

THE *ATS* ANGLE

MARCH 2021 EDITION

From the desk of Lynn Erickson, COO - Advanced Therapy Solutions

Welcome to the *ATS Angle*, a publication with helpful resources and stories to support your facility's ongoing success. This month we focus on brain injury and the importance of implementing preventative and supportive interventions to address long-term outcomes.



Especially during LTC Administrator's Week, the entire ATS team would like to express our sincere appreciation to all long-term care administrators for all they do to ensure the highest standard of quality care. We are proud to support our LTC partners!

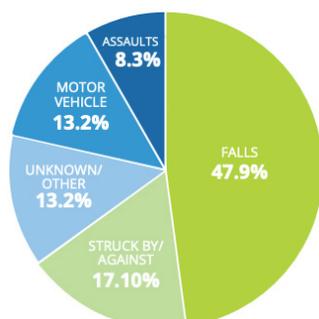
Brain Injury Awareness Month

#MoreThanMyBrainInjury

March is Brain Injury Awareness Month, and we are raising awareness about the impact of brain injury in all age groups, especially our senior population. [Download the fact sheet](#) from the Brain Injury Association.

Did you know:

- More than 5.3 million children and adults in the U.S. live with a permanent brain injury-related disability.
- At least 2.8 million people sustain a traumatic brain injury (TBI) each year in the U.S.
- Every 9 seconds, someone sustains a brain injury.
- Current studies estimate that more than 775,000 older adults live with long-term disability associated with TBI.
- Moderate and severe traumatic brain injury (TBI) can lead to a lifetime of physical, cognitive, emotional and behavioral changes.



Nearly 50% of all brain injuries occur from the result of a fall. In fact, unintentional falls represent the second leading cause of TBI-related death.

Other causes of brain injuries include car accidents, blows to the head and battlefield injuries. Research is currently being completed on the cardiopulmonary impact of COVID-19, especially due to anoxic brain injury.

TBI is a special health concern for older adults who begin to struggle with daily living activities as they age. People ages 75 and older have the highest rates of TBI-related hospitalizations and death. They also recover more slowly and die more often from these injuries than do younger people.

Collaborative Approach is Key for Brain Injury Rehab

Brain injuries can cause speech, language, thinking and swallowing problems, and is associated with one or more of the following characteristics:

- Changes in levels of consciousness
- Memory disturbances
- Confusion associated with deficits in orientation
- Neurological signs, such as brain injury observable on neuroimaging, new-onset or worsening of seizure disorder, visual field deficits and hemiparesis
- Speech and language deficits, including problems being understood because of weak speech muscles (dysarthria) or problems controlling speech muscles (apraxia)
- Swallowing disorders, including trouble chewing or coughing and choking when eating

Successful management of individuals with TBI requires collaboration between the Interdisciplinary Team, including Physical Therapists, Occupational Therapists and Speech-Language Pathologists, to help regain physical function, re-learn daily tasks and restore fitness and wellness.

Contact us to discuss how our team can support your patients stay on the road to recovery.



Resources:

- [Traumatic Brain Injury & Concussion – CDC](#)
- [Deaths from Fall-Related Traumatic Brain Injury — U.S., 2008–2017 – CDC](#)
- [Brain Injury Awareness – BIA](#)
- [Physical Therapy Guide to Traumatic Brain Injury – APTA](#)
- [Traumatic Brain Injury \(TBI\) – ASHA](#)
- [Cognitive Interventions for Traumatic Brain Injury – My OT Spot](#)
- [Occupational Therapy Interventions for Adults With Traumatic Brain Injury – NIH](#)
- [Clinician’s Guide to Cognitive Rehabilitation in Mild Traumatic Brain Injury: Application for Military Service Members and Veterans – ASHA](#)
- [COVID-19 and Brain Injury – Psychiatric Times](#)

Leadership Recommendations

- Especially when caring for older adults, implement evidence-based fall prevention strategies to prevent falls.
 - Provide a supportive environment for the Interdisciplinary Team, including clinical nurses, neurologists/physiatrists, OTs, PTs and SLPs and behavior analysts, to collaborate and develop a comprehensive plan of care to implement the most effective approach.
 - For brain injury patients showing signs of agitation or frustration, try not to stand right in front of them; give them space and try to remind yourself not to overstimulate them as you’re providing the intervention. Cognitive rest breaks are essential.
 - Provide appropriate training to support skills and competencies to support the delivery of a comprehensive TBI management program.
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Speech and Language Pathology Therapy Services

ATS' Speech and Language Pathology professionals address language, cognition and swallowing dysfunction in patients.

The goal of this therapy is to improve these functions to allow patients to communicate with family, friends, and caregivers in the best way possible.

[Learn more>](#)



What our Customers are Saying

“ATS’ team of Physical Therapists, Occupational Therapists and Speech Therapists are highly knowledgeable and provide the highest level of service to the clients we serve.”

“We are in the business of providing a high quality of care with top-level outcomes and ATS delivers just that! I would highly recommend ATS.”

“Over my years in the healthcare industry, I have had experience with various therapy providers. I find ATS to be one of the top providers in the market. Not only are they responsive and reliable, but their collaboration with the facilities is also second to none.”

“May your pockets be heavy and your heart be light.

May good luck pursue you each morning and night.”



Advanced Therapy Solutions exists to inspire, encourage, and motivate patients to excellence in therapy. Every patient is unique to us. Therefore, each one is treated with care, support, and dignity as they strive to achieve their daily therapy goals. We pride ourselves on treating others as they want to be treated, for this is our ultimate measure of the quality of care in every respect.

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