

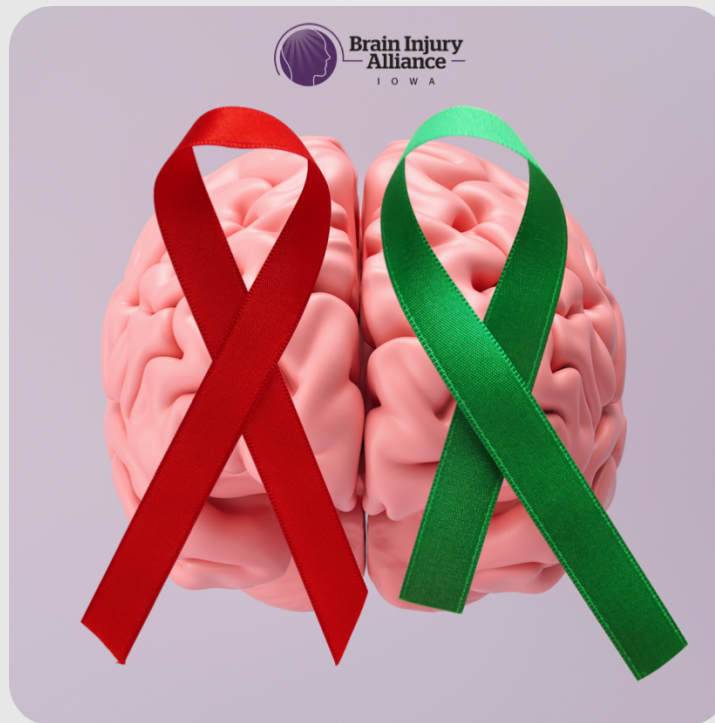
## IBIRN and ISRN NEWS 2022

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



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**April-Occupational Therapy Month**  
**May-Stroke Awareness Month**  
**May-Mental Health Awareness Month**



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### BIAIA Virtual Events and Support

We continue to deliver virtual support groups, webinars and other web-based learning. Opportunities are highlighted on our Facebook, LinkedIn, and in the [BIAIA Events](#) tab on our website. If you are unable to attend live webinars, watch them on our [YouTube](#) Page.



## Update in Stroke Supports

Katie Cordes MBA, BSN  
American Heart Association

May 12, 2022  
12:00PM-1:00PM

Learn more and register on our website  
[WWW.BIAIA.ORG](http://WWW.BIAIA.ORG) and click on *Events* or scan the code

The development of this project is supported through the Brain Injury Services Program (BISP) of Iowa, through contract 5882816, 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.



### Other upcoming webinars!

- Seeing Things Differently: Understanding Vision Defecits After BI
- Responding to Frontal Lobe Functional Challenges
- Health Equity and Brain Injury

### Information for Community Professionals: Whatever It Takes (WIT)



"Helping a person who has had a life-changing brain injury often calls for creative problem-solving to address complex needs with fragmented services and inconsistent funding mechanisms. Persons with traumatic brain injury present unique challenges for professionals in healthcare, human service agencies, and vocational rehabilitation because their abilities have changed and the person with a brain injury may or may not understand the differences caused by the injury. Meeting these goals calls for a strategy that Willer and Corrigan called "Whatever It Takes" (WIT)."

**There are 10 WIT principles to help guide professionals from various disciplines as they work with persons who have experienced serious brain injury.**

[Learn More](#)



## Stroke Treatments Safe and Effective for People With Existing Disability or Dementia

"In the U.S., **22% of adults** report having a physical, cognitive or intellectual disability. Understanding the best treatment options for ischemic stroke (caused by a blood clot) that minimizes additional disability and reduces long-term health and economic consequences is essential."

[Learn More](#)

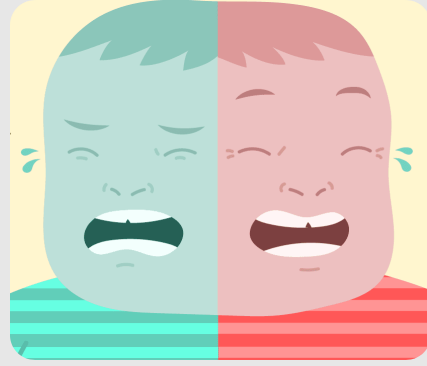
## Acute Trauma Factor Associations With Suicidality Across the First 5 Years After Traumatic Brain Injury



The study found that there is a 3-fold chance of SI when ECI was severe, but ECI was not related to SA. Head injury severity and less severe ECI were not associated with SI or SA. Drug use at time of injury was also associated with a greater likelihood of SI. Overall, the study finds that more research is needed to identify factors associated with severe ECI that make individuals with severe ECI more susceptible to SI after TBI.

[Learn More](#)

## Post Stroke Mood Disorders and



## Therapeutic Approaches

- **Depression** affects between one- and two-thirds of stroke survivors.
- **Anxiety** affects about 20 percent of survivors.
- Research indicates that **pseudo-bulbar affect** (characterized by a mismatch between feelings and expression, like laughing at a funeral or crying at a joke) is more common in survivors of brainstem stroke, but it can occur with other types of strokes too.
- It's not uncommon for survivors to experience all three mood disorders.

[Learn More](#)

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## Hyperbaric Oxygen Therapy (HBOT): A Way to Heal the Injured Brain?



"The brain uses oxygen at a "ferocious rate," Gottlieb says, and can easily become starved. When a trauma occurs, the brain often swells, so the injured tissue does not receive enough oxygen. "So the area that needs the most oxygen gets the least," he says. HBOT drives oxygen into the cerebrospinal fluid, which carries it to the brain and permits healing. Inflammation is another damaging result of a brain injury, acting much like a fire in its destructive power. But HBOT can put out that fire by sending 100 percent oxygen to the injured areas, and slowly the areas heal."

[Learn More](#)

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**Lawmakers  
Introduce Bills to**





## Authorize HHS to Collect Data on Brain Injury Resulting from IPV

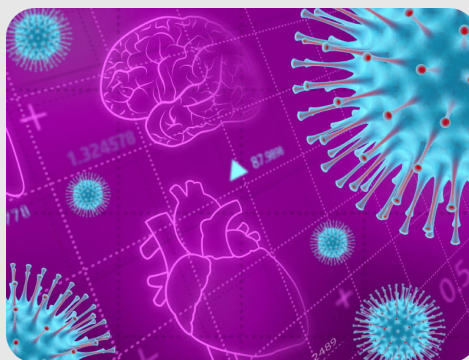
"March 31, Congressional Brain Injury Task Force Representative Co-chairs, Rep. Bill Pascrell, Jr. (D-N.J.) and Rep. Don Bacon (R-Nebr.), and Senators Catherine Cortez Masto (D-Nev.) and Joni Ernst (R-Iowa) introduced H.R. 7301 and S. 3962 to authorize the U.S. Department of Health and Human Services (HHS) to collect data on prevalence of brain injuries resulting from intimate partner violence (IPV) and sexual assault. The need for data was a recommendation from the U.S. General Accountability Office (GAO) who studied state and national initiatives addressing brain injury due to intimate partner or domestic violence. Individuals experiencing intimate partner or domestic violence may experience brain injury as the result of blows to the head or strangulation. The GAO noted that there is little federal data on the prevalence of this public health problem, so it's uncertain whether federal resources are addressing it efficiently. Therefore, the report recommended that HHS improve data collection. The legislation introduced is in response to that recommendation. The bill text has yet to be published."

[Learn More](#)

[IPV and TBI Resources](#)

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## After COVID-19, Experts Say Watch For These Potential Heart and Brain Problems



"Among the 113 patients in Biller's long COVID clinic, almost **3 in 4** reported so-called brain fog. "They are unable to multitask, and have difficulties in learning new skills," said Biller, who also leads the department of neurology at the Loyola University Chicago Stritch School of Medicine.

A recent Nature study of 785 people ages 51 to 81 found those who had COVID-19 **lost more grey matter and had more brain shrinkage than those who had not.**"

[Learn More](#)



## Iowa Department of Public Health (IDPH) and Human Services (DHS) Alignment

"The Iowa Departments of Public Health (IDPH) and Human Services (DHS) are one step closer to becoming a single agency. The departments released the final change package and functional organizational chart. This serves as the roadmap to bring together both agencies under a single leadership structure. The goal of this work is to strengthen coordination amongst existing services and provide more comprehensive services to all Iowans."

[Final Change Package](#)

[Functional Organizational Chart](#)

## The Biden Administration Accelerates Whole-of-Government Effort to Prevent, Detect, and Treat Long COVID



"The Administration will support and accelerate research to understand, prevent, diagnose, treat, advance non-discrimination for, and otherwise support individuals with Long COVID. This includes efforts to better identify and characterize Long COVID – including with respect to its frequency, severity, duration, and risk factors; account for its impact on hard-hit and high-risk populations; and better understand its symptoms—including anxiety and depression, fatigue, shortness of breath, difficulty concentrating, heart palpitations, disordered sleep, chest and joint pain, and headache. These symptoms may look like those associated with other chronic medical conditions—including dysautonomia, myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), and mast cell activation syndrome (MCAS)."

Learn More

## How Are We Doing?



BIAIA Satisfaction Survey

## Tips for Professionals

### EMOTIONAL DYSREGULATION



Emotional dysregulation refers to moods that are unstable, and unpredictable within a socially acceptable range.

#### LOOK FOR:

- Saying or doing things without regard for safety/impulsive
- Trouble knowing when to stop an activity
- Moods shift rapidly
- Intention and behavior may be disconnected (example: may laugh at a sad story)
- Social isolation



### ACCOMMODATIONS FOR PROFESSIONALS



- Take the individual to a quiet area
- In a moment of intense emotion, ask the individual to pause and record (e.g., out loud or on paper) their emotions
- Use mindfulness techniques (reference mindfulness sheet)
- Predictability and consistency is key, try to schedule your meetings at the same time
- Distracted or agitated individuals can benefit from physical grounding techniques (e.g., ask your client to describe a small object from the room, in great detail, for 60 seconds)



Rewarding positive behavior creates a trend of more prosocial behaviors.



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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.

- To reach a Neuro Resource Facilitator please contact 855-444-6443 or email [info@biaia.org](mailto:info@biaia.org).
- The Brain Injury Alliance of Iowa desires to share your success stories in various publications such as newsletters, website or social media accounts. Click [HERE](#) to share your story!
- Consider a donation to the Brain Injury Alliance of Iowa, as we continue to support Iowans to "live well" after brain injury. Click [HERE](#) to make a donation today.
- Iowans affected by brain injury, family and caregivers are invited to our support group communities. Click [HERE](#) to learn more, register to join and share.

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## IBIRN & ISRN



Iowa Brain Injury Resource Network Tote Bag program is a resource for IBIRN members and Neuro Resource facilitation clients to access [brain injury tote bags](#), containing information about brain injury, access to services and supports for individuals experiencing brain injury and their family members. Apply to become an IBIRN member, update membership information or request additional materials [HERE](#).

Iowa Stroke Resource Network (ISRN) a program of the Brain Injury Alliance of Iowa supports professionals serving Iowans impacted by stroke. With this network launch, we would love to hear from you! For additional information about ISRN, [CLICK HERE](#). Similar to our Brain Injury Tote Bag, materials designed to provide Iowans 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.

**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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