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## Expanding Awareness of TBI Resources in the North Country

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# TBI RESOURCES IN THE NORTH COUNTRY

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April, 2022

# PROBLEM IDENTIFICATION AND NEED

Suffering Traumatic Brain Injury (TBI), both mild and severe entails ensuing challenge for the patient the family of the patient

There is confusion as to how to treat the problem and what resources are available

Project was initially intended as outpatient education for individuals going to outpatient clinic for minor TBIs (mTBI)

After speaking with Angie Sheets at SUNY Plattsburgh TBI Center, learned there was greater need for a pamphlet detailing how patients with non-minor TBIs can find resources in the North Country

# TBI EPIDEMIOLOGY

**Prevalence:** 21.7% of individuals state-based population records report TBI with LOC (Corrigan)

42.5% of individuals report at least 1 minor TBI [mTBI] (Whiteneck)

**Incidence:** 2.9 million TBI-related Emergency Department visits, hospitalizations and deaths annually (CDC)

**Financial burden:** \$27.2 billion TBI-related admissions and \$10.4 billion discharges and transports (Marin)

# TBI AND DISABILITY

At 2 years post-injury, 60.4% of patients hospitalized for TBI were unemployed (Cuthbert)

At 1 year post-injury, about 80% of veterans with TBIs were unemployed (Dillahun-Aspillaga)

Study found that 53% of patients with mid TBI had not returned to pre-injury functioning 1 year post-injury (Nelson)

# COMMUNITY PERSPECTIVE

Having a TBI changes the way someone moves through the world

There can be significant emotional dysregulation and frustration

Spoke with Angie Sheets, who runs group counseling at the SUNY TBI Center

- Clients often have anger and frustration
- One client described her anger as a light switch that it 'already half-way flipped'
- Need for family education
  - Divorce rates are higher for this population
  - Excess stress on caregivers
- Limited mental health resources in the North Country

Can take a long time for people to find the TBI waiver program and there are significant delays in finding treatment

Jennifer Shippee of Southern Adirondack Independent Living Center detailed which organizations to contact for specific individuals based on age and severity of problem

# INTERVENTION AND METHODOLOGY

Created two-page pamphlet for patients and families

- Pamphlet to be distributed at CVPH Family Medicine Outpatient clinic
- Residents showed interest in bringing pamphlet to CVPH emergency department

Created Power Point presentation for residents and attending at CVPH Family Medicine clinic

- Outlined local resources and methods of acquiring access to local resources
  - RRDC TBI Waiver program initiation
  - SUNY TBI Center
  - NYAIL for individuals over the age of 64
  - Front Door program for individuals under the age of 18

# INTERVENTION AND METHODOLOGY



Type a caption for your photo

## What happens during a TBI?

- A traumatic brain injury happens when your brain moves back and forth within the skull

## What are the symptoms of a TBI?

- Frequent symptoms include:
- Headache, Nausea, Light sensitivity, Fatigue, Emotional issues including anger and sadness, memory problems, difficulty completing daily activities

## How to care for yourself after a TBI?

- Rest: it is important to reduce daily activities and sleep to help your brain recover
- Drink healthy fluids: water will help you stay hydrated, key to helping your body recover

## Where to Turn

### Southern Adirondack Independent Living (SAIL), Queensbury

For individuals in the North Country with TBI to utilize area resources, they need to contact SAIL to qualify for the waiver program. The waiver program can help you find transportation if you cannot drive, can help you manage your finances, and help you with activities that have become more difficult after your TBI.

### Contact Information

518-792-3537

### Clinton County Criss Hotline:

If you feel that you need to speak with someone immediately, you can reach out to the crisis hotline

### Contact Information

866-577-3836

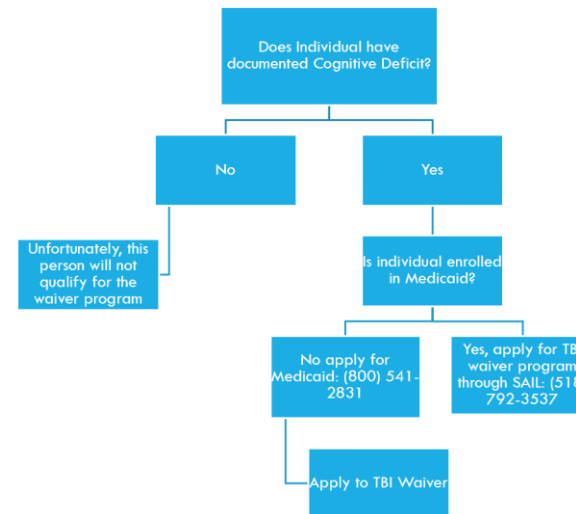
TBI RESOURCES FOR THE NORTH COUNTRY



TBI RESOURCES FOR THE NORTH COUNTRY

Making the next steps for yourself or a loved one

## APPLYING TO THE TBI WAIVER PROGRAM: ADULTS AGE 18-64





# RESULTS/RESPONSE

Gave presentation to the residents at CVPH outpatient clinic

Residents responded that the power point could serve as a good tool and the pamphlet could be useful, particularly in the Emergency Room setting

Angie Sheets at the SUNY TBI Center stated that she and her clients are working on a similar pamphlet

- Potential for collaboration

# EVALUATING PROJECT OUTCOMES

Theoretical assessment: TBI waiver program could keep track of patients citing pamphlet

Could ask patients to fill out survey on their usage of the resources provided in the survey

Could poll providers at CVPH in 6 months to assess whether they have utilized pamphlet or power point presentation

# RECOMMENDATIONS FOR FUTURE

Continue collaboration with the SUNY TBI Center

Contact the University of Vermont TBI program

Further investigate collaboration with Brain Injury Association of New York

- Discover what other resources are available

Consider contacting patients in clinic with known TBI

- Determine interest in seeking services

# RESOURCES

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