



BRAIN INJURY ASSOCIATION OF FLORIDA, INC.

Goal

The goal of *Learning About Traumatic Brain Injury: The Silent Epidemic* is to increase the awareness of traumatic brain injury in the collegiate, professional, and general audiences.

Objectives

- The participants will be able to define traumatic brain injury (TBI).
- The participants will be able to identify that concussion is a brain injury.
- The participants will be able to identify that falls are the number one cause of TBI.
- The participants will be able to identify that a person does not have to lose consciousness in order to receive a TBI.
- The participant will be able to identify that there is no cure for TBI, and how to avoid it.
- The participant will be able to identify that most people who survive a TBI must learn to live with long-term or permanent disabilities.

Introduction

What is a **traumatic brain injury (TBI)**? Wait to see if anyone has an answer. Then define as follows.

Florida Statute 381 defines Traumatic Brain Injury or TBI as an “insult to the skull, brain or its covering, resulting from external trauma which produces an altered state of consciousness or anatomic motor, sensory, cognitive or behavioral deficits.”

The two key points to remember are: Traumatic brain injury is caused by an *external* force, and although individuals may not lose consciousness, they could have an *altered state of consciousness*, such as post-traumatic amnesia, as a result of external trauma.

DVD/ Power Point

1. Participants complete the pre-test.
2. Participants watch *Learning About Traumatic Brain Injury the Silent Epidemic* on DVD – or online at: <http://www.biaf.org/LATBI.html>.
3. Present the Power Point using the "Notes" section as the lecture material.
4. Discuss the topic in small groups.
5. Participants complete the post-test.
6. Mail hard copy tests to Broward Medical Center Brain Injury Association of Florida
Attention: Amy Barrow 201 East Sample Road Pompano, FL 33064 to receive the "Certificates of Appreciation."

All *Learning About Traumatic Brain Injury: The Silent Epidemic* materials are available online at: <http://www.biaf.org/BHS-WalkingBuddies-training.html>.

Discussion

How were the survivors lives altered after sustaining a TBI?
What challenges did they have with work, school, or home life?
What challenges did their caregivers face daily?
What psychosocial consequences result from TBI?
What resources are available to people that have sustained a TBI?

Small Group Imaginary Scenarios

Have the participants break into small groups of 4-5 per group. Have them appoint a leader that will read the scenarios, and make a list of 3 points for the group at large for each scenario.

First Scenario:

Close your eyes and imagine yourself as one of the survivors in the *Learning About TBI: The Silent Epidemic*. Think about what types of difficulties you might face at school, work, or at home. How might you address these issues? What resources would you have to help in this new situation and life? List and discuss how your life would change.

Second Scenario:

Close your eyes and imagine yourself as a caregiver of one of the survivors in the *Learning About TBI: The Silent Epidemic*. Who in your life would you consider taking care of if this situation occurred? How would you meet the financial, physical, and mental demands of care giving? Think about what types of difficulties you might face with attending school, work, or at home. How might you address these issues? What resources would you have to help in this new situation and life? Who could you count on for respite or time off from care giving? List and discuss how your life would change.

Third Scenario:

Close your eyes and imagine yourself as the professor in this DVD. List and discuss how you would be able to continue your profession or what other type of work you would be able to complete. How would your students react to you? How would the administration treat you? How would your colleagues treat you? What resources would you have to depend on financially, emotionally, and physically?

Wrap-Up:

Have each of the groups share their scenario points. Discuss the different outcomes and resources of each group. Emphasize that individual resources and situations were different, but life changes did occur with every scenario. Stress that each persons TBI , outcomes, family, support, and perspective are just as unique.

Conclusion

Have the class answer the following: What did you learn about TBI and yourself today? What did you lean about others and TBI? What will you take in your professional career with you from this lesson.