

CHAPTER IV

CONCLUSION AND SUGGESTIONS

Conclusion

This study is an analysis of all types of evidence related to posttraumatic headache management in mild traumatic brain injury patients. This study was conducted with the objective of recommending methods for posttraumatic headache management in mild traumatic brain injury patients by synthesizing knowledge according to the process of implementation of finding acquired from evidence. In study used the PICO (Population, Intervention, Comparison, Outcome) framework proposed by Melnyk and Fineout-Overholt (2005) to set questions for obtaining studies and evidence-based practice matching the studied topic. Evaluation of the quality of the evidence obtained by the search employed evidence-based practice assessment framework of DiCenso, Guyatt, and Ciliska (2005) by evaluating the following three issues: are the results valid, what are the results, how can I apply the results to patient care and evaluating strength of evidence used the therapy evidence pyramid of Grace (2009). Of the 17 evidences one evidence from systematic review of intervention studies (Level 4), one evidence from systematic review of observational studies (Level 4), one evidence from prospective controlled study (Level 5), one evidence from Cross-sectional correlational design (Level 6), and 13 articles from unsystematic clinical observations comprise evidence containing general studies with wide scopes from observations without systematic literature reviews, professional or expert opinions in specific professional groups in the care and treatment of patients in descriptive (Level 7). Can be applied to posttraumatic headache management in mild traumatic brain injury patients.

The methods for searching from electronic databases were as follows: searches for single evidence from Blackwell, BMJ, CINAHL, MDConsult, NursingConsult, OVID, ProQuest, Pubmed, ScienceDirect, SpringerLink while SCOPUS Systematic Reviews were searched from www.joannabriggs.edu.au, and

www.cochrance.org, [searches](#) for guideline from www.guidelines.gov. Online searches from institutions or organizations that provide services of disseminating associated medical data from reference lists, www.ThaiLis.or.th. Manual searches for complete originals of health academic journals, theses, and dissertations involved with headache management in patients with mild traumatic brain injuries from Mahidol University Library. The scope of the inclusion criteria for selecting evidence-based practice covered publication and dissemination in 2000-2013 in order to acquire only modern full-text Thai or English studies. The investigator selected 17 evidences relevant to the clinical issue and excluded 35 evidences because 35 evidences studying the effects of therapy and medications to treat abnormal headaches not specific to acute posttraumatic headaches.

According to the study, posttraumatic headache management in mild traumatic brain injury patient. These recommendation are management comprise four stages as follows: assessment, management, monitoring, and education.

Suggestions for Nursing Studies

1. The study findings can be used to developed a clinical nursing practice guideline for patients with mild traumatic brain injury in terms of nursing assessment, management, monitoring, and education.
2. The findings can also be utilized to enable nurses to coordinate with other healthcare team members to provide care to this particular group of patients.

Suggestions for Further Studies

1. An experimental study can be conducted to determine the effectiveness of the clinical nursing practice guideline developed based on the findings of the present study.

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