

Introduction to Brain Injury & Cognitive/Behavioral Consequences of Brain Injury – Presentation Guide -

1. There are two types of brain injuries:

1. _____ which are caused by external forces (i.e., assault, car accident, fall)
2. _____ which are caused by internal events (i.e., stroke, brain tumor, brain infection, lack of oxygen to the brain)

2. Sort the injuries in their appropriate column:

stroke falls assault car accidents anoxia
brain tumor edema struck by bat overdose concussion

Traumatic Brain Injury	Non-Traumatic Brain Injury

3. Everyone who sustains a brain injury is appropriately diagnosed when they get to the ER/clinic/doctor's office.

- a. True
- b. False

4. Every brain is the same, therefore, everybody with a brain injury has the same symptoms.

- a. True
- b. False

5. Sort the following characteristics in the appropriate severity level of brain injury:

most common BI

least common BI

LOC greater than 24 hours

LOC less than 30 min

80% with long effects

30-50% with long effects

15% with long effects

Mild	Moderate	Severe

6. A concussion is a type of mild traumatic brain injury.

- a. True
- b. False

7. Fatigue and lack of _____ are two of the biggest possible consequences after a brain injury.

8. Match the symptom to the deficit domain (there will be multiple on the right to match the left)

Physical

Cognitive

Emotional/Behavioral

Headaches

Depression

Memory loss

Impulsive behavior

Trouble concentrating

Vision loss

Inappropriate behavior

Sleep difficulties

9. The fastest recovery after a brain injury occurs in the first 6 / 12 / 24 months.

10. When working with a person with a brain injury, you must have:

- a. Patience
- b. Trial and error flexibility
- c. Both a & b

11. In regard to brain development, our fundamental processes (memory, attention, speed of thinking) develop **before / after** our higher order processes (social emotional skills, executive functions).

12. Sustaining multiple mild brain injuries is no different than sustaining one mild brain injury.

- a. True
- b. False

13. Match the meaning of the ROWBOATS strategy to the corresponding letter:

R	Breaks are helpful
O	Take time, go slowly
W	Reduce amount of information
B	Simple & organized info is best
O	One instruction at a time
A	Written & verbal when possible
T	Often is better, routines help
S	Ask person for paraphrase/repeat

14. _____ is a complex collection of conscious mental activities.

15. Factors that worsen fatigue after a brain injury may include:

- a. Depression
- b. Sleep disturbances
- c. Stress
- d. All the above

16. Attention influences all other cognitive skills.

- a. True
- b. False

17. Some attention strategies include:

- Brain _____
- Check for eye _____
- Reduce visual and auditory _____
- _____ it down

18. Memory impairments can arise from difficulty in one or all of three different phases:

_____, _____, or _____.

19. Draw a line from each expression/task to “should” or “should not” when working with a person with memory difficulties:

	Write things down & Use a calendar	
	Break information down to 1 thing at a time	
	Constantly ask questions without giving any hints	
SHOULD	<i>Expect</i> the person to independently use strategies without giving them any help	SHOULD NOT
	Ask them to say back information in their own words	
	Schedule recurring appointments/tasks for same day/time	
	Give only 1 reminder of important dates and tasks	
	Use alarms/reminders/Alexa	

20. Delayed processing is the brain’s _____ ability to process information.

21. People who are often late for appointments, miss deadlines, have inconsistent medication management, and difficulty tracking dates/times likely have difficulty with _____.

- a. Comprehension
- b. Organization
- c. Memory
- d. Speech

22. _____ is the inability to respond to changes, such as thinking about multiple ideas at once, switching between thoughts, or considering another one's perspective.

23. Where could you find a tip sheet handout to give a client? (not explicitly said in presentation)

- a. NDBIN's website - <https://www.ndbin.org/brain-info/life-after-brain-injury>
- b. Emailing info@ndbin.org for help
- c. Calling NDBIN's general inquiry line at (855) 866-1884
- d. Emailing any of NDBIN's staff
- e. Any of the above

24. Reasoning, planning, judgement, initiation, and abstract reasoning all interact together influenced by their cognitive coach/director known as _____.

25. Match the level of awareness to the level of acceptance.

Intellectual	Growing
Emergent	Full
Anticipatory	None

26. Emotional and behavioral changes after a brain injury may be caused by:

- a. Physical damage to the brain (direct consequence)
- b. Difficulties coping with symptoms from brain injury
- c. Pre-existing emotional difficulties
- d. All the above

27. If a person supports a brain injury survivor with cognitive strategies, that may decrease their emotional outbursts.

- a. True
- b. False

28. Complete the acronym for what to consider when a person is agitated or in distress:

H:
A:
L:
T:

29. _____ is the conscious or unconscious inability to refrain from engaging in an action or thought.

30. Complete the acronym for behavior factors:

A:

B:

C:

31. There are three main messages behind behavior, which is NOT one:

- a. They are in pain
- b. They are angry
- c. They are an irrational person
- d. They are bored

32. Individuals with brain injury respond best to **positive** or **negative** reinforcement. (circle one)

33. Some strategies to address fatigue may include:

- a. Keep a consistent wake/sleep cycle (even on the weekends)
- b. Exercise right before sleep
- c. Lay in bed watching TV before sleep to calm the mind
- d. All of the above

34. If I work with a patient/client with brain injury and need more support, I should

- a. Call NDBIN / refer to NDBIN
- b. Try on my own and attempt to meet their needs to the best of my ability