

RESTART Your Life / RENEW Your Mind

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On April 19, 2009, I fell 12-15 feet down a flight of steps hitting my head & face on the way before landing on the back of my neck. I was found immediately and medical help was called. Upon the arrival of First Responders, I remained unconscious on the floor. After evaluation, it was decided I needed to be flown to the Hospital at the University of Pennsylvania where I lay in a coma four days. The fall had resulted in a Traumatic Brain Injury. The prognosis was bleak and the extent of recovery, if any, was unknown. I was kept in intensive care at the hospital for two weeks while having some procedures done, as well as trying to control multiple DVT blood clots in major femoral vessels. A stainless steel (IVC) filter was inserted to avoid clot particles from breaking away and travelling to my heart / lungs, creating bigger or possibly even fatal issues. Once the tracheotomy tubes were removed, I was transferred to Bryn Mawr Rehabilitation Hospital in Malvern with minimal physical and cognitive abilities having been recovered before being transported. Physically, I could not walk, hold myself up, nor perform any mundane daily life functions at all without assistance. There were basically no fine motor skills functioning of the left side of my body. Cognitively, I didn't recognize people I had known most of my life and had no recollection of the fall or where I was. I am told I couldn't hold a conversation, talk clearly, nor even fully comprehend what was being said to me. I don't remember about one month of my life.