



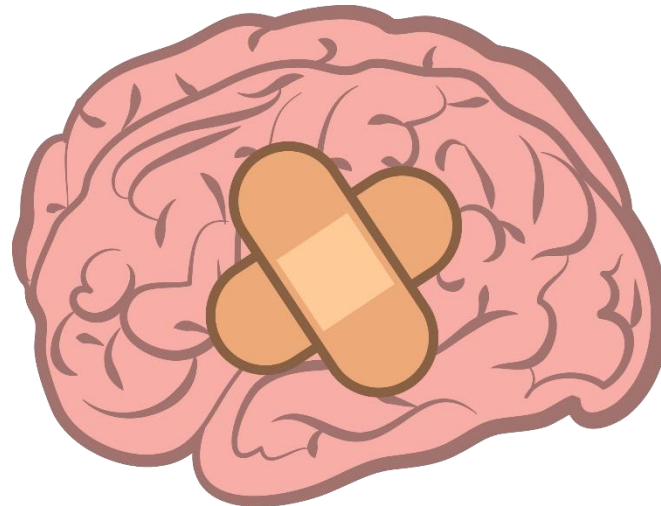
# AHiF

Alabama Head Injury Foundation



# Tribe Talk Happy Hour

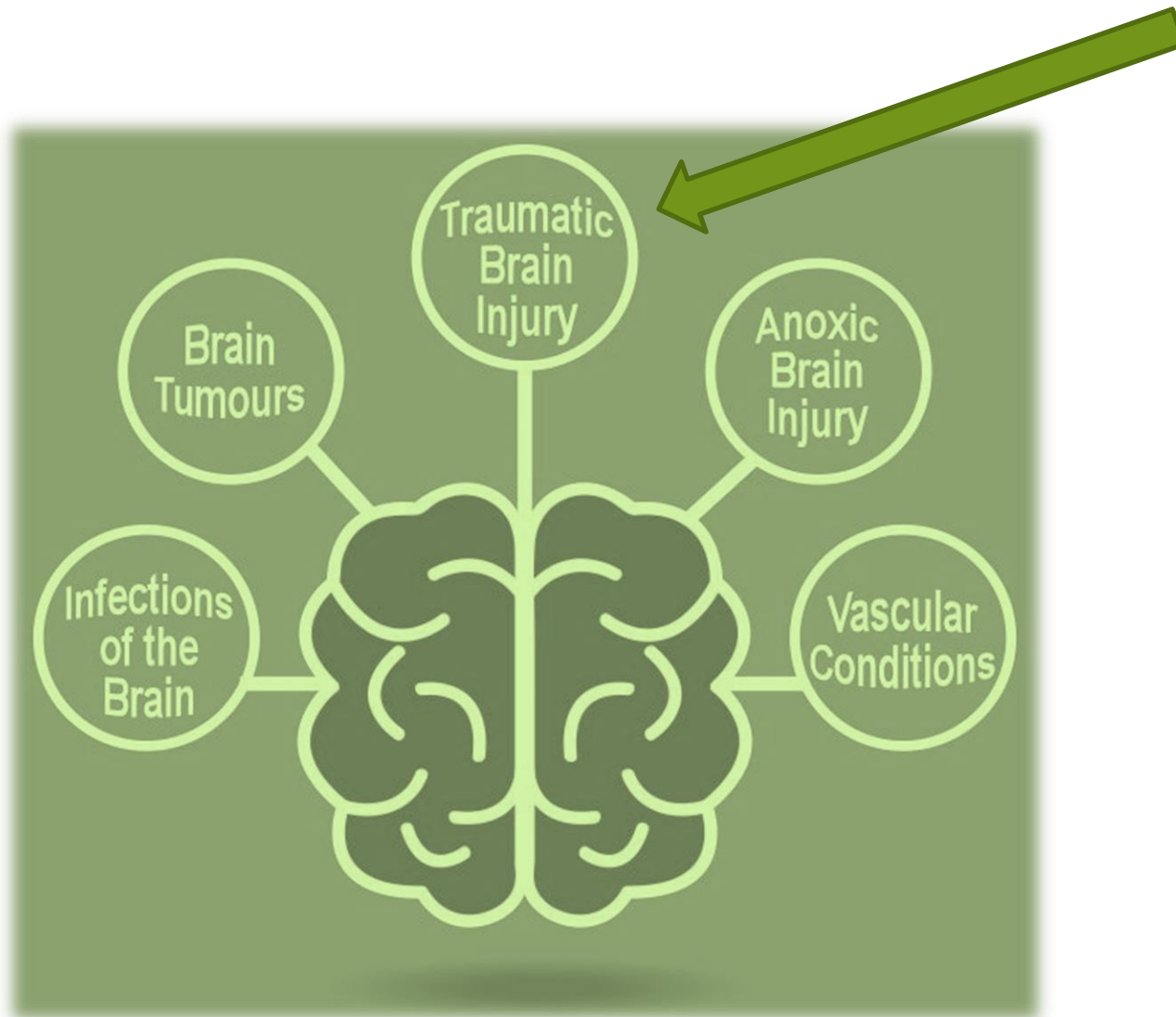
July 12, 2023



# Who Am I?



# Acquired Brain Injury



# Traumatic Brain Injury

- A specific type of acquired brain injury caused by a blow or jolt to the head or a penetrating head injury that disrupts the function on the brain

**HEAD TRAUMA** → **TEMPORARY or PERMANENT BRAIN DYSFUNCTION**  
**TRAUMATIC BRAIN INJURY (TBI)**

**BLUNT IMPACT**



**PENETRATING INJURY**



**BLAST WAVE**

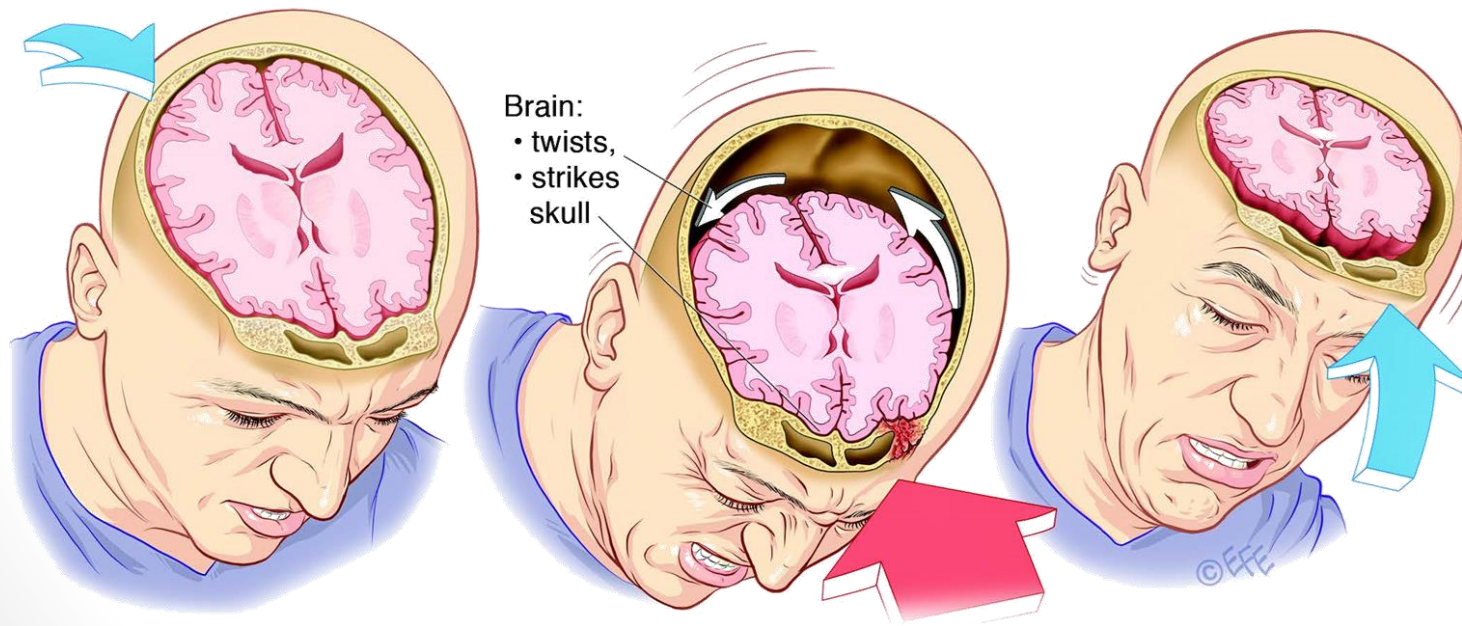


**ACCELERATING-  
DECELERATING FORCE**

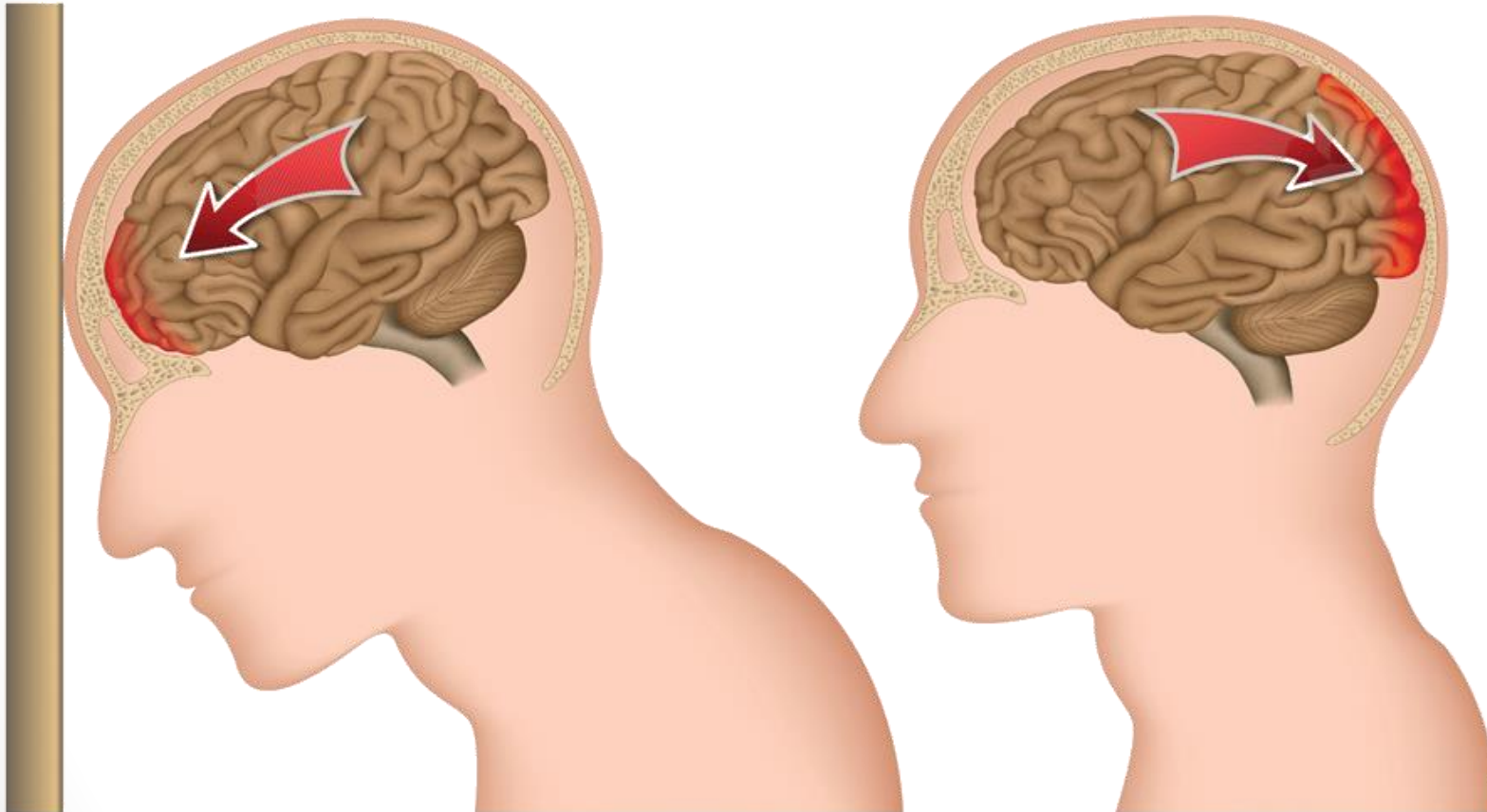


# Traumatic Brain Injury

- Effectively...the brain is a soft and squishy organ in many ways “floating” within the skull



# Traumatic Brain Injury



## 1. Primary Impact - Coup

The brain strikes the skull on the side of impact.

## 2. Secondary Impact -

Contrecoup Impact posterior area of skull.

# What are the Most Common Causes of Traumatic Brain Injury?



<b>FALLS</b>	<b>40</b>	<b>DOMESTIC VIOLENCE</b>	<b>8</b>
<b>STRUCK BY OBJECT</b>	<b>15</b>	<b>SPORTS</b>	<b>7</b>
<b>MOTOR VEHICLES</b>	<b>14</b>	<b>ATVS</b>	<b>3</b>
<b>VIOLENCE</b>	<b>10</b>	<b>OTHER</b>	<b>3</b>

# The Severity Of The Injury

- **Distribution of Severity:**
  - Mild Injuries = 80%
  - Moderate Injuries = 13%
  - Severe = 7%

## Severity Scale of TBI

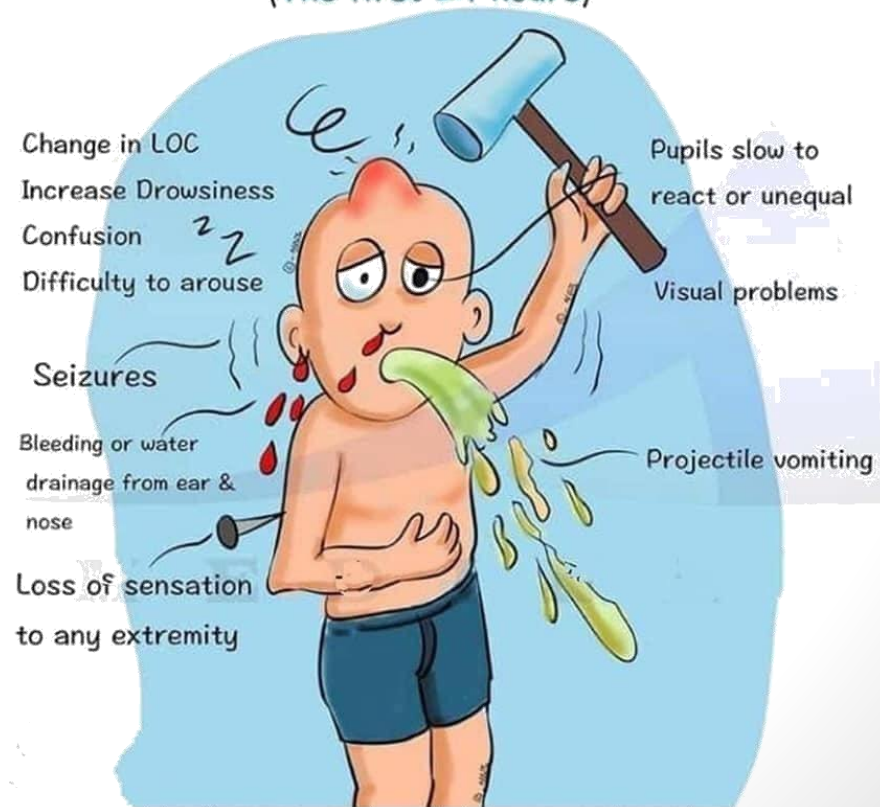
Type	Glasgow Coma Scale	Loss of Consciousness	Post traumatic Amnesia
Mild	13-15	30 min or less (or none)	<24 hours
Moderate	9-12	30 min to 1 week	>24 hours to <1 week
Severe	≤8	>1 week	> 1 week



# Possible Signs of TBI

- Painful headache
- Continual loss of balance
- Dizziness
- Memory loss
- Slurred speech
- Inability to focus
- Light sensitivity
- Prolonged nausea
- Drowsiness

## Warning Signs after a Head Injury (The first 24 hours)



# Effects of TBI

## THE PART OF THE BRAIN INJURED DETERMINES THE FUNCTIONS AFFECTED

### Frontal Lobe Injury

- Difficulty with attention
- Personality changes
- Loss of verbal expression
- Loss of spontaneity
- Uncontrollable emotional or social behavioral changes
- Poor voluntary movement initiation

### Occipital Lobe Injury

- Vision defects (visual field cuts)
- Hallucinations
- Difficulty reading and writing

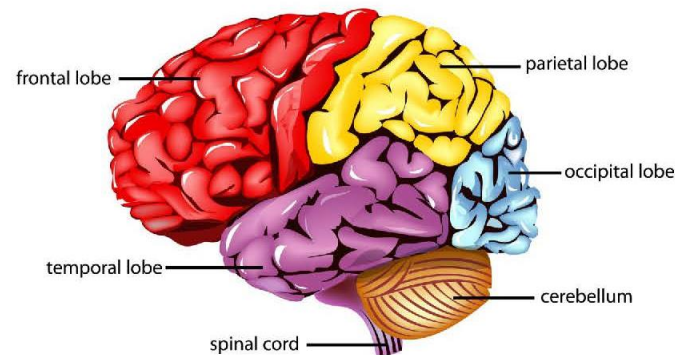
### Temporal Lobe Injury

- Difficulty understanding speech
- Short-term memory loss
- Persistent talking
- Increased aggressive behavior
- Difficulty recognizing faces

### Brain Stem/Spinal Cord Injury

- Difficulty swallowing food and fluid
- Difficulty with balance/movement
- Impaired regulation of temperature, heart rate, and respiration

### Parts of the Human Brain



### Parietal Lobe Injury

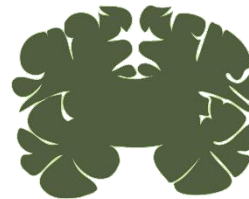
- Difficulty with academic skills
- Right/left confusion
- Difficulty with eye/hand coordination
- Impaired spatial orientation
- Difficulty naming objects

### Cerebellum Injury

- Impaired fine motor skills
- Loss of ability to walk
- Impaired control of eye movements
- Tremors/dizziness
- Slurred speech

# Effects of Multiple TBIs

- Longer recovery time often required
- Symptoms are often more severe
- Can lead to long-term problems with concentration, memory, headaches and physical skills (in particular balance)
- CTE is also linked to individuals who have had multiple head injuries (even those injuries that do not lead to a LOC)



Normal  
Brain



Advanced  
CTE

# Prevention

- Helmets, helmets, helmets
- CDC reports that un-helmeted riders are 2x as likely to be hospitalized for a head injury
- Helmets reduce the risk of head injuries by 69%
- It is a myth that helmets actually contribute to neck injuries



# ALABAMA HEAD INJURY FOUNDATION

*Improving the quality of life for survivors of  
traumatic brain injury and for their families*



## Our Programs

- Support Services
- Support Groups
- Respite Care
- Counseling
- Caregiver Support
- Therapeutic Camp Programs
- Recreational Camp Programs
- Advocacy

# AHIF Programs & Services

## AHIF's TBI Identification Cards

**TBI ID Cards** – Available through completing a form off the AHIF website...allows fully customizable bullet points on front and back of card

**Law Enforcement Training** – Providing training to law enforcement to recognize the signs and symptoms of TBI, as well as how to de-escalate interactions with a TBI survivor

### Traumatic Brain Injury ID Card

**My name is John Smith**

I am a client of Alabama Head Injury Foundation.



Due to my brain injury:

- I might respond slowly to questions
- I might get confused from multiple questions at once
- My eyes might not focus on who I am speaking to

Emergency Contact Name: **Susan Smith (Wife)**  
 Emergency Contact Number: **(205) 823-3818**

### Traumatic Brain Injury ID Card

The best way to communicate effectively with me is:

- Speak slowly and clearly
- Pause periodically to ask me if I understand
- Please be prepared to repeat yourself, because I struggle with short-term memory
- Please be patient with me, because it might take me a moment to respond appropriately

Traumatic Brain Injuries



Not all wounds are visible

These ID Cards are made possible through the support of:



# Questions?