

Abstract

There are many biopsychosocial factors that contribute to the recovery of female athletes who have suffered a traumatic brain injury (TBI). This presentation will outline the state of the science regarding factors that contribute to an athlete's experience of recovery from a TBI, caregiver response and management, and their return to play after recovery. Online databases used for this review include CINAHL and PubMed. We used key terms such as: athlete, TBI, management, and cognitive recovery. Current literature demonstrated an inconsistency in caregiver's approach to manage the recovery of female athletes from a TBI. It is widely held that post-concussive symptoms should be monitored before a return to play is determined to best ensure biopsychosocial recovery. However, a lack of scientific evidence exists with regard to the standardization of methods for caregivers' approach to total recovery. Support systems play a significant role in promoting biopsychosocial recovery; this lack of standardization may impact an athlete's long-term health outcomes. To address this gap in the state of the science, we propose a qualitative descriptive study. Findings from this research could be essential in laying the foundation for an evidenced-based, standardized tools for healthcare providers to utilize in the biopsychosocial recovery and health outcome of this patient population.

Keywords: athlete, traumatic brain injury (TBI), management, and cognitive recovery