




CONCUSSION AWARENESS MONTH 2022



An estimated 2.8 million people sustain a TBI annually with a greater majority being mTBI also known as concussion.

The development of this project is supported by contract 5883806 from the Iowa Department of Health and Human Services (Iowa HHS) Brain Injury Services Program.

State of Iowa
Executive Department
In the Name and By the Authority of the State of Iowa

PROCLAMATION

WHEREAS, Concussion is a type of brain injury that can be caused by a bump, blow or jolt to the head or body; and is also referred to as a mild traumatic brain injury. Concussions can result from a variety of causes including falls, sports and recreation injuries, military action and IED blasts, motor vehicle crashes, intimate partner violence and physical abuse, assault, or other trauma; and,

WHEREAS, A concussion can happen to anybody regardless of age, race or gender; and,

WHEREAS, The majority of concussions occur without a loss of consciousness; and,

WHEREAS, The majority of individuals experiencing a concussion will have symptoms resolve in 1-3 weeks. However, some people may have long-term symptoms resulting from their concussion such as Chronic Traumatic Encephalopathy (CTE); and,

WHEREAS, Providing academic adjustments, following graduated return to activity guidelines and using work accommodations are best practices for supporting individuals during concussion recovery;

NOW, THEREFORE, I, Kim Reynolds, Governor of the State of Iowa, do hereby proclaim September 2022 as:

Concussion Awareness Month



IN TESTIMONY WHEREOF, I HAVE HEREUNTO SUBSCRIBED MY NAME AND CAUSED THE GREAT SEAL OF THE STATE OF IOWA TO BE AFFIXED. DONE AT DES MOINES THIS 14TH DAY OF SEPTEMBER IN THE YEAR OF OUR LORD TWO THOUSAND TWENTY-TWO.

Kim Reynolds
GOVERNOR OF IOWA

BIAIA Events and Support

Trainings, support groups, and other opportunities are highlighted on our [Facebook](#), [LinkedIn](#), and in the [BIAIA Events](#) tab on our website.





The Importance of Return to Activity & Purpose Following Concussion

SEP September 20

12:00PM-1:00PM



IOWA HHS
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**The webinar this month
September 20th!:**

"The Importance of Return to Activity & Purpose Following Concussion"
Presenter: Allison M. Logemann, PsyD
Clinical Neuropsychologist

[Register for the Webinar](#)

Concussion Awareness and Management Resources

**Advocacy:
How to Engage and**



Educate Local Stakeholders for Falls Prevention

In light of **Falls Prevention Awareness week September 18-24**: Hear from your peers who have engaged with their local stakeholders and decision makers during Falls Prevention Awareness Week to leverage change on a local level to support all older adults reduce and prevent falls. Best practices and strategies will be shared to help you in your advocacy efforts.

[Learn More](#)



**Falls Prevention
Is A Team Effort**

Family & Friends

Ask family and friends to help check and rid your home of falls hazards.

nco | FallsFree
national coalition on falls prevention



Why it matters? Falls continue to be the leading cause of brain injury and lead to nearly half of the TBI-related hospitalizations.

Assistive Technology: Using Assistive Devices to Prevent Falls



"Assistive devices examples :

- Handrails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests

- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your health care provider for a referral to an **occupational therapist**. An occupational therapist can help you brainstorm other fall prevention strategies. Some solutions are easily installed and relatively inexpensive."

[Learn More](#)



Caregivers: 11 Helpful Tips for Caring for Someone With Brain Injury

1. Learn More About Brain Injury
2. Give Them Independence
3. Encourage Rehab Exercises
4. Be Patient with Emotional Difficulties
5. Understand the Invisible Side of Brain Injury
6. Overcome Communication Barriers
7. Write Things Down
8. Record Their Gains
9. Cheer Them On
11. Provide Emotional Support
12. Take Time Away

"Remember to be kind to yourself. Many caregivers struggle with guilt over how tired caring for their loved one makes them feel. You might believe it makes you a terrible person for wanting a break. Nothing could be further from the truth. In fact, you need time away if you want to continue helping your loved one. Otherwise, your exhaustion will make it physically and mentally impossible to care for them."

[Learn More](#)

Covid 19: How Are

Long Covid Symptoms Treated



"Successful medical intervention strategies are in development. A number of specialized, multidisciplinary, or multi-subspecialty care centers are opening in the US and around the world, but concrete care pathways are still very much a work in progress.

An array of specialists work with patients including: Primary Care Physicians, Behavioral Health Specialists, Pulmonologists, Neurologists, Cardiologists, Gastroenterologists, ENTs, Pain Specialists and other physicians. Rehab and recovery therapies are being offered, as well as mental health support."

[Learn More & Find Care](#)



Mental Health and Brain Injury: Suicidal Thoughts & Post Concussion Syndrome

"First, know that you are not alone: Up to 30% of concussion patients have long-lasting symptoms after their head injury. This is referred to as post-concussion syndrome (PCS) and may include symptoms such as brain fog, headaches, nausea, memory problems, and blurry vision.

Over 80% of our post-concussion syndrome patients report "personality changes" and mental health problems such as depression, post-traumatic stress disorder (PTSD), irritability, tearfulness, and more."

[Learn more](#)

Suicide Prevention Awareness Month

[link in photo](#)

#BeThe1To

BE THE ONE TO SAVE A LIFE

The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention.

ASK
BE THERE
KEEP THEM SAFE
HELP THEM CONNECT
FOLLOW UP

Vibrant
SAMHSA

JOIN THE MOVEMENT AT
www.BETHE1TO.com

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)

Stroke Highlight: Atrial-Fibrillation and Stroke Risk



**ABOUT 1 IN 7
STROKES IS
CAUSED BY AFIB.**



September is National AFib Awareness Month

Without treatment, Atrial Fibrillation can lead to blood clots, stroke, heart failure, and other heart-related complications. Compared to people without, AFib patients experience:

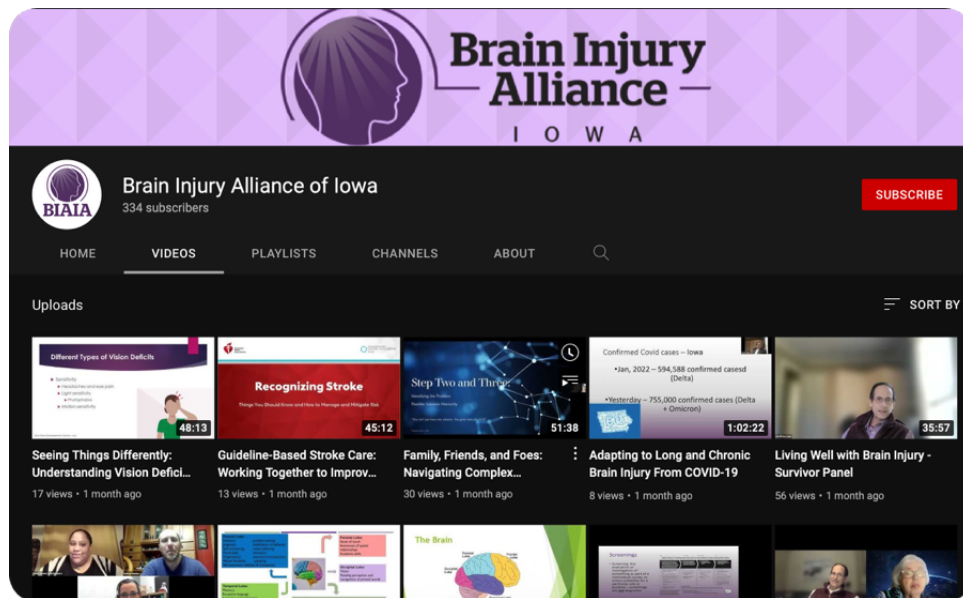
5x increased risk of stroke

3x increased risk of heart failure

2x increased risk of dementia

[Read the Article](#)

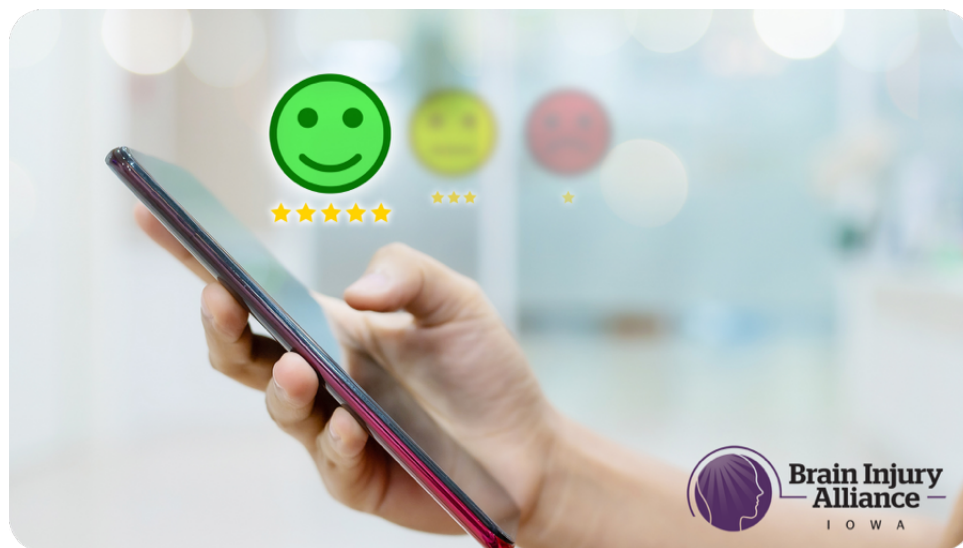
Brain Injury Education



Access over **100 educational webinars** on our [Youtube](#) page! Additionally, we offer a Brain Injury Fundamentals course, and other opportunities to stay brain injury informed.

Webinars

How Are We Doing?



BIAIA Satisfaction Survey

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**.

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.



The development of this project was supported through the Brain Injury Services Program (BISP) of Iowa, through contract 5883BI06 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.