

TRAUMATIC BRAIN INJURY



Traumatic Brain Injury (TBI) may result from a bolt or jolt to the head or a penetrating head injury that disrupts the function of the brain. Not all blows or jolt to the head result in TBI.

The severity of such an injury may range from “mild” (i.e. a brief change in mental status or consciousness) to “severe” (i.e. an extended period of unconsciousness or amnesia after the injury). A TBI can result in short or long-term problems with independent function.

Strategies for Preventing Suicide in TBI Patients:

Warning Signs - Be aware of what can precipitate suicidal thoughts in people with TBI:

- Loneliness
- Lack of connection
- Holiday times
- Lack of support
- Job/employment issues
- Lack of resources
- Frustration over tasks
- Bad news about prognosis

Family findings and strategies for preventing suicide in TBI Patients:

- Family members may suffer from caregiver burnout.
- Professionals need to know about TBI and enduring sequelae
- Conversations about the possibility of their family member becoming suicidal
- Involving them in treatment planning
- Assistance with resources and ongoing support
- Medication
- Case managers - “Someone to go to for help”

The information provided above was taken from a “Strategies for Preventing Suicide in TBI Patients” presentation authored by Janet E. Kemp, RN, PhD, Lisa A Brenner, PhD, ABPP, and Beeta Y. Homalfar, PhD from the VA Eastern Colorado Health Care System.

Precipitating themes in patients with suicidal tendencies:

- Lack of connection
- Others/themselves
- Isolated, loneliness, being alone on the holidays, limited support from others, and social anxiety
- Loss of self » lack of purpose in their lives.
- Frustration, anger regarding sequelae
- Hopelessness

Factors in preventing suicide in TBI patients:

- Family and other significant relationships
- Children, spouses, parents, friends and pets.
- Sense of responsibility
- Professional help
- Medication, psychotherapy, support groups
- Active listening, clarifying questions, patience, talking slowly, repeating instructions several times
- Spiritual orientation
- Distraction

**Traumatic Brain Injury
requires professional
attention over a
course of a lifetime.**



DRM Genesis Home Healthcare Providers specialize in care for Traumatic Brain Injury and Spinal Cord Injury patients and patients in various stages of alzheimers and dementia.

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