Headway Cambridgeshire
Improving Life After Brain Injury

Understanding Brain Injury

Sharon Buckland

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Overview

- What ‘Headway Cambridgeshire’ is
- What a brain injury is
- The causes of brain injury
- The effects of brain injury
- What Headway Cambridgeshire do
- Headway client video

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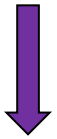
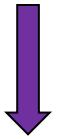
Headway Cambridgeshire History

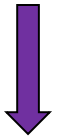
Headway UK began in 1979



Headway Cambridgeshire started in 1989



Headway House, Cambridge, opened in 1992



Move to Block 10, Ida Darwin, December 2012

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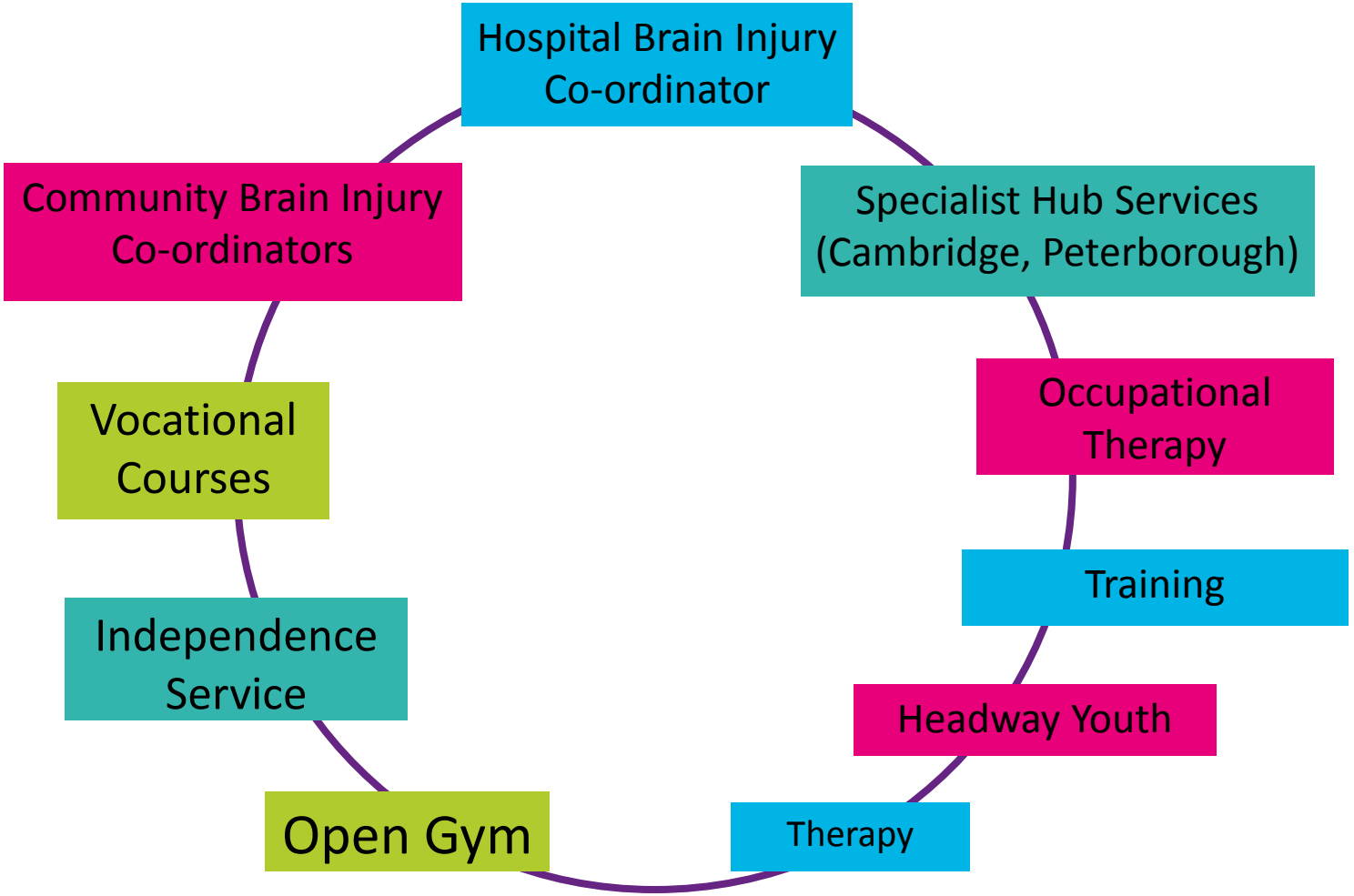
Headway network of support



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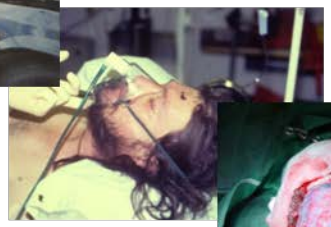
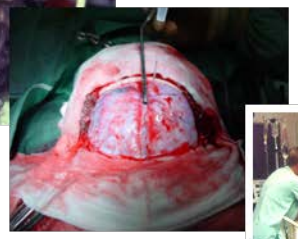
Brain Injury Pathway

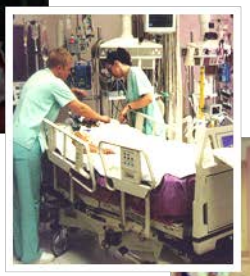
Scene



A&E



Theatre



NCCU

Rehab

Home

and then the journey continues…

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Facts and Figures

- There are approximately 956 ABI admissions per day to UK hospitals.
- That's one every 90 seconds
- The neuro care wards at Addenbrooke's treat more than 900 patients a year

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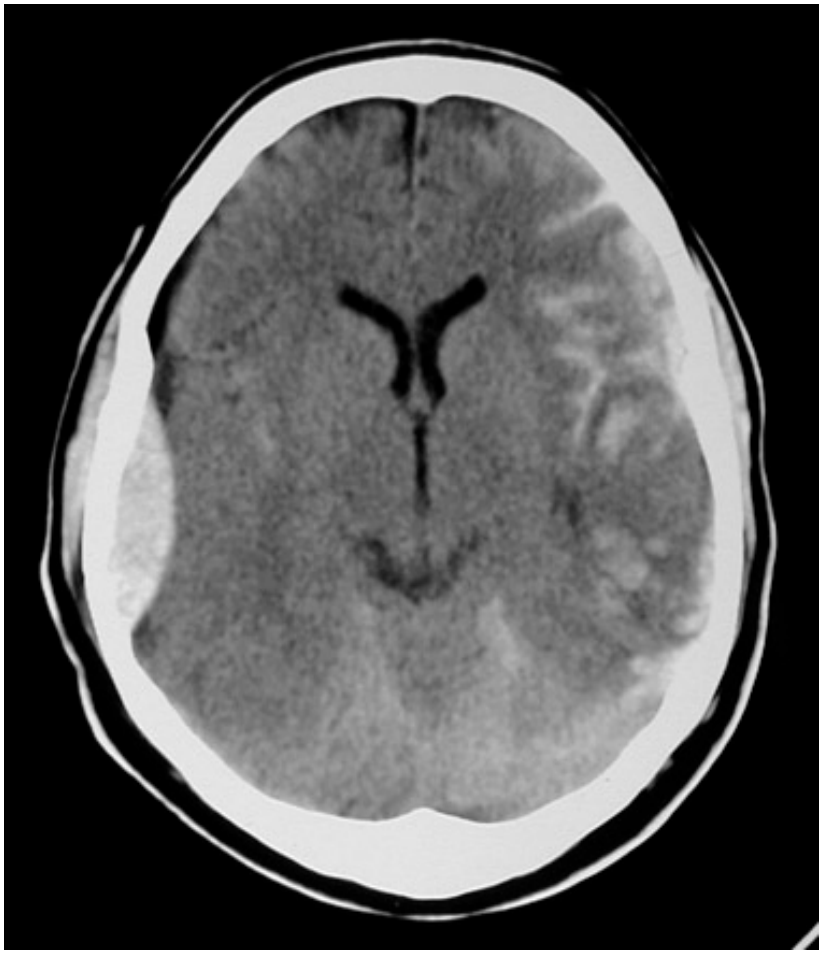
What is a Brain Injury?



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Causes of Brain Injury

Acquired Brain Injury (ABI)

- Vascular event (Stroke, Haemorrhage)
- Brain tumour
- Hypoxia
- Toxicity (poison, drugs and alcohol)
- Infection (meningitis, encephalitis)

Traumatic Brain Injury (TBI)

- RTC
- Assault
- Fall
- Suicide attempt

Neurological

- Alzheimer's, Huntington's, MS

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What does someone with a BI look like?

The hidden disability

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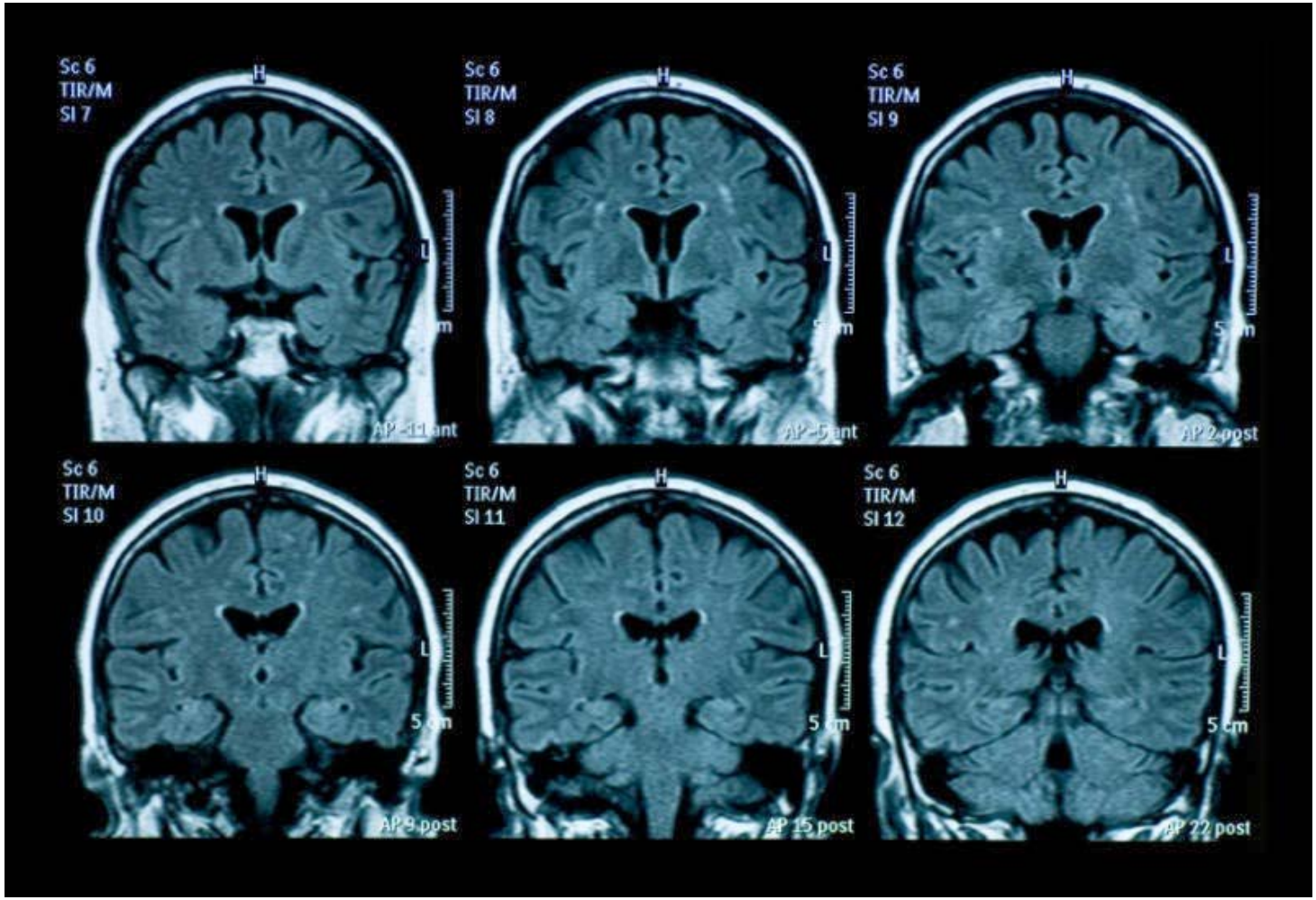
Common disorders



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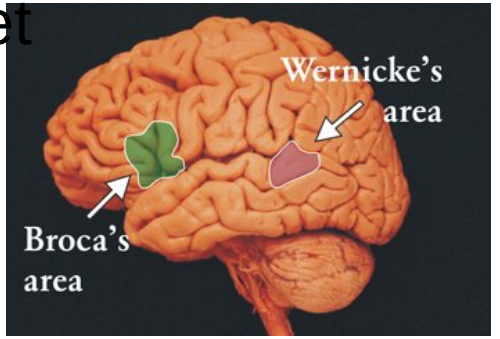
Aphasia

- Impairment of language due to damage to the central nervous system in persons with previously intact language competence
- Is only caused by injury to the brain and not due to muscle damage in the mouth
- **Broca's area (expressive)**: coherent yet broken speech. loss of grammar. Incomplete sentences. Word naming impairment (anomia). Repetition



- **Wernicke's (receptive)**:fluent but incoherent speech. loss of comprehension and ability to use language

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Aphasia – Good practice

- Clear Speech
- Don’t use complex sentences
- Don’t keep asking for clarification (Wernicke’s)
- Establish if they would like help word finding (Broca’s)
- Follow SALT advice (ALWAYS!) if you have it
- Speak naturally

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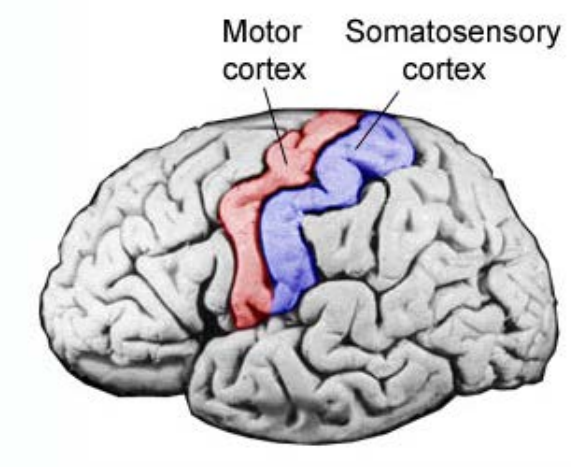
Hemiplegia

- Weakness or paralysis to one side of the body
- Most commonly caused by a stroke located within the **Pyramidal tracts** which run from the motor cortex in the parietal lobe to the motor neurons in the spinal cord



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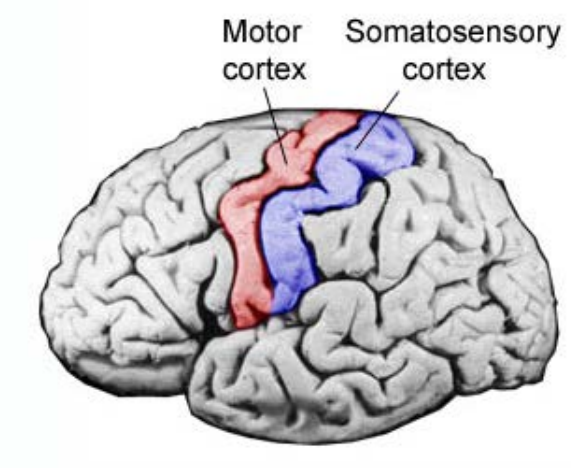
Hemiplegia – Good practice

- Ask if help is needed
- Give time and show patience
- Use adapted resources where available



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Ataxia

- Means ‘lack of order’ and describes problems with balance and coordination
- Associated with damage to the cerebellum
- Slurred speech, jumpy vision, shaking, tremors, particularly in hands

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Ataxia – Good practice

- Cups with lids/ half full
- Allow for tremor to settle
- Minimise risks
- Assistive resources

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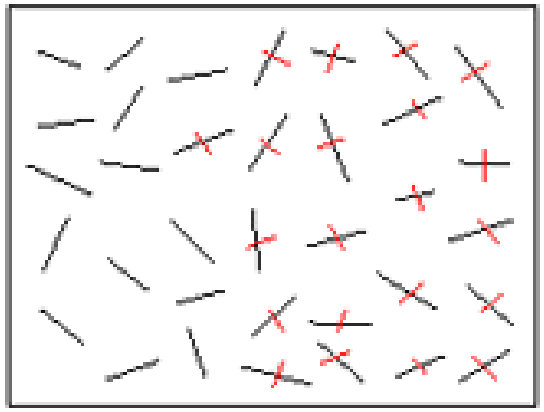
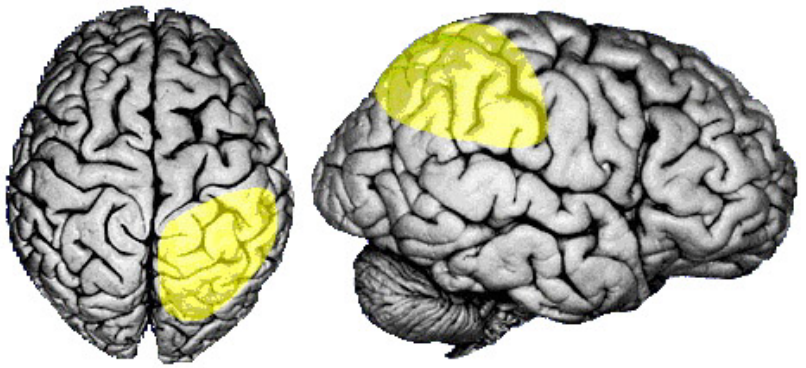
Hemispatial neglect

- Loss of attention to one side of space
- Not due to loss of vision or problems with the eyes
- Most commonly associated with damage to the (right) parietal lobe





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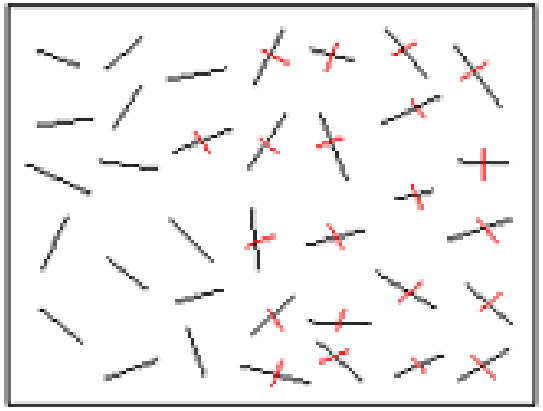
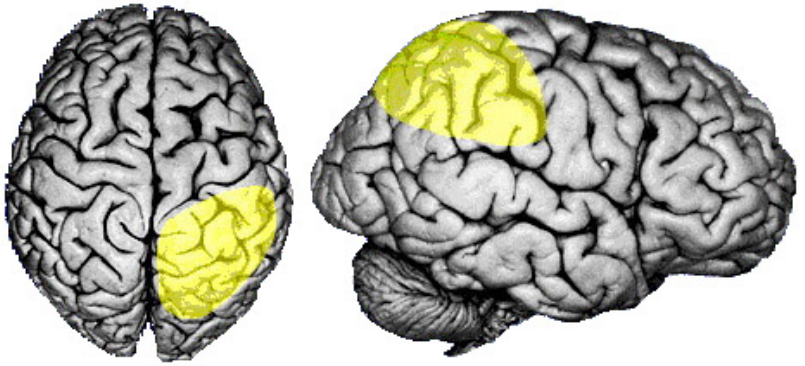
Hemispatial neglect – Good practice

- Approach and interact on right side
- Highlight hazards
- Gently encourage attention to left side





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Fatigue

- Extreme exhaustion. Often not related to activity levels / sleep / food - particularly in early stages of recovery

Motivation / initiation

- Lack of ‘get up and go’
- Difficulty starting activities or carrying out instructions

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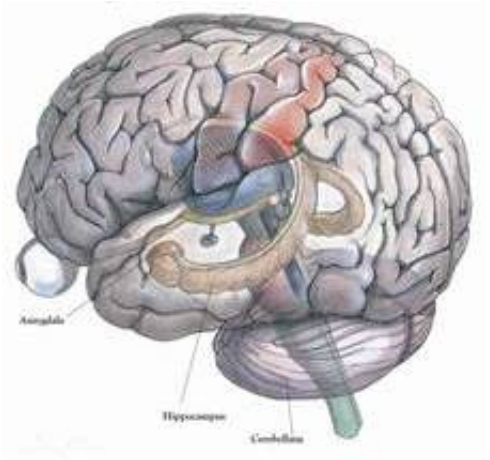
Memory

- Some aspect of memory is almost always affected by brain injury
- Working memory, making new memories, recalling events and the ability to learn are all commonly affected
- Different types of memories are associated with different areas
- Hippocampus often referred to as memory centre of brain



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Memory – Good practice

- Minimise distractions
- Use supportive strategies
- Encourage effortful encoding
- Avoid guessing (errorless learning)
- Use prompts such as vanishing cues
- Provide written information
- Follow up as needed

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Executive disorders

- Prioritising
- Organising
- Decision making
- Planning
- Summarising
- Reasoning
- Responding to feedback

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Executive disorders – Good practice

- Work with strategies already being used
- Provide clear written information
- Provide follow up support
- Assistive technology

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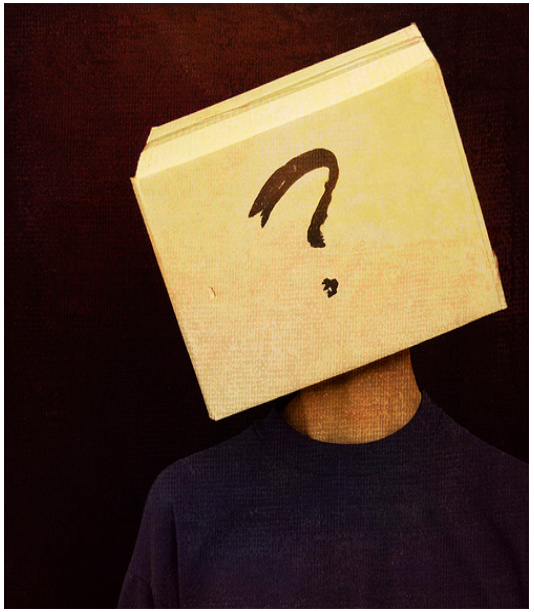
Wider Effects of Brain Injury

Identity and Self

job, status, financial position, beliefs and values, self-esteem, independence



Family relationships

changing dynamics, parent, partner, lover, friend, main income, specific responsibilities

Social relationships and roles

friendships, source of support, listener, advocate, joker, life and soul, risk taker, role in community

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Headway support

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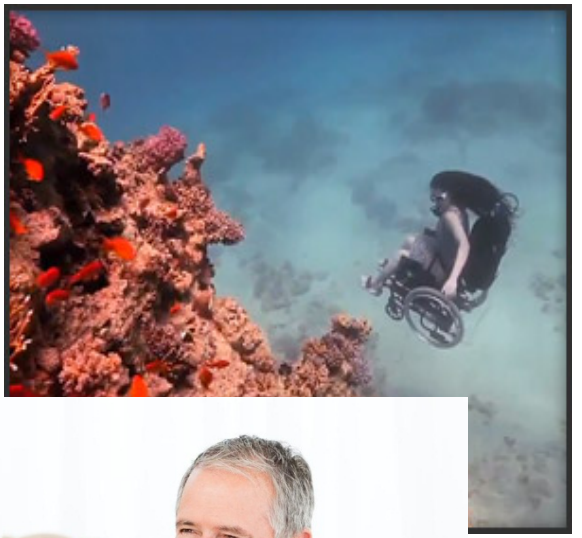
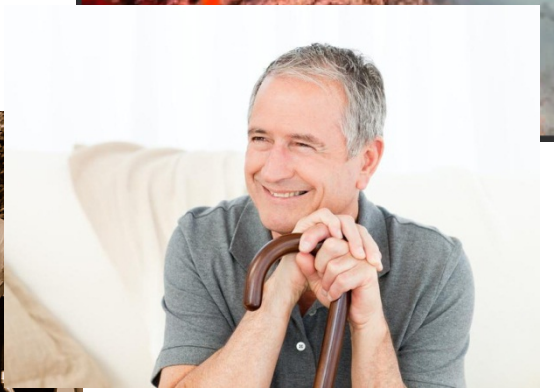
Brain Injury…the positives?

- New Skills
- Opportunity to ‘take stock’
- New direction
- New vocation
- New relationships
- Positive personality changes





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Making a referral

www.headway-cambs.org.uk/our-services

info@headway-cambs.org.uk

01223 576550

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Life with brain injury

Video

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Thank you for listening

Any questions?

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Thank You

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