

March 20, 2020

## Fast Facts Friday

NPORT 

# Brain Injury Month March, 2020



One of every 60 people in the U.S. lives with a TBI related disability. The annual impact is significant in the U.S.

- At least 2.5 million people sustain a TBI
- 2.2 million are treated for TBI in Emergency Departments and Trauma Centers
- 280,000 are hospitalized
- 50,000 die

When someone sustains a brain injury, many people are affected:

- Survivors and their parents, spouses, siblings, extended family and friends
- Healthcare providers
- Insurance companies
- Attorneys
- Employers of all types

Rehabilitation care involves a multidisciplinary team that works together every day to maximize recovery. When patients receive rehabilitation for a brain injury, the common areas addressed are:

- Thinking problems- difficulty with memory, language, concentration, judgment and problem solving
- Physical problems- loss of strength, coordination, movement and swallowing.
- Sensory problems- changes in sense of smell, vision, hearing and tactile touch.
- Emotional problems- mood changes, impulsiveness and irritability

Every patient and discharge plan is different and reflects a patient's unique personal and social situation. The effects from a brain injury can last a lifetime, and requires specialized care to maximize recovery. Most people will require ongoing therapy beyond inpatient rehabilitation. To ease the transition, the team works together to make sure the patient has what they need to safely continue to recover. What are the options for our brain injured patient's after inpatient rehabilitation?

- Discharge Home, with Referral for Home-Based Services
- Discharge Home, with Referral for Outpatient Services
- Discharge to a Residential Brain Injury Rehabilitation Program
- Discharge to a Nursing Facility

There can be a wide range of services required to help someone to successfully return to the community. What that means to the person with a brain injury might differ as well. For some, returning to work is considered a return to the community. For others, it might be the ability to care for children, or volunteer in the community. The availability of community-based services and supports may vary from state to state. Get to know what is available in your area by reaching out to your state Brain Injury Association or other local resources like Aging and Disability Resource Centers and connecting with local support groups or Independent Living Centers can be extremely helpful in gathering information about local services and supports.

A small sample of resources are as follows:

- Brain Injury Facts [www.BrainFacts.org](http://www.BrainFacts.org)
- Brain Injury Association of America [www.biausa.org](http://www.biausa.org)
- Brain Trauma Foundation (BTF) [www.braintrauma.org](http://www.braintrauma.org)
- Family Caregiver Alliance (FCA) [www.caregiver.org](http://www.caregiver.org)

Please contact your Director of Quality with questions or for assistance related to treatment of individuals with brain injury.