A World of Opportunities: Community Reintegration for Individuals with Brain Injury

Francine Gebbia, Amy Miller, Marianella Sanchez, Erika Serviolo, David Turoff

Assistance provided by: Robert Walsh, Gary Kaplan, Paul Hunter
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Objectives of Presentation:
- Define community reintegration within the scope of occupational therapy
- Explain the importance of community reintegration for adults with a brain injury
- Discuss the effectiveness of occupational therapy interventions used to promote community reintegration for adults with a brain injury

PICO:
What is the effectiveness of occupational therapy interventions in community reintegration for individuals with brain injury?

Methods:

<table>
<thead>
<tr>
<th>Databases</th>
<th>Inclusion criteria</th>
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</thead>
<tbody>
<tr>
<td>PubMed</td>
<td>Adults 21 years or older</td>
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<tr>
<td>Ovid</td>
<td>Human subjects,</td>
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<tr>
<td>CINAHL</td>
<td>Interventions for people with a brain injury</td>
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<td></td>
<td>Published articles in English within the past 10 years (2005+)</td>
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Articles found and reviewed:
- Out of 542 articles gathered, using pre-specified research criteria, 13 articles qualified to be utilized for further review
- Articles are level 1-5 or mixed method design

Critiquing method:
- The authors used the Evaluation of Quality of an Intervention Study (Law & McDermid, 2014) to assess the quality of the 13 remaining articles to be included in the systematic review

Results:
- Results revealed four themes for interventions: Psychosocial, Cognitive Rehabilitation, Technological, and Environmental
- Moderate evidence exists supporting the use of psychosocial and cognitive rehabilitation interventions, such as coping strategies, techniques to decrease stress and anxiety, and problem-solving skills
- Research was insufficient regarding use of technological and environmental interventions

Implications for Practice:
Psychosocial Approach:
- QOL is a major component of community integration
- Address psychosocial skills in group settings for increased QOL and community reintegration

Cognitive Rehabilitation Approach:
- Improved executive functioning and increased community participation and employment
- For greatest effect, have clients set meaningful goals to increase motivation
- Effective in improving skills in order to return to work for adults who have experienced a brain injury

Technology:
- Improve access and support in delivering therapeutic interventions
- Vocational training programs address self-efficacy and cognitive training to produce more transferable skills
Implications for Education:
- OT education programs should consider incorporating **telerehabilitation** as a treatment approach
- Implementing **client education** programs for fatigue management, compensatory strategies, and/or relaxation techniques can show positive effects

Implications for Research:
- Benefits of **environmental** and **technological** interventions
- Determine **reliable** and **valid** outcome measures to track progress
- Establish the most **effective time frame** for providing therapy services
- Analyze factors of **cognitive rehabilitation** having the greatest impact on **community based employment**

Implications for Clients:
- **Practicing simulations** incorporating problem-solving skills, organizational skills, time management skills, and social skills in the environment can provide **real world context**
- Environmental participation **increases patient satisfaction** with performance in leisure and social activities
- It is important to **incorporate learned skills** after sessions have ended into daily life for long lasting effects

References:

*If you have any questions or concerns regarding our references or presentation, please feel free to contact Marianella Sanchez at mxx192@jefferson.edu.*