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Group Treatment for Clients with Traumatic Brain Injury

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UNCLASSIFIED



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Disclosure

No relevant financial relationships exist

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.



- 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



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Evans Army Community Hospital

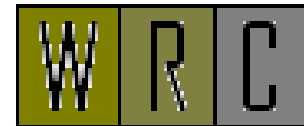




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Warrior Recover Center

- 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

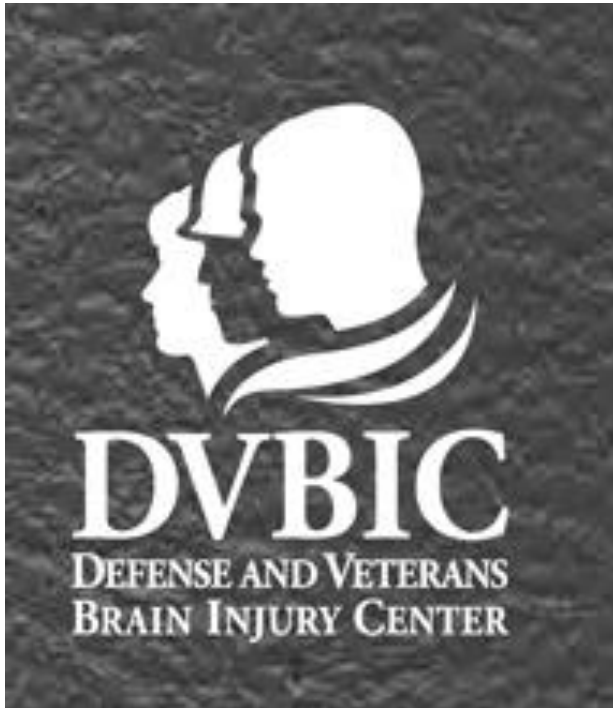


**Warrior
Recovery
Center**



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DVBIC



- DVBIC on Fort Carson provides client education in multiple forms (provider and general public) and conducts research



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Population

- 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





Community Outings

Objective: Improve community reintegration skills

Communication skills/ Social Skills

Emotional regulation

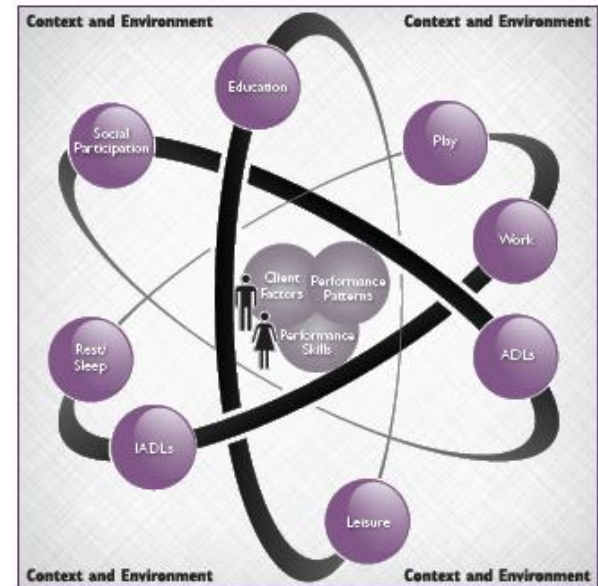
Anxiety/ Stress/ Anger management

Mindfulness skills

Executive functions

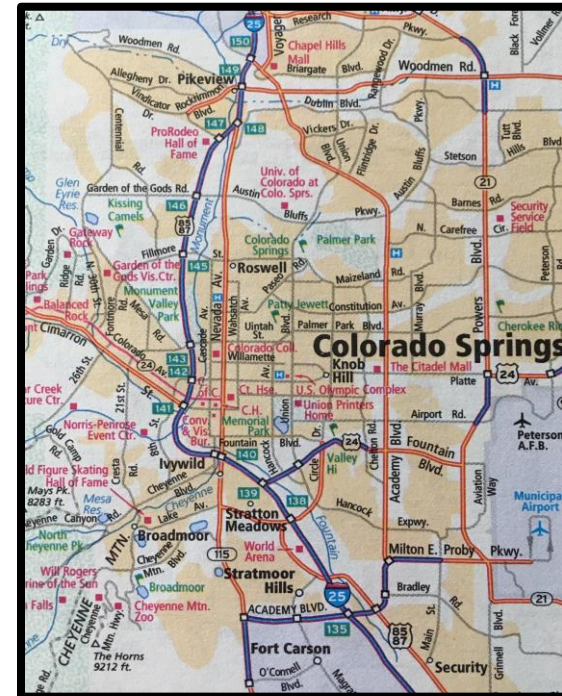
Problem Solving

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





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Community Outings

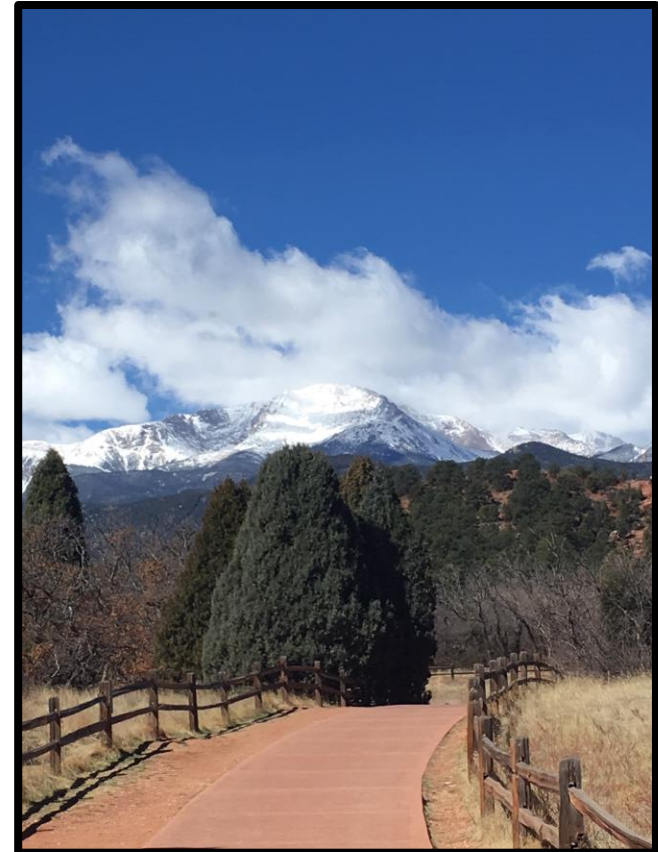


- Senior Center
- Community Gardens
- United States Air Force Equestrian Center
- SCAMP: Summer “camp” provided by Concrete Couch, volunteer opportunity for the community
- Fountain Creek Nature Center
- Pioneer Museum/ Downtown Colorado Springs



Outcomes:

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





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Cognitive Gym

Dual tasking in a chaotic group
environment



What? Why? How?

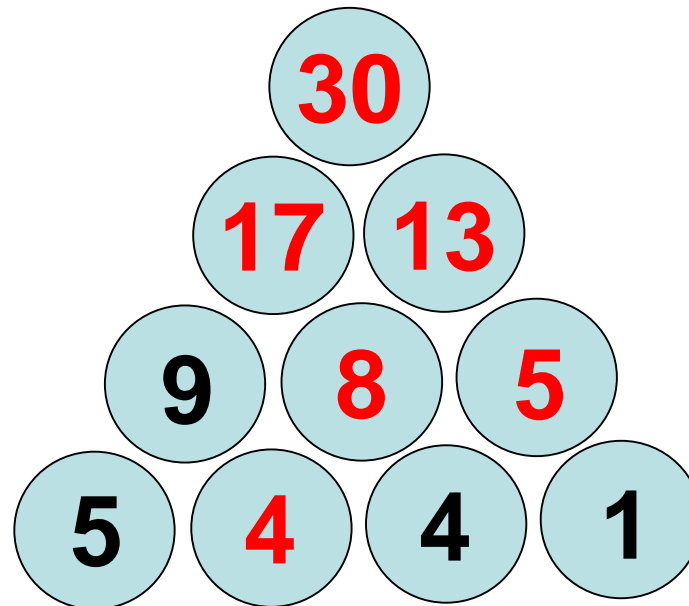
- 8 stations for up to 8 patients at a time
- Physical challenges, cognitive challenges, or both
- Physical recovery often much quicker than other domains

- 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**



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PHYSICAL ONLY

- 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



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DUAL TASKING

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



- 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! 😊



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QUESTIONS

THANK YOU FOR YOUR ATTENTION

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