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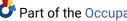
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A World of Opportunities: Community Reintegration for Individuals with Brain Injury

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:

Databases: PubMed Ovid CINAHL	 Inclusion criteria: Adults 21 years or older Human subjects, Interventions for people with a brain injury Published articles in English within the past 10 years (2005+)
 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

<u>Implications for Education:</u>

- 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.