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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

Presented in Partial Fulfillment of the Master of Science in Occupational Therapy degree at Thomas Jefferson University

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:

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| <p><u>Databases:</u></p> <ul style="list-style-type: none">● PubMed● Ovid● CINAHL | <p><u>Inclusion criteria:</u></p> <ul style="list-style-type: none">● Adults 21 years or older● Human subjects,● Interventions for people with a brain injury● Published articles in English within the past 10 years (2005+) |
| <p><u>Articles found and reviewed:</u></p> <ul style="list-style-type: none">● 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 | <p><u>Critiquing method:</u></p> <ul style="list-style-type: none">● The authors used the <i>Evaluation of Quality of an Intervention Study</i> (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

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If you have any questions or concerns regarding our references or presentation, please feel free to contact Marianella Sanchez at mxs192@jefferson.edu.