MR to continue chasing DVLA on a weekly basis.

DW: asked what would outcome be?

MR: advised DVLA will make a decision whether to return licence or issue provisional. Driving assessment would still be required either way. Wrightington won't do assessment until got licence back or provisional issued.

DW: asked if provisional licence issued, is there a formal test at the end, or would he simply be signed off?

MR: there would be a test carried out by Wrightington. Wrightington work closely with DVLA. No timescale given as yet. Cannot be fast-tracked, so have to await letter. MR chasing up every Thursday. Application has had to go to doctor, as senior advisor is unable to deal with it, which is why it is taking so long as they only use one doctor.

DW: accepts that it is a process and the best can hope for is getting a provisional licence.

MR: Therapy Assistant, Carrie booked in to work with DW with kitchen activities to assist with memory and organisation.

Physiotherapy Report

GDL: Finished with DW at the moment, used his TENS machine but only successful for an hour. It may have been because DW had been on the rowing machine which negated the success of the TENS.

GDL: Local TENS machine is there to shift pain and change into a different pattern. GDL lent DW her TENS machine while on holiday, got mixed results, as would go on rowing machine which would aggravate pain, then go on TENS machine which would take it away. Suggested to not use the rowing machine. DW has used the TENS machine every 2-3 days.

DW: advised that when on rower he exercises harder and tries to push himself.

GL: always trying to beat personal best. Maybe rowing is not something for him. If going for acupuncture, use all 30 sessions and not row whilst having the treatment.

DW: Not been on treadmill for a while and not been to gym.

DW: don't know what's wrong as not doing exercises. Become less assertive and doing less. Could make excuses, but there have been no excuses, not got drive he used to have.

GDL: from experience it is quite typical of frontal lobe problems.

GDL - when DW is busier it becomes harder to accommodate the gym. Used to have a definite timetable to include gym, but it has now changed. Did well on treadmill, happy with cardio-vascular responses. No fuzzy head feeling, well enough and fit enough to do any exercises he needs.

RH - while DW has not been going to gym he is generally quite active, will walk or cycle, not sitting on couch doing nothing.

DW: got punctures while out on bike, had to walk two miles to get home. He did manage to fix them on his own which he thought he wouldn't manage.

GDL: when the treadmill arrived, DW didn't initially put it together.

DW: doesn't trust himself with technical instructions. Lost that drive to do things.

GDL: confidence issue, worried about the failing factor.

DW: still riding bike on pavement, rarely goes on road.

RH: advised she doesn't want DW going on the road

GDL: there are aspects of legality regarding riding on the pavement.

GDL: only one session left with DW so may leave for a while until acupuncture up and running, range of movement back to normal

DW: nothing stopping him from going to gym, but just doesn't happen. Can't fathom rationality as not needed it in the past.

MR: could meet at gym and do session together?

DW: not 'a gym buddy' person, likes to do on his own.

GDL: wrote gym guidelines for gym program

FB: suggested a personal trainer to make sure he goes

DW: doesn't feel a personal trainer would help.

RH: personal trainer could become a stress, if he wakes up and feels not great, could feel like he failed

MR: could have dedicated slots in calendar for the week.

DW: Manages calendar very well, nothing to stop him from inputting into calendar, just become resistant to doing it. No motivation to go.

GDL: does DW keep pain diary? can monitor if acupuncture is being successful. Also can be used as proof that acupuncture is necessary. Advised to just use a number so doesn't have to write anything.

DW: Dr Tukmachi (acupuncture surgeon) wants him to lie in hot bath up to chin and squeeze sponges, twice a day.

GDL: advised to give it a go. Immersion into water does work.

DW: could link this with doing a workout, then getting to bath as can't imagine getting into a bath if already clean.

DW: mentioned to surgeon about TENS machine

RH: early signs of acupuncture were positive.

GDL: DW is a doer not a reflective person.

DW & RW: positive acupuncture will work.

GDL: to make last appointment with DW in a few months to review how his gym session and acupuncture is going.

Vocational Psychologist

SG: impressed by work DW has done in relation to voluntary work, DW wasn't sure about interviews but got all three he went for. Not received DBS check yet.

DW: Royal Voluntary Service DBS came through a few weeks ago.

FB: advised about signing up for DBS update service.

SG: plan for future is, once established with library, will monitor and provide support and advise if needed. Pleased that DW went ahead and did the interviews.

DW: advised about person supporting through RVS, sees the fact that this person is much worse off than his own brain injury.

DW: advised of a situation with RVS regarding a plant that had been thrown into client's garden and was determined to plant it.

DW: recognised that his memory was not good and is getting pleasure from helping this man.

SG: DW felt he had no direction at the time before intervention but now has something to focus on and no has direction.

AOB

DW: given material to assist with short term memory. Realises just how limited he is and the skills he has lost.

RH: DW needs to look forward and be positive. Mental attitude can make a huge difference.

GL: when DW does something he is good at it.

DW: when got the punctures on his bike, he was terrified of making a mess and got stressed about it but was very proud when he managed to fix it.

GDL: DW needs to try and focus on time the therapists have been on board, rather than comparing to what he was like pre-accident

RH: they are going on holiday next week.

Actions:

- Awaiting DBS, DW to chase when back from holiday.
- SW to monitor how DW is coping.
- FB to contact Consultant re: acupuncture treatment plan
- FB to request funds for acupuncture sessions
- FB to contact Solicitors re: Psychologist
- FB to contact Solicitors re: SALT

Next MDT meeting: 9th November 2016 at 1030 at DW home.

Followed by MDT meeting: 14th December 2016 at 1030 at DW home