

Understanding and Responding to Traumatic Brain Injury (TBI)



Presented by

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of



6Beds

Advocating for Safe & Affordable
Quality Residential Care

**CAREtoTalk
Series**

**March 25, 2025
10am-11am**

Housekeeping

- The CAREtoTalk series is a monthly, one-hour webinar designed to inspire, motivate and educate residential care home service providers with industry best practices. It is a special benefit reserved ONLY for Paid Members of 6Beds. These webinars are recorded and sent out to ALL 6Beds paid members.
- As this is a Zoom Webinar, we cannot see or hear you. All questions/comments should be directed through the "Chat" feature. Please change the "chat" feature to "Everyone".
- Topics are selected by the moderator. However, we welcome requests for feature topics, guest presenters and sponsors. Requests can be emailed to Marc.Lung@CompECS.net.
- Each monthly webinar will begin by highlighting a Featured Sponsor of 6Beds, who will share a 3-5-minute introduction about their company, their services and how they may be a resource for you.



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Advocating for Safe & Affordable
Quality Residential Care

CAREtoTalk Series

**The Last Tuesday of each
month from 10am-11am**

Objectives

- Gain general understanding of Traumatic Brain Injury (TBI)
- Identify various causes of TBI.
- Discuss supervision and common care interventions/techniques for the person with TBI.
- Understand risks, liability and documentation

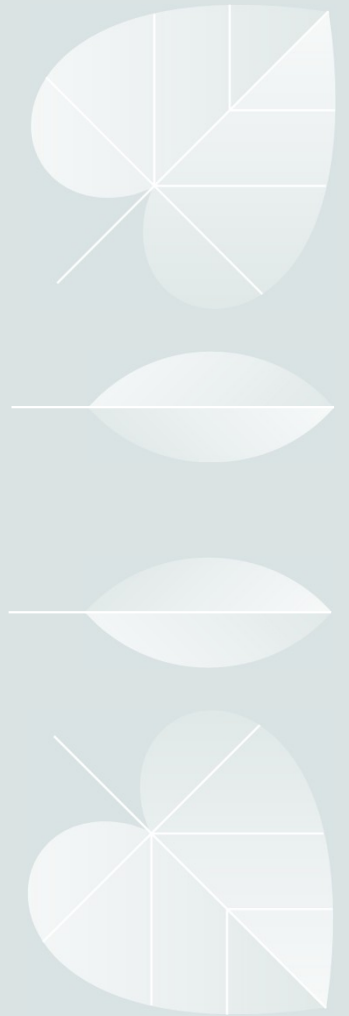


What is Traumatic Brain Injury?

—A **traumatic brain injury (TBI)**, is an injury to the brain caused by an external force, such as a forceful bump, blow, jolt to the head or body, or an object entering the brain. Not all blows or jolts to the head result in TBI.

This injury can result in temporary or permanent damage to the brain, affecting cognitive, physical, and emotional functions.

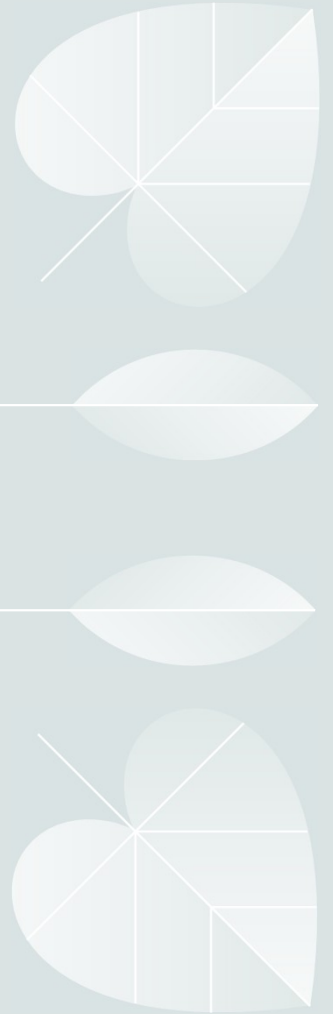
More serious TBI can lead to severe and permanent disability, and even death.



Some injuries are considered primary, meaning the damage is immediate.

Others can be secondary, meaning they occur gradually over the course of hours, days, or weeks after the injury. These secondary brain injuries are the result of reactive processes that occur after the initial head trauma.

There are two (2) broad types of head injuries:
Penetrating and non-penetrating.

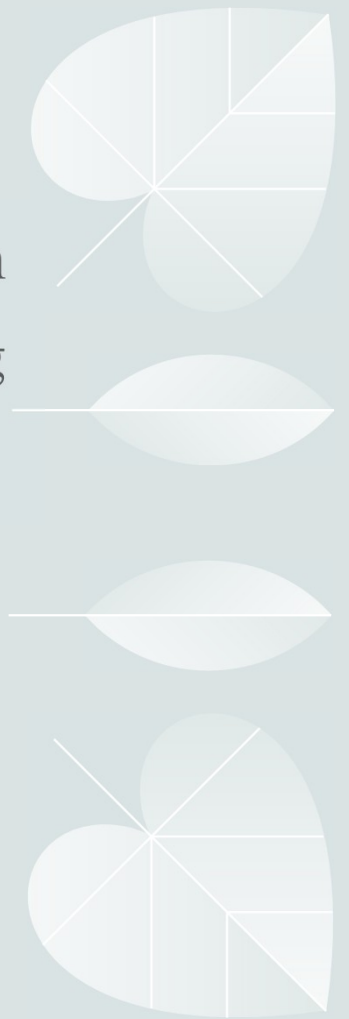


Penetrating vs. Non-penetrating

Penetrating TBI (also known as open TBI) happens when an object pierces the skull and enters the brain tissue. Penetrating TBI typically damages one part of the brain.

Causes / Examples

- Bullet
- Shrapnel (flying objects from an explosion)
- Bone Fragments
- Construction Site Accidents – nails, rebar, etc.



Penetrating vs. Non-penetrating

Non-penetrating TBI (also known as closed head injury or blunt TBI) is caused by an external force strong enough to move the brain within the skull. Causes include falls, motor vehicle crashes, sports injuries, blast injury, or being struck by an object.

Causes / Examples

- Falls
- Motor Vehicle Crashes
- Sports Injuries
- Blast Injury
- Being Struck by an Object

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Who is More Likely to Get TBI

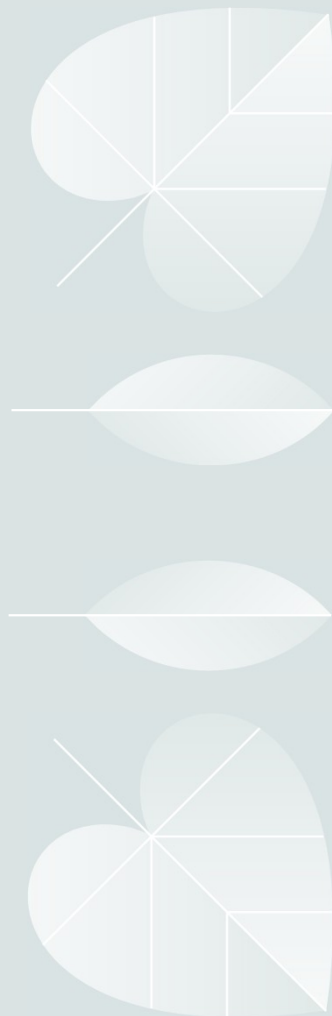
Older adults aged 65 and older are at greatest risk for being hospitalized and dying from TBI, most often from a fall.

In every age group, serious TBI rates are higher for men than for women. Men are more likely to be hospitalized and are nearly 3 times more likely to die from a TBI than women.



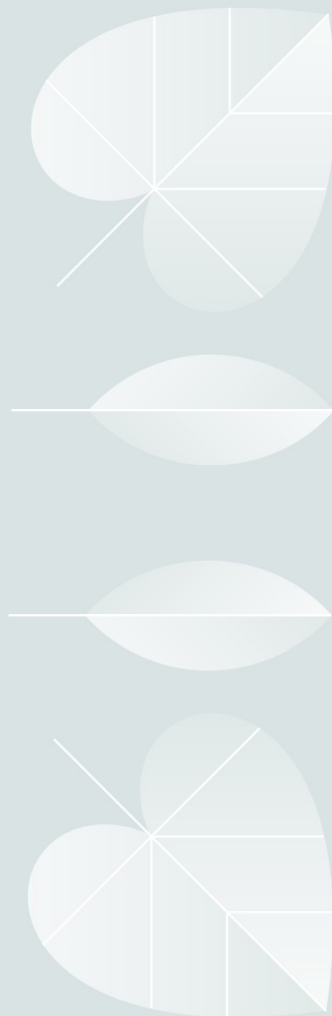
Leading Causes of TBI

- **Falls** – According to the CDC, falls are the most common cause of TBIs and occur most frequently among the youngest and oldest age groups
- **Blunt Trauma Accidents** – Accidents that involve being struck by or against an object, particularly sports-related injuries, are a major cause of TBI.
- **Vehicle-related Injuries** – Pedestrian-involved accidents, as well as accidents involving motor vehicles and bicycles, are the third most common cause of TBI.



Leading Causes of TBI - Continued

- **Assaults / Violence** – Abuse-related TBIs are head injuries that result from intimate partner violence, assaults, shaken baby syndrome, and wounds to the head caused by gunshots or other weapons.
- **Explosions / Blasts** – TBIs cause by blast trauma from roadside bombs have become a common injury to service members in military conflicts. The majority of these TBIs are classified as mild head injuries.



Providing Supervision & Care



Not everyone with TBI displays obvious signs of disability. Since their TBI may affect **cognitive**, **physical** and/or **emotional** functioning, each resident/client will have his/her own unique set of symptoms.

Although the most common mood shifts veer towards agitation or aggression, no two brain injuries result in the same set of symptoms.

Care & Supervision Tips for Clients/Residents with TBI

Regardless of the nature of symptoms, there are some broad accommodations caregivers should consider to support clients/residents with TBI.

- **Keep things organized.** Make sure to keep the home organized. Be conscious of where items are usually kept so as not to confuse them.
- **Maintain their routine.** Keep their day-to-day lives as consistent as possible. This will be helpful for memory issues and prevent them from getting overwhelmed. If there's going to be a deviation or a permanent change from the typical routine, discuss it with the client/resident beforehand to prepare them.



Care & Supervision Tips - Continued



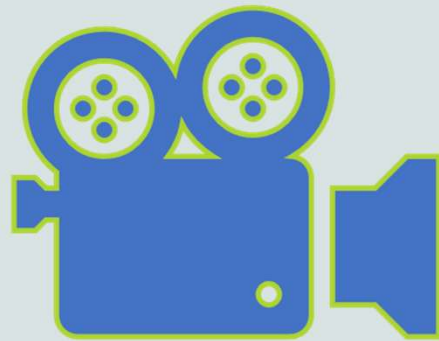
- **Be patient.** Allow your client/resident as much time as necessary to complete tasks. It can be frustrating, but it is important to encourage them to work through activities at their own pace. Caregivers must anticipate the need for extra time to assure that tasks get started earlier enough to allow that time.
- **Help them develop strategies.** People with TBIs can become very frustrated due to memory loss and fatigue. Help the client/resident develop helpful techniques they can depend on. Examples include notebooks, calendars, alarms, etc. that can provide cues & reminders.

Care & Supervision Tips - Continued

- **Understand their fatigue.** People suffering with brain trauma can become easily exhausted, particularly during the recovery stages and when undergoing multiple forms of therapy (e.g. physical, occupational, speech therapy). Understanding their stage of the healing process and catering support to their current needs is important for their care.
- **Support them psychologically.** Caregivers are in an ideal position to identify what improves quality of life for someone with TBI. Focusing on their personal goals despite mood changes and physical symptoms can help the client/resident feel fulfilled even after a brain injury limits what they can do. For example, assisting with interpersonal and relationship-building goals is important for his/her overall emotional well-being.



YouTube Video



What Brain Injury Survivors
Need You to Know
(3:34)

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Understanding the Risk!

Step 1: Determine if the client/resident with TBI is appropriate for your home by gaining a thorough understanding of his/her unique symptoms by conducting a VERY THOROUGH needs appraisal.

Step 2: Determine if your staff are appropriately trained to meet those unique care needs...or be prepared to provide that training.

Step 3: The care team must REALLY get to know the client/resident and the most effective interventions to which the client/resident responds.

Step 4: Trial and Error!!!! When an intervention doesn't work, try another, then another, then another. Try another caregiver. Then try another intervention again.

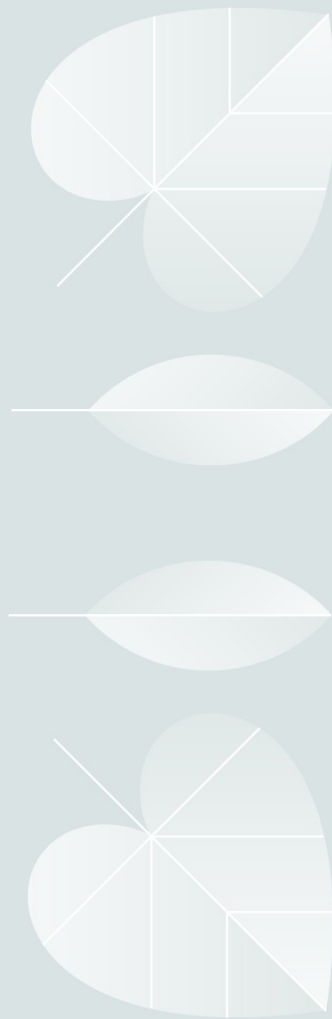
Step 5: DOCUMENT, DOCUMENT & DOCUMENT!!!

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Additional Info & Resources

- ❖ Brain Injury Association of America - (800) 444-6443
- ❖ Brain Injury Resource Center - (206) 621-8558
- ❖ Brain Trauma Foundation - (212) 772-0608
- ❖ Defense and Veterans Brain Injury Center - (800) 870-9244
- ❖ National Library of Medicine - (888) 346-3656
- ❖ National Rehabilitation Information Center - (800) 346-2742
- ❖ ThinkFirst - (800) 844-6556
- ❖ CDC - Heads Up to Concussion - (800) 232-4636





Questions
Comments
&
Best Practices



Thank you for
participating today and
Thank you for what
you do every day!!!

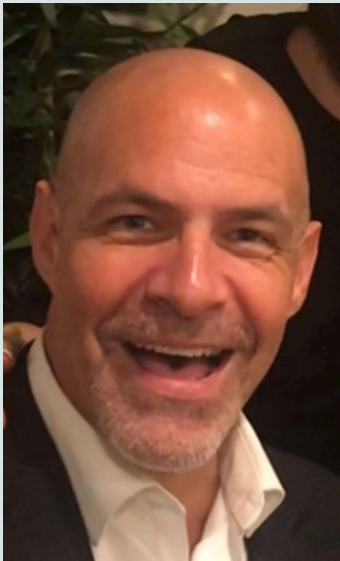
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The Terraces at Park Marino: A Story of Loss, Trauma, Resilience and Rebirth



Presented by
Sam Baum



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Next

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Tuesday
April 29, 2025
10am-11am