



Acquired Brain Injury Program

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Brain Injury Statistics

- 5.3 million Americans currently have a long-term or lifelong need for help to perform activities of daily living .The most frequent unmet needs were:
 - Improving memory and problem solving;
 - Managing stress and emotional upsets;
 - Controlling one's temper; and
 - Improving one's job skills.
- Approximately 1.4 million individuals sustain a brain injury every year. Of those sustaining a brain injury: 1.1 million are treated and released from the emergency department (2004 data);
- 235,000 are hospitalized; and
- 50,000 die

Source:
Centers for Disease Control's National Center for Injury Prevention and Control Web site



Causes of Brain Injury



- Falls (28%)
- Motor vehicle traffic crashes (20%)
- Struck by/against events (19%)
- Assaults (11%)
- According to the Deployment Health Center, nearly 30% of all patients with combat-related injuries seen at Walter Reed Army Medical Center from 2003 to 2005 sustained a TBI

Source:
Centers for Disease Control and Prevention



Common Symptoms of TBI

- Physical complaints
 - Dizziness
 - Fatigue
 - Headaches
 - Sensitivity to light or sound
- Cognitive changes
 - Poor concentration
 - Memory problems
 - Poor judgment
 - Impulsivity
 - Slowed performance
- Psychosocial concerns
 - Depression
 - Anger outbursts
 - Irritability
 - Personality changes
 - Anxiety

Source:
<http://www.mentalhealth.va.gov/OEFOIF/files/tbi.pdf>

Consequences of an Acquired Brain Injury

- Impaired Concentration, memory disturbances, language difficulties and/or reasoning skills prevent these individuals from resuming pre accident activities.
- Awareness of limitations and unrealized career and personal goals lead to frustration and depression—further contributing to the individual's unemployment, isolation, and alienation from friends, family, and community.



Cognitive & Caregivers Boot Camp

- Online educational certificate of specialization
- Cognitive Boot Camp – educational program designed to provide structured cognitive retraining for brain injury survivors
- Caregivers Boot Camp – provides caregivers and significant others with information, support, resources, and strategies for coping with changes experienced after a family member sustains a brain injury
- A common thread throughout the program is the utilization of a Personal Digital Assistant (PDA).



Online Boot Camp Courses



- Strategies for Using PDAs
- Cognitive Strategy Building
- A Guide to Brain Injury
- Community Re-Integration



Making Cognitive Connections Using PDAs/Smartphones

Subtitle here

- Microsoft Outlook (Calendar, Tasks, Contacts, etc.) used for scheduling, reminders, etc.
- Microsoft Office Mobile (Word, Excel, PowerPoint viewer) used to take notes, etc.
- A digital recorder used to record doctor appointments, instructions, etc.
- A media player used for audio books, music, etc.
- Seamless synchronization between the PDA and a Windows-based desktop or laptop computer
- A built-in GPS and navigation maps for the United States and Canada



Making Cognitive Connections Using PDAs/Smartphones

Examples of cognitive skills addressed in PDA training

- Attention to detail
- Recognizing visual similarities and differences
- Visual organization
- Memory cues
- Critical thinking
- Sequencing
- Categorization
- Problem-solving
- Planning
- Decision-making
- Following directions



Practical Cognitive Strategies



- Strategy development -- identifying strategies that may work for a particular issue
- Strategy evaluation -- evaluate the effectiveness of a strategy as it relates to a particular issue
- Strategy tweaking -- learn to tweak a strategy based on the results of its evaluation

Brainstorming as a Strategy

Challenge	Specific Strategy
They may perseverate on one idea and may not be able to let go of that idea in order to brainstorm other possibilities.	Set a second timer that goes off every 90 seconds as a prompt to move on.
They may get distracted during the 10-minute period.	Break the 10-minute session into two 5-minute sessions.
They may say they don't have any ideas.	Initiate ideas by asking questions related to the topic (e.g., What do other people do to socialize?).
They may get off topic because they forget the issue being addressed.	After writing each idea, refocus by reading the initial issue or question.

A Family Guide to Brain Injury



- Impact of Head Injury on the Person
- Impact of Head Injury on the Family
- Family Considerations in Adjustment to Head Injury
- Head Injury and Family Interventions

Impact of the TBI on the Family



- Caregivers experience significant distress in the form of depression, anxiety, and physical symptoms. They report feelings of isolation, self-doubt, and being overwhelmed.
- Family unit is faced with adjusting to new demands and changed relationships. Families report issues with communication, increasing emotional distance, problems fulfilling family roles and shared responsibilities.

Community Re-Integration



- Explore the impact that cognitive, psychosocial and physical deficits have on transitional issues.
- Assessments—neuropsychological, interest inventories, values clarification, aptitude testing, learning styles, work evaluations, and transferable skills analysis
- Options in Community Re-Integration
- Exploration of Resources
- Development of a Future Plan



Case Study – US Marine Alejandro

- August 22, 2004—Head Trauma due to injuries as a result of an IED explosion
- September 22, 2004—Released from Hospital and returned to fight with his brothers
- October 2004 (first week)—sustained 2nd concussion as a result of IED explosion
- November 11, 2004—sustained 4 concussions in a 24 hour period. Aired to US Bethesda Hospital

Professional Feedback

Thank you for your recent work, the development of your online courses, your publications, and your efforts to improve the lives of those suffering from memory impairment as a result of brain injury. Your courses and publications are clear, concise, and structured to complement OT and SLP treatment programs. The use of PDA's as memory aids for TBI patients in OT and SLP has been widespread, but your courses and books now provide the individual and their family or caregiver with a resource and with tools and exercises to make connections between everyday life and the PDA long after discharge from OT and SLP. Your tools have proven to be successful with my recent referrals to your program, and now, when I recommend a PDA for my patients, I intend to refer them to your website and to the services you provide.

I look forward to your publications dedicated to integration of smartphone and iTouch technology into the realm of cognitive retraining and memory compensation.

Katherine, CCC-SLP
Samaritan Medical Center, New York



Student Feedback



I feel better about myself because I am feeling more confident. I feel calmer and more positive. I love that the classes are online. I feel more relaxed when I'm working on my assignments at home. I don't feel rushed and I can take my time thinking of the answers.

I would definitely recommend these classes to anyone needing to start over. These classes are perfect for me because my mom is also taking the class and she can talk to me about the assignments, and read all the stuff to me so I can understand it.

Kelly
Cognitive Boot Camp Student



Student Feedback

After countless hours of searching for resources for cognitive rehab, I happened to find a reference to Coastline Community College's cognitive retraining program for individuals with neuro cognitive disorders such as Traumatic Brain Injury, and/or Acquired Brain Injury at <http://www.headinjury.com/school.htm>. The program was scheduled to start in the Spring of 2009, and Kelly and I enrolled in the first two courses offered: The Strategies for Using a PDA and A Guide to Brain Injury.

The resources available through the class lectures, screen shots, workbook and the PDA have already assisted in noticeable improvement in several of Kelly's deficit areas. Her sequencing and detail skills have improved. I have also realized that Kelly can comprehend written material, if it is read out loud to her. Kelly has learned to find the college website through a browser link, log into her student area, navigate to her two classes, find the appropriate discussion area, and post interactive responses. Kelly has learned to make notes and lists with reminders using the PDA. She has learned to repeatedly and successfully accomplish these tasks in three weeks. Her enthusiasm for daily life and her goal for a productive future have been renewed.

The classes are online and we have never traveled to the college location because the distance would be an all day event requiring assistance and driving, and more time away from my job. The online availability of this program has made a considerable difference in lessening the stress and fatigue usually associated with outpatient rehab or cognitive retraining.



Linda
Caregivers Boot Camp Student

Contact Information



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