

A newsletter for the Iowa Brain Injury Resource Network and  
the Iowa Stroke Resource Network – professionals serving  
individuals impacted by brain injury

## BIAIA Virtual Events and Support



The flyer for the Brain Injury Fundamentals course features the Brain Injury Alliance Iowa logo at the top left. The title "Brain Injury Fundamentals" is prominently displayed in a large, bold, black font. Below the title, it states "4 week course beginning OCT" with a calendar icon, followed by "October 6th, 2022". A clock icon indicates the schedule: "Thursdays 1P-3P on Zoom". A QR code is positioned to the right of the schedule. At the bottom, the website "www.biaia.org" and phone number "855-444-6443" are listed, along with the email "info@biaia.org". A small disclaimer at the very bottom states: "The development of this project is supported through the Brain Injury Services Program (BISP) of Iowa. Through contract #0000000000 with the Iowa Department of Public Health (IDPH). The contents are the sole responsibility of the authors and do not necessarily represent the official views of IDPH."

Events Page

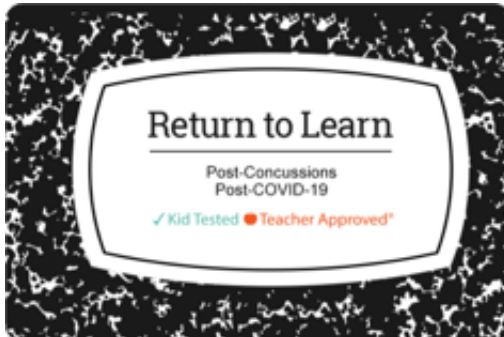
## Scholarships Available for Iowans to Attend National Brain Injury Conference



[The Iowa Department of Public Health's Brain Injury Services Program](#) is offering scholarship opportunities to individuals who work or reside in Iowa to attend the National Association of State Head Injury Administrator's (NASHIA) 33rd Annual State of the States (SOS) in Head Injury Conference.

**Applications are due August 22, 2022 at noon**

[APPLY HERE](#)



## **School Starts Soon! Get Schooled on Concussion and Covid**

"Over 30 Tip Sheets have been written on the topic of Return to School and Return to Learn post-COVID, post-concussion and post-cognitive inefficiencies. Tip Sheets are rotated on this website so that all Tip Sheets are highlighted during a years' time. This information is excellent for parents, healthcare providers and educators to enable teams to be on the same page with respect to concussion management supporting students who Return to Learn (and struggle) due to any number of medical or psychological issues."

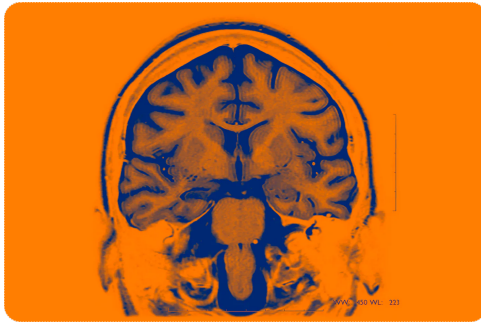
[Learn More](#)

## **APOE Genotype Tied to CTE Severity After Repetitive Head Impacts**



"CTE is a neurodegenerative disease linked with repetitive head impacts, typically as a result of contact sports. APOE $\epsilon$ 4 encodes the primary cholesterol transporter in the brain and is associated with Alzheimer disease (AD) risk. There is also evidence that APOE $\epsilon$ 4 plays a role in recovery after a traumatic brain injury (TBI) and moderates the association between AD and TBI. In the current study, the researchers sought to evaluate whether APOE $\epsilon$ 4 may play a role in CTE."

[Learn More](#)



## The Brains Memory Hub May Explain Why Some People Get PTSD and Other Don't

"In trauma's early aftermath, changes in the hippocampus could help identify and potentially prevent PTSD from developing.

Around **75 percent** of people **two weeks out from a traumatic event will show some signs of PTSD** because that's the body's natural response to trauma. But six months later and that number dips to between **10 and 15 percent.**" *INVERSE 2022 BDG Media*

[Read the Full Article](#)

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## Services and Supports for Longer-Term Impacts of COVID-19



"This report provides webpage information and telephone numbers that are relevant for

- Individuals experiencing Long COVID and associated conditions
- Health care personnel who work with and treat individuals experiencing Long COVID
- Individuals experiencing longer-term impacts of COVID-19, including mental health and substance use challenges
- Individuals dealing with the loss of family members or loved ones to COVID-19.

The report serves as an initial resource guide to help individuals, their families, and caregivers find needed supports, services, and reasonable modifications to receive health care and treatment, work, go to school, and stably live in the community. It is also useful for community organizations, health care enterprises, and public health agencies who work with individuals experiencing longer-term effects of COVID-19. It will inform the development of additional resources and tools created by the federal government for

individuals, families, and communities to navigate the federal supports and services available to them."

[Learn More](#)

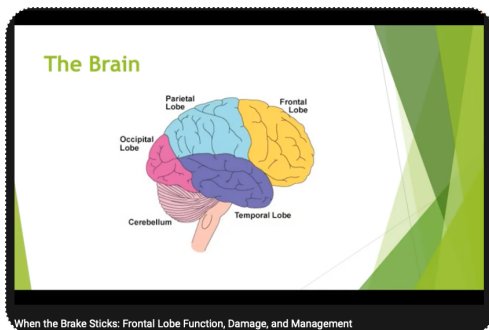


## 9.3 Million Investment to Expand Rural Health and Stroke Care

"People who live in rural communities live an average of three years fewer than urban counterparts and have higher death rates from cardiovascular disease and stroke. To break down health care barriers for these residents, the American Heart Association/American Stroke Association announced a statewide commitment of \$7.5 million for its Mission: Lifeline Stroke initiative to strengthen the full spectrum of stroke care across Iowa."

- Stroke is a leading cause of death in Iowa, accounting for more than **1,400 deaths in 2020**. Many more Iowans are living with stroke-related disabilities.

[Learn More](#)



## Webinar Highlight: "When the Brake Sticks: Frontal Lobe Function, Damage, and Management"

- Learn the structure and functions of the frontal lobe
- Understand how a frontal lobe injury can affect daily functioning across a variety of domains
- Learn how to navigate and manage the impact of a frontal lobe injury using concrete, impact-based strategies



[View the Recording](#)

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## Stay Brain Injury Informed

Access over **100 educational webinars** on our [Youtube page](#)! Additionally, we offer a Brain Injury Fundamentals course and a Certified Brain Injury Specialist CBIS prep course. Contact us to learn more!

[Learn More](#)

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## How Are We Doing?




[BIAIA Satisfaction Survey](#)

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## Tips for Professionals

**NEW** Tip Sheets will continue to be added to our website for free download and access!


## NONVERBAL COMMUNICATION



Expressing thoughts through gestures, facial expression, or other nonlanguage behaviors, and understanding such expressions from others

**LOOK FOR:** 

- Little to no facial expressiveness
- Difficulty with turn-taking in conversation
- Gestures may be limited or inappropriate; difficulty with personal space
- Easily distractible in conversation
- Difficulty maintaining eye contact
- Inability to understand metaphors, jokes, or indirect language in conversation



## ACCOMMODATIONS




- Establish clear relationship boundaries with others
- Family and friends: give constructive feedback and reinforce desired behaviors in conversation
- Review and prepare for the situation beforehand
- Practice conversations by writing scripts or role playing



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### Accommodation Tip Sheets for Professionals

## Neuro Resource Facilitation



Neuro Resource Facilitation is a fee-free service offered by the Brain Injury Alliance of Iowa to support people with brain injury, their family members, caregivers and community navigate life after brain injury.

## IBIRN & ISRN



### [BRAIN INJURY TOTE BAGS](#)

Apply to become an IBIRN member, update membership information or request additional materials [CLICK HERE.](#)

For additional information about ISRN, [CLICK HERE.](#) Similar to our Brain Injury Tote Bag, materials



designed to provide lowans experiencing stroke informed of the latest resources and supports available. Stroke Resource Network members will receive materials to have on-hand to share with clients impacted by stroke.

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**Thank you to our corporate members! [CLICK HERE](#) to learn more about our corporate members and corporate membership benefits.**

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**Our mission at the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.**



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