



March 1, 2021

Suggested Training Topics & Resources

**** Training tailored to fit the specific needs of organization**

**** All training resources and materials provided at no cost**

Concussion/Traumatic Brain Injury (TBI): What concussion is; signs and symptoms; 6 types; treatment; Physician's Concussion Protocol; Nurses' Screening Checklist; how to identify in children, adults, the older adult, or someone who communicates without words; assessing pain in someone who communicates without words; how to identify symptoms in the presence of another diagnosis (like autism or MCI), flexible treatment options. What TBI is; how it differs from other brain issues; identification, treatment and monitoring; long term cognitive, physical, behavioral, mental health and psychosocial issues, including: depression, violence, isolation, homelessness, substance abuse, etc., TN's Service Coordination Program.

Cognitive Subtypes and Interventions: Explanation of cognitive subtypes (attention, memory, problem solving, abstract thinking, etc), role of neuropsychological and speech language evaluations. Use of the Brainstorming Solutions Tool and the Strategies and Accommodations Tool to help better understand the person and how best to assist them, internal and external strategies, what is a TBI versus other types of brain injuries, illustrative cases.

Psychosocial Issues and Approaches and Behavior and De-escalation from a Cognitive/Communication

Perspective: Common psychosocial issues and strategies, illustrative cases. Common behavior issues, behavior as communication, understanding the contribution of cognition and communication, interventions and cases. Techniques for de-escalating aggressive behavior.

Falls, stroke and mild cognitive impairment: CDC information on falls, identifying stroke symptoms, explanation of mild cognitive impairment.

Supporting Brain Health Throughout the Lifespan: What conditions and behaviors affect our brains, what we can do to support brain health, how we can help people incorporate these principles into their lives.

Other related topics available on request based on specific needs you are facing, for example:

- Brain Injury and its relationship to alcohol and opioid abuse and incarceration
- Domestic violence and its relationship to brain injury
- Transitioning a student from hospital to school after brain injury
- Special tools and issues for nurses

Brainstorming difficult illustrative cases



Resource Materials:

1. **[Returning to a Program After a Concussion Letter](#)**: This letter offers input from a healthcare provider with experience in treating concussion, a type of traumatic brain injury. This letter helps program providers and their caregivers support people returning to an adult program after a concussion. Use these recommendations to make decisions about support for your person based on his or her specific needs. Most people will only need short-term support as they recover.
2. **[Brainstorming Solutions Tool](#)**: Helpful template for gathering information on a person's skills and challenges to facilitate development of solutions. Great for direct service providers, students and new hires.
3. **[Strategies and Solutions Tool](#)**: Supporting People with Brain Injury & Cognitive Changes.
4. **[Symptom Tracker](#)**: Track Symptoms, pain level changes, what provokes and what helps. Good information to take back to the healthcare provider.
5. **[Concussion Management Protocol](#)**: Used by primary care providers, but good knowledge for all.
6. **[Age Specific Signs & Symptoms Tools](#)**: Signs, symptoms and danger signs, plus what to look for over time and where/how to seek help for symptoms that are not going away. English & Spanish [on the website](#).
 - o **[Young Child's Signs & Symptoms](#)**: refer to this tool to learn more about the signs and symptoms and the effects of multiple brain injuries for children under age five.
 - o **[Older Child's Signs & Symptoms](#)**: refer to this tool to learn more about health problems, behavior changes, thinking difficulties, and communication changes associated with concussions, as well as when to consult a doctor.
 - o **[Adult Signs & Symptoms](#)** Tool
7. **[Recognizing Concussion in People Who Communicate Without Words](#)** Tool, **English & Spanish**
8. **Two Parent Guides**: *When Concussion Symptoms Are Not Going Away*: [A Guide for Parents of Children Who Are Five and Under](#) and [A Guide for Parents of Children Who Are School-Aged](#)
9. **Adult Guide**: [When Concussion Symptoms Are Not Going Away: A Guide for Adults With Concussion](#). Signs, symptoms and danger signs, plus what to look for over time and where/how to seek help for symptoms that are not going away. **Note**: These are in a four-page booklet format and available in English & Spanish.
10. **[Nurses Concussion Screening Checklist](#)**
11. **[Personal Guide for Everyday Living After Concussion/TBI](#)**
12. **[TBI Toolkit for Healthcare Providers](#)**: The Toolkit provides research-based tools & resources to: increase identification and awareness; streamline care for people of all ages; enhance patient / family / student education; and produces best outcomes. [Research Summary & References, Support of the Toolkit](#).
13. **New [Brain Health: How To Have A Healthy Brain Throughout Life](#)**: provides research-based tips for creating a healthy brain, regardless of age. **Note**: These are in a four-page booklet format, available in English. Spanish version is in progress.
14. **New [A Guide to Possible Changes After Brain Injury for School-Aged Children and Adults](#)**: By design, the Guide is best when distributed by rehabilitation personnel in inpatient and outpatient therapy programs and by medical personnel in trauma units, pediatrician's offices, family practices, neurology offices, surgical offices, and other specialty offices. **Note**: These are in a four-page booklet format, available in English. Spanish version is in progress.

Most resources are on our website: www.tndisability.org/brain