



# New Knowledge Adventures & ISU Institute of Rural Health Present: Brain Injury Impacts

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- Falling is the second leading cause of head injury among older adults.
- Psychological and social consequences
  - Restrict activities because of a fear of falling and loss of self-confidence
    - Reduced mobility
    - Fewer social interactions
    - Decreased physical fitness
    - Reduced quality of life

# FALLING



# Statistics

$\frac{1}{3}$  of people over 65 will fall each year

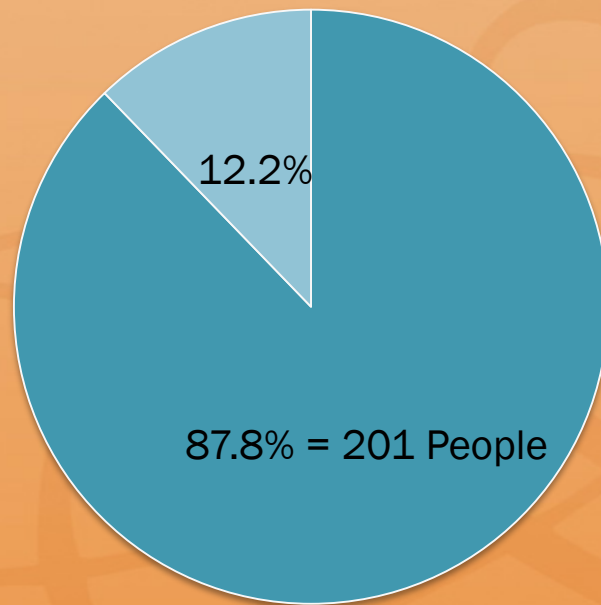
$\frac{2}{3}$  of people who fall will fall again within 6 months

# 2014 Fall Deaths in Idaho

*(229 Total Deaths Over Age 65)*

Average Age  
84.1 Female

76.7 Male

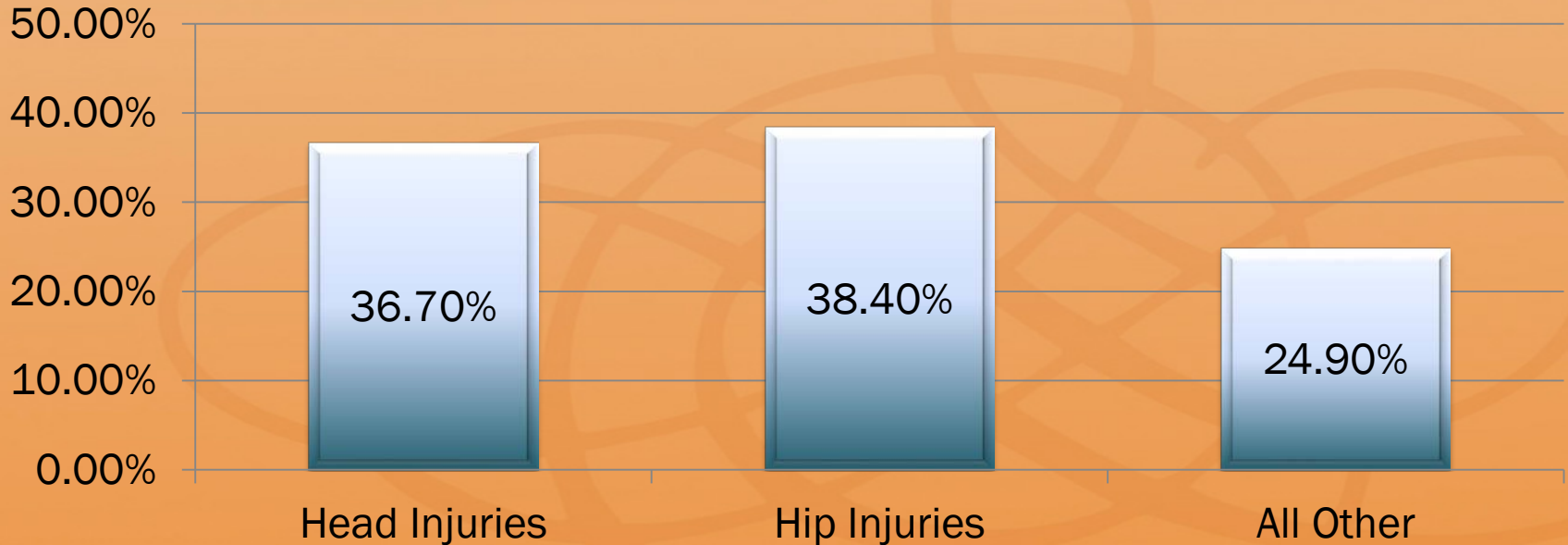


■ # Over 65

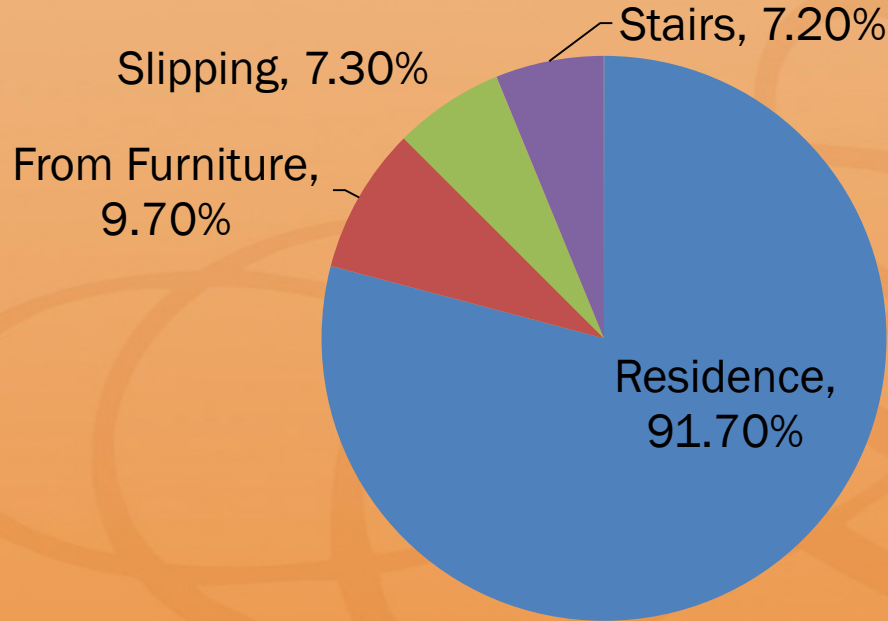
■ # Under 65

# Type of Falls Resulting in Death Five-Year Aggregate 2010-2014

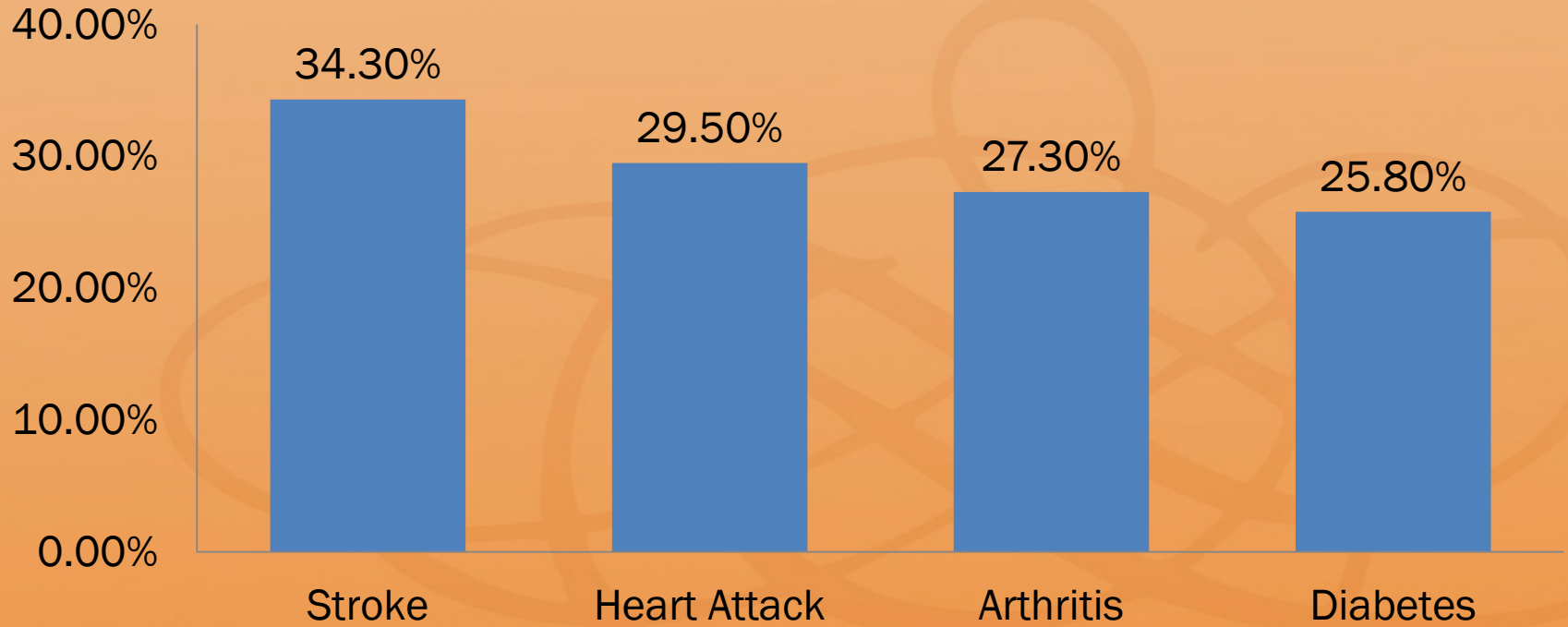
## Death from Falls



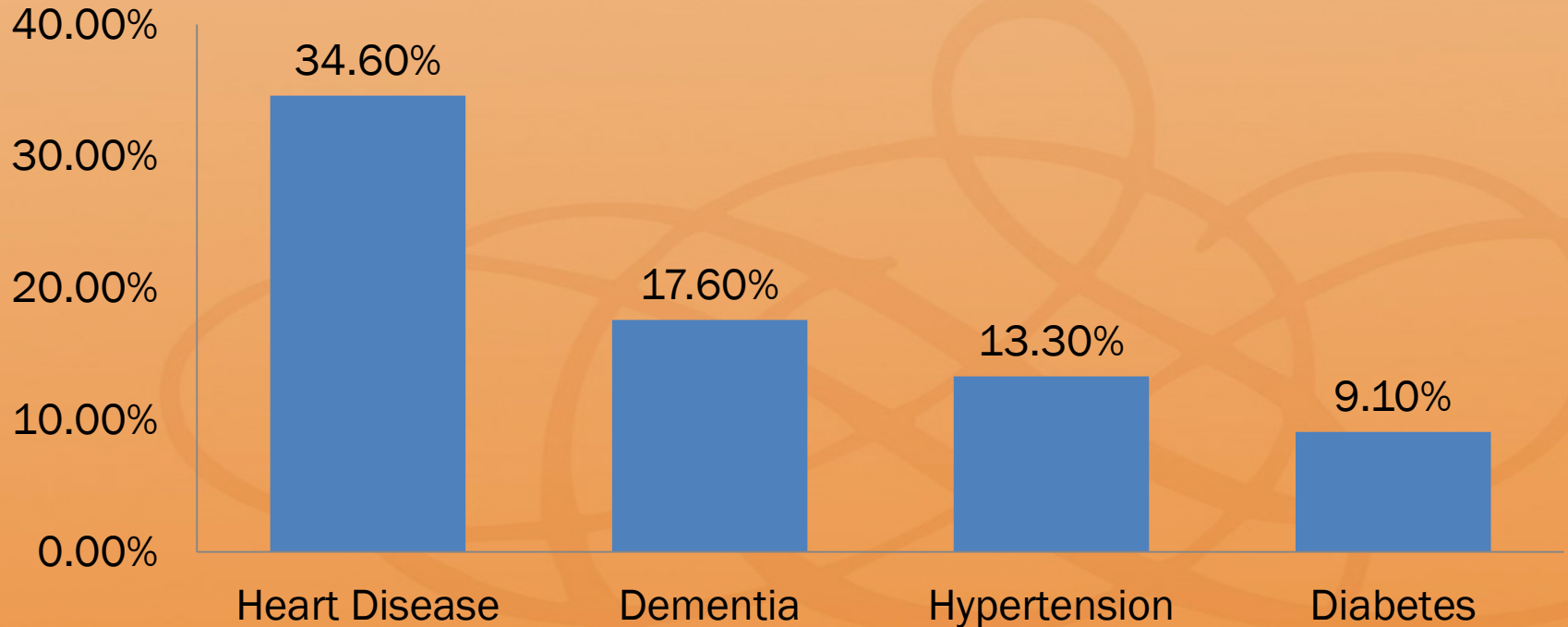
# Where Do Falls Occur?



# Of Those Who Fell

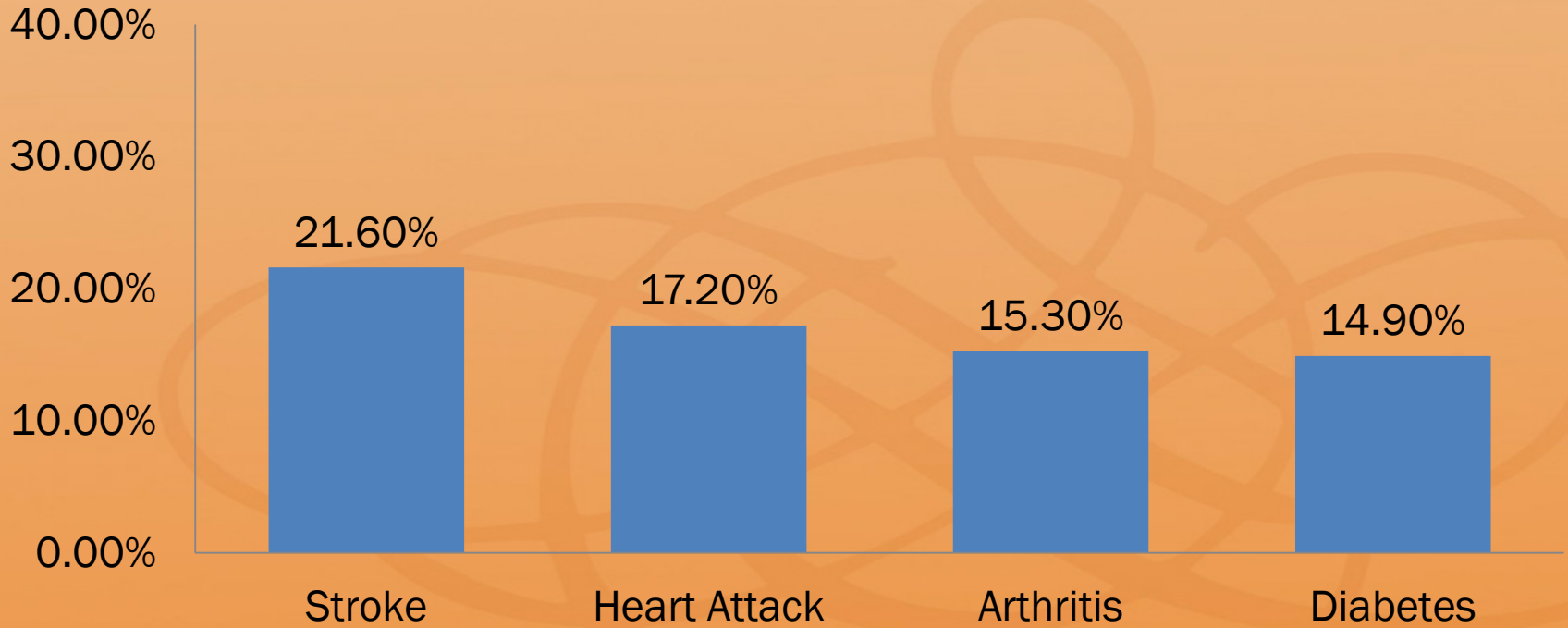


# Of Those Who Died





# Of Those Injured



# PREVENTING FALLS STEP BY STEP

Among older adults, falls are a leading cause for hospitalization and emergency care. Falls can lead to potentially severe injuries such as hip fractures and head traumas, and can even increase the risk of early death. During Falls Prevention Awareness Week, Amedisys® Home Health and Hospice offers the following tips to reduce the risk of falling so seniors can live healthier, more independent lives.

## IN THE HOME:

Know about any side-effects of medication that could potentially lead to a fall.

Use non-slip rubber mats in the bathtub and shower.

Keep your home well-lit, placing lights in hallways, stairwells, and bathrooms.

Clean up spills once they happen.

Use handrails on the stairway and in the bathroom.

Clear walkways of clutter, electrical cords, etc.

Get rid of throw rugs or use double-sided tape to secure them.

## YOURSELF:

Exercise to improve strength, balance, and coordination. Always check with your doctor before starting a new exercise routine.

Wear sturdy shoes and/or non-skid socks.

If you live in a region that gets wintery weather, consider putting special cleats on your shoes to prevent you from slipping on the snow and ice.

# Take Care of Your Health

- Get recommended health screenings  
<http://www.idahotbi.org/>
- Manage health problems like diabetes, high blood pressure, and high cholesterol
- Consult with your healthcare provider to make sure your medicines are right for you
- Reduce risk for brain injuries due to falls, and other types of accidents
- Quit smoking



# Get Moving

- Physical activity may:



- Reduce risk of diabetes, heart disease, depression, and stroke
- Prevent falls
- Improve connections among brain cells

# Get Moving

- Get at least 150 minutes of exercise each week. Move about 30 minutes on most days. Start with Walking.  
<https://www.youtube.com/watch?v=mbIM1LTfytQ>
- Join programs that can help you learn to move safely.  
[http://healthandwelfare.idaho.gov/Health/IdahoPhysicalActivityandNutrition\(IPAN\)/FitandFallProof%E2%84%A2/tabid/199/Default.aspx](http://healthandwelfare.idaho.gov/Health/IdahoPhysicalActivityandNutrition(IPAN)/FitandFallProof%E2%84%A2/tabid/199/Default.aspx)
- Check with your healthcare provider if you haven't been active and want to start a vigorous exercise program.

# Eat Healthy

- Fruits and vegetables
- Whole grains
- Lean meats, fish, poultry
- Low-fat or non-fat dairy products
- Less solid fat, sugar and salt
- Proper portion sizes
- Adequate fluids



**Look into healthy meal programs, like those provided by your Area Agency on Aging.**

**<https://aging.idaho.gov/supportive/meals.html>**



# Stay Connected

- People who have meaningful activities, like volunteering, say they feel happier and healthier
- Social activities are linked to reduced risk for some health problems, including dementia
- Join in social and other programs through your Area Agency on Aging, Senior Center, or other community organizations

# Keep Your Mind Active

- Do mentally stimulating activities
- Read books and magazines
- Play games
- Learn new things
- Take or teach a class
- Be social through work or volunteering



**Clinical trials have not proven that these types of activities will prevent Alzheimer's disease, but they can be fun.**



# Brain Injury

- Older adults are at higher risk of falling and other accidents that can cause brain injury

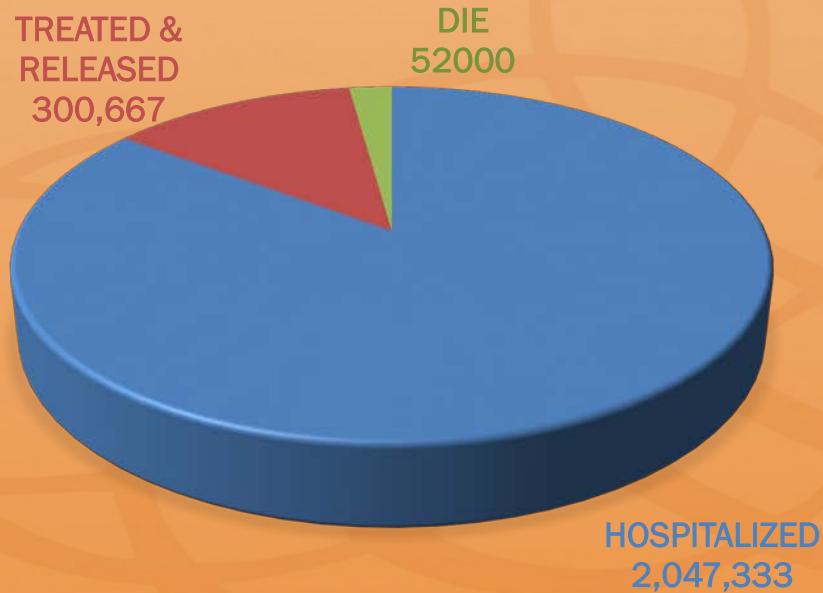


## How to reduce risk:

- Exercise to improve balance and coordination
- Take a fall prevention class
- Make your home safer
- Review medicines and vision with your healthcare provider
- Wear safety belts and helmets
- Get enough sleep

# The Hidden Epidemic

OF THOSE WHO SUFFER A TBI



# The Human Brain

- One of the largest and most complex parts of the human body
- Controls:
  - Action
  - Memory
  - Feeling



# What is a Traumatic Brain Injury?

- “A traumatic brain injury (TBI) is caused by a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain.” – Centers for Disease Control

# Common Misconceptions

- Concussions often are unrecognized and/or untreated
- TBI only occurs when someone is knocked out
- Direct head impact is necessary for TBI to occur
- All people with TBI have the same symptoms
- TBI symptoms appear right away
- Mild TBI goes away quickly
- Resource in Idaho: <http://www.knowconcussion.org/>

# What If You Do Fall?

## Physical Symptoms of a TBI

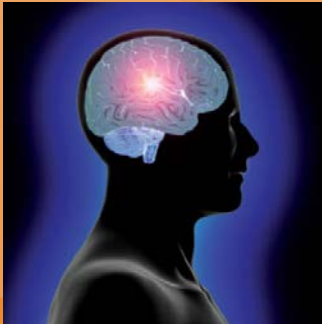
- Speech Impairments
- Blurry Vision or Blindness
- Decrease or Loss of Hearing
- Headaches
- Motor Coordination
- Paresis/Paralysis
- Seizure
- Fatigue



# What If You Do Fall?

## Cognitive Symptoms of a TBI

- Memory Deficits
- Impaired Concentration/Attention
- Slowness of Thinking
- Communication Skills
- Difficulty Planning
- Difficulty Writing
- Difficulty Reading
- Poor Judgment





# What If You Do Fall?

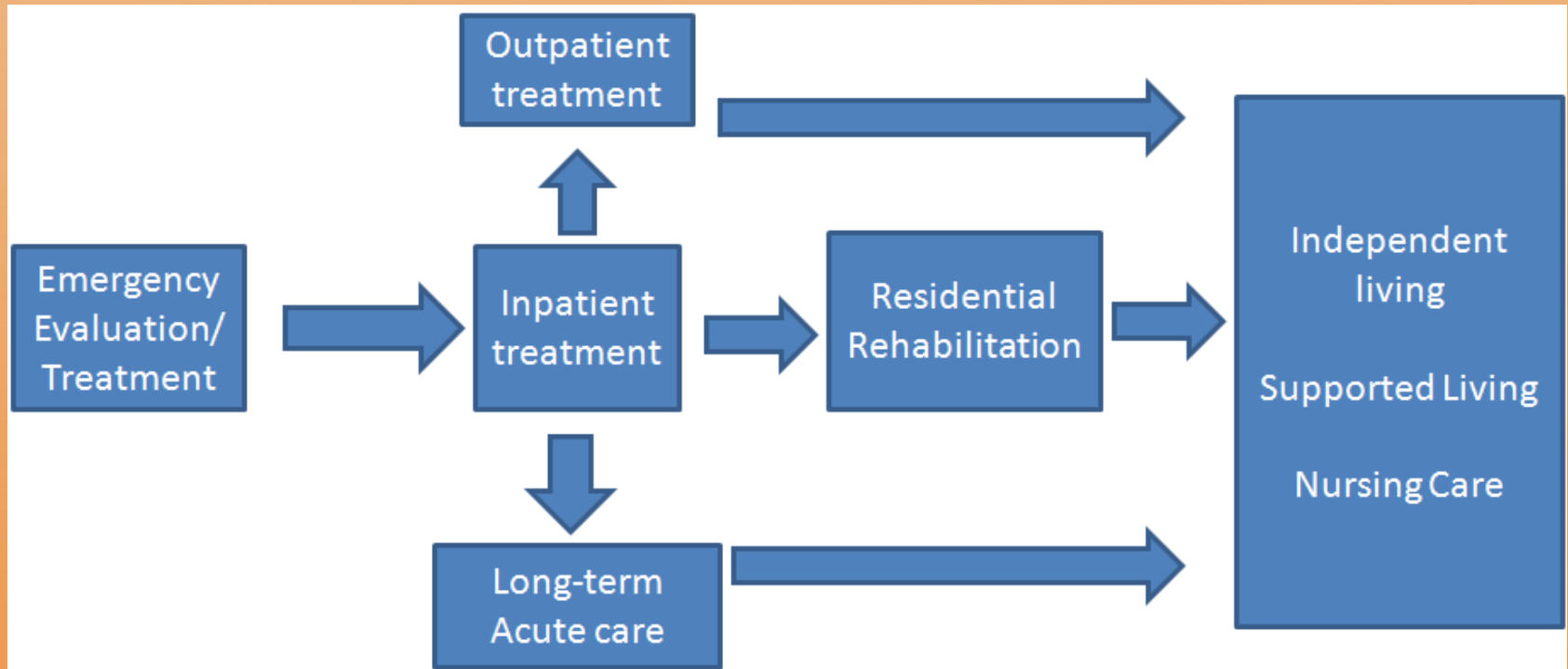
## Emotional Symptoms of a TBI

- Mood Swings
- Denial
- Self-Centeredness
- Anxiety
- Depression
- Aggression
- Lowered Self-Esteem
- Sexual Dysfunction
- Restlessness
- Poor Motivation





# TBI Treatment



# What Can You Do Today?

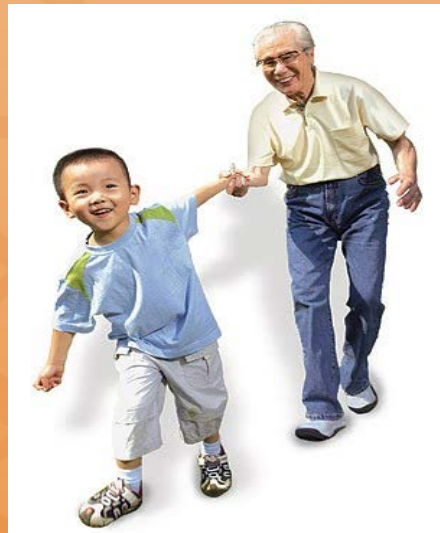
- Choose one thing you can do that may help your brain
- Think of small, first steps such as:
  - Taking a 10-minute walk a few times a week
  - Adding one serving of vegetables each day
  - Making an appointment for health screenings or a physical exam
- Write down what you will do and when
- Get support from family, friends, or community groups!



# So, What Can You Do to Protect Brain Health?

## Actions that may help:

- Take care of your health
- Eat healthy foods
- Be active
- Learn new things
- Connect with family, friends, and communities



# Goals of Rehabilitation

1. Prevent secondary complications. Complications could include pressure sores, pneumonia and contractures.
2. Restore lost functional abilities. Functional changes could include limited ability to move, use the bathroom, talk, eat and think.
3. The staff will also provide adaptive devices or strategies to enhance functional independence.
4. The staff will begin to analyze what changes might be required when the person goes home.

# For More Information

- Community Programs:
  - Contact a local Area Agency on Aging (AAA)
  - Contact a local Aging & Disability Resource Center (ADRC)
  - Or, go to <http://eldercare.gov/>
- National Institutes of Health: <http://nih.gov>
- National Institute on Aging at NIH: <http://nia.nih.gov>
- ClinicalTrials.gov, a service of NIH: <http://clinicaltrials.gov>
- Centers for Disease Control and Prevention:
  - <http://www.cdc.gov/aging>
  - <http://www.cdc.gov/physicalactivity>

# Presenters Information

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