

EXCEL TRAINING

Dr. Essa Al-Ahmad
Saudi Family Physician · Healthcare Educator & Trainer

COURSE SYLLABUS · TBI CARE

Managing Traumatic Brain Injury (TBI)

Understand TBI, support everyday function, and respond when it matters most.



FORMAT

5 focused modules

STYLE

Practical & hands-on

AWARD

Certificate of completion

ABOUT THIS COURSE

Course Description

The Traumatic Brain Injury (TBI) course helps caregivers define and describe the different types of TBI, identify risk factors, and recognize the health disparities associated with them.

Caregivers learn how the injury affects a person's everyday function and the caregiver's role in observing, monitoring, and documenting the consequences of TBI. Emergency response is also covered.

Who This Course Is For

Family caregivers — Those caring for a relative recovering from or living with a brain injury.

Home health aides & CNAs — Frontline staff supporting daily function and recovery.

Rehabilitation & care staff — Teams supporting people through TBI recovery.

What You Will Learn

1. Define and describe the different types of traumatic brain injury.
2. Identify common risk factors and recognize associated health disparities.
3. Understand how a TBI affects a person's everyday function.
4. Carry out the caregiver's role in observation, monitoring, and documentation.
5. Recognize warning signs and respond appropriately in an emergency.

Course Modules

MODULE 01

Defining Traumatic Brain Injury

Introduces the different types and severities of TBI and how they occur. Builds a shared language for describing the injury and its effects.

MODULE 02

Risk Factors & Health Disparities

Identifies who is most at risk for TBI and the health disparities connected to it, so caregivers understand the wider context of the people they support.

MODULE 03

Effects on Everyday Function

Explores how a brain injury can change physical, cognitive, and emotional function, and what that means for daily living and routines.

MODULE 04

Observation, Monitoring & Documentation

Defines the caregiver's role in watching for changes, monitoring the person's condition, and documenting the consequences of TBI clearly and consistently.

MODULE 05

Emergency Response

Teaches caregivers to recognize warning signs that need urgent attention and to respond correctly when an emergency arises.

About the Instructor



Dr. Essa Al-Ahmad

Saudi Family Physician · Healthcare Educator & Trainer

Dr. Essa Al-Ahmad is a Saudi family physician, healthcare transformation leader, educator, and investor in innovation, based in Al-Ahsa, Saudi Arabia. He earned his Bachelor of Medicine and Surgery from King Faisal University and completed his Family Medicine Diploma in 2015.

He spent more than five years in frontline patient care and chronic disease management, helping patients navigate complex, long-term conditions. He directed Al-Qurain Health Center (2016–2018) and Al-Shuqaiq Primary Health Care

Center (2018–2019), which achieved CBAHI accreditation under his leadership, and in 2019 was appointed Director of the Anti-Osteoporosis Program in Al-Ahsa.

Today he is a trainer of doctors and nurses and a passionate advocate for clinician wellbeing, teaching healthcare professionals to build sustainable careers and care for themselves with the same dedication they bring to their patients. He is a member of the Saudi Physicians' Association and sits on the Board of Directors of Alam Holding Company.

EDUCATION

MBBS, King Faisal University

Bachelor of Medicine & Surgery

QUALIFICATION

Family Medicine Diploma

Awarded 2015

EXPERIENCE

5+ years frontline care

Chronic-disease management

LEADERSHIP

3 health centers directed

One CBAHI-accredited

Testimonials

"[SAMPLE TESTIMONIAL — replace with a real quote.] The training was clear and practical. I left feeling far more confident caring for someone with a brain injury."

[Name]

Family caregiver

"[SAMPLE TESTIMONIAL — replace with a real quote.] Short modules that respected my time, taught by someone who has actually done the work. Highly recommended."

[Name]

Home health aide

"[SAMPLE TESTIMONIAL — replace with a real quote.] Exactly the kind of hands-on guidance our staff needed. The emergency-response section was especially valuable."

[Name]

Care team lead

Sample testimonials shown — to be replaced with verified learner quotes.

Bring this course to your team. Email training@dressalahmad.com or book a meeting to scope a custom program for your facility.