Group Treatment for Clients with Traumatic Brain Injury

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The views expressed in this presentation are those of the author and do not necessarily reflect the official policy or position of the United States Government or the Department of Defense.
Objectives

- Describe multi-disciplinary group treatments offered at Warrior Recovery Center
  - Community Outings: Behavioral Health and Occupational Therapy
  - Dual Tasking Group: Physical Therapy and Speech-Language Pathology
- Workshop: Trial dual task activities
• Concussion/ Traumatic Brain Injury Clinic at Fort Carson, CO
  – Neurology services
  – Rehabilitation Services
    • Neuropsychology
    • Nurse Case Management/ Creative Media
    • Occupational Therapy
    • Physical Therapy
    • Speech Language Pathology
    • Social Work services
DVBIC on Fort Carson provides client education in multiple forms (provider and general public) and conducts research
• Primary Active Duty
• History of mTBI or TBI or ABI
  – Wide variety (mild- severe, single- multiple)
• Co-morbid conditions
  – Chronic pain
  – Sleep disturbances
  – PTS, PTSD, Anxiety
Integrated Outpatient Rehabilitation Program (iROC)

• Multi-disciplinary instruction
• Clients set personal goals using Goal Attainment Scale
• 4 days weekly x 6 weeks
• Maximum of 8-9 clients per cohort
• Provide training in a variety of skills to improve quality of life and address symptoms after brain injury
Why Groups?

• Increased access to care
• Peer learning and support
• Group process
• Increased challenges compared to individual treatment
Objective: Improve community reintegration skills
Communication skills/ Social Skills
Emotional regulation
Anxiety/ Stress/ Anger management
Mindfulness skills
Executive functions
Problem Solving
Time Management
• **Structuring the Outing:**
  • Include volunteer work if possible
  • Organizations that support/ interface with military community
  • Organizations/locations that offer additional opportunities (enabling future participation in activities for clients)
  • Sometimes includes “wayfinding”
  • Often a loosely defined task
  • Preparation prior to the task
  • Debrief after outing
Community Outings

- Senior Center
- Community Gardens
- United States Air Force Equestrian Center
- SCAMP: Summer “camp” provided by Concrete Couch, volunteer opportunity for the community
- Fountain Creek Nature Center
- Pioneer Museum/ Downtown Colorado Springs
Outcomes:

• Success
• Practice/ Challenge skills learned in clinic setting
• Peer learning and support
• Support readiness for change
Cognitive Gym

Dual tasking in a chaotic group environment
• 8 stations for up to 8 patients at a time
• Physical challenges, cognitive challenges, or both
• Physical recovery often much quicker than other domains

• Let’s give it a try…
• Each station in Cog Gym is a total of 5 minutes…

• Examples of various puzzle types:
  • Add up puzzles: if the number in each circle is the sum of the two below it, what is the top number? Try to do the sums in your head, but if you cannot, use a pen to write them down.
• Each station in Cog Gym is a total of 5 minutes…

• Examples of various puzzle types:
  Mixed-up words: Which horse-related terms can be made from each of these sets of scrambled letters?
  1. LOAF
  2. REAM
  3. DUST
  4. RISE
  5. NECTAR
  6. ADDLES
  7. SPURRIT
• Each station in Cog Gym is a total of 5 minutes…

• Examples of various puzzle types:
  Elimination: All but two of these words fall into one of the three categories:
  1. Words meaning ‘hole’
  2. Toys
  3. Colors
  4. Words coming before ‘star’

  Rattle  Space  Maroon  Violet  Film  Slot
  Pink    Skateboard  Year  Vent  Frisbee
  Light   Super  Doll  Void  Pop
  Gap     North  Kite  Yellow  Orange

Put the leftover words together to make a word or phrase: Light Year
• Sit-to-stand in your seat 10 times
• Single-leg calf raises in standing 10 times on each leg
• High knee march in standing 10 times on each leg
• Bilateral arms overhead press 15 times

• Repeat for a total of 3 minutes

• Each station in Cog Gym is actually a total of 5 minutes…
• Typically larger body movements are involved (planks, lunges, crawling, resistance, etc)
• Own pace and modifications made if needed for physical limitations
DUAL TASKING

- Stand on 1 leg while recalling the opposite of the previous word...
DUAL TASKING

- Sit and move legs as if on a bike and repeat back words in alphabetical order:
  - Run, skip, jump
  - Sun, moon, stars
  - Roof, walls, door
  - Hawk, owl, robin, eagle
  - Cookies, candy, sherbet, pudding
  - Pepper, garlic, salt, ginger
  - Purple, yellow, orange, scarlet

- ... in shortest to longest word length order...
  - It’s the least I can do
  - Sam grows a beard every winter
Why?

• More applicable to real-life and much more difficult
• Patients certainly do not enjoy it… (except the Wii station)

• Thank you for playing! 😊
QUESTIONS

THANK YOU FOR YOUR ATTENTION


iROC Logo (slide 8). Warrior Recovery Center/ Evans Army Community Hospital.


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Warrior Recovery Center Logo (slide 5). Warrior Recovery Center/ Evans Army Community Hospital.