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Personal experiences as a neuroscientist recovering from a coma and recent generalized tonic-clonic seizure

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We do know that the more severe the injury the less likely the person will fully recover. The length of time a person remains in a coma and duration of loss of memory (amnesia) following the coma are useful in predicting how one will recover. The Rancho Los Amigos Levels of Cognitive Functioning (RLCF) is one of the best and most widely used ways of describing recovery from brain injury. It describes ten levels of cognitive (thinking) recovery. Research has shown that the speed at which a person progresses through the levels of the RLCF can predict how fully a person will recover. Recently Dr. Kennedy had generalized tonic-clonic seizure (also known as a grand mal seizure) is a type of generalized seizure that affects the entire brain seizure/epileptic fit. He explains his personal traumatic neurological experiences in detail during this presentation.

To whom it may concern, Medical Report 02 July 2018 Patient Dr. JUSTIN JAMES KENNEDY Nationality South African Reg. No GNC005392 Reg. Date 02-07-2018 Age / Sex 47 / Male DOB 22-01-1971 Diagnosis ICD Code Diagnosis Comments Category G40.509 Epileptic seizure Primary cause Crushing injury of head, part unspecified, sequela right sided subdural hematoma and left sided concussion, several surgeries Secondary Present complaints in 1999 severe motor bike accident with subdural hematoma right temporal and concussion left parietal, several surgeries (drainage and others). No verified seizures during the acute phase, obviously preventive anti-epileptic medication for 4 years. Initially severe hemiparesis right side and aphasia with complete recovery. One week ago he experienced a first seizure: His wife noticed that he repeated the same movements several times during PC work together with general slowing and heart beating. Shortly later tonic cramps of his arms, foam came out of his mouth, he lost consciousness. Duration 20 secs and reorientation for some minutes. At the Prime Hospital the EEG showed a general slowing right anterior and left centro-temporal. The cranial MRI detected a large gliotic encephalomalacia left temporal and a cystic formation right frontal. They gave him 500-0-750 mg Keppra. On this medication he is not himself, slow and tired, responses are late, he feels imbalanced.

Biography

Justin James Kennedy, "The Brain Coach" is a globally recognized Professor of Neuroscience, Executive Coach and Leadership Specialist. With over 20 years of C-Suite executive coaching experience globally in the USA, UK and South Africa, he translates his neuroscience research into practical business skills. His specialties include: coaching on performance leadership to deliver measurable business results; coaching on the business vision, brain management and corporate strategy; advising professionals on how to optimize systemic change and; improving executive brain functions to enhance mental focus, self and team performance. His first book "Brain Triggers" is co-authored by the world's #1 coach, Dr. Marshall Goldsmith. He has also published innumerable corporate studies that demonstrate how to improve and sustain executive performance. In 2014, he delivered a TED talk on practical ways to control their brain to perform at peak and even increase IQ and memory.

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