

# SCENARIO ACTIVITY

John is a Caucasian, 18-year old high school graduate, looking forward to college in the fall. On July 4<sup>th</sup> weekend John was in a car accident, secondary to being under the influence of alcohol. As a result, he sustained a severe traumatic brain injury. At the scene John needed to be resuscitated, as his heart stopped within minutes after the accident. After the accident, John was in a coma for 10 days. John's injuries/ diagnoses included a coup-contracoup injury with damage to the right frontal lobe and prefrontal cortex as well as the left occipital lobe, diffuse axonal injuries (DAI), and injury due to anoxia. John's level of consciousness was being measured by the GCS. At day 11 his GCS was 10. Prior to that day the GCS was < 8. When he began emerging from coma, John spent a great deal of time within his acute care hospital within various types of mechanical restraint. Restraints were implemented to control his extreme aggression within that setting. His medical team was hopeful that the use of restraints would be faded as his behavior and coma status improved. After the accident his father became minimally involved in his care and seemed distant, confused and depressed. John's mother has remained very involved and he has an older brother.

When John was released from intensive care he was transferred to a newly opened BI rehabilitation facility. He presented with mild seizures and problems with walking, dressing, judgment, speaking, attention and concentration, and disinhibition. He frequently used foul, abusive language and exhibited anti-social behavior. The treatment team meets regularly with John to discuss goals and progress. John's mother regularly attends these progress meetings along with his brother who attends once in a while. Once in this rehabilitation facility, John's father started to visit more often and attend the progress conferences as well. However, he frequently seemed dazed, confused, and angry. He would get into arguments with John's caregivers. The staff saw him as an annoyance and would try to avoid him when he visited. Due to frustrations with John's family and John's behaviors, and since this was a new BI facility, the staff meant well and tried hard, but they were not well trained, and inadvertently violated some legal, ethical, and professional elements of care.

Over his course of treatment John, the medical team, and his family have agreed to a discharge goal of having John return home and seek appropriate employment until he may be ready to start classes at a community college. With John's memory problems, they are not sure what kind of job he could hold or if he will return to school. The medical team and John's family remain concerned about his previous alcohol abuse and that he could be at risk for having another brain injury in the future. They are also very concerned about his continued difficulties with inappropriate behaviors and language. John continues to struggle to return to his life as a teenager/young adult. He would like to find a program that provides some accommodations for his resulting learning difficulties. John would also like to move out of his parent's home within the next couple of years.

The past year of John's life has been full of joy and sorrow with his ability to overcome serious medical injuries and continued struggles with daily life tasks. John and his family have begun a new journey that will change all of their lives forever.



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1. What percent of all brain injuries are considered severe like John's?
  - a. 90%
  - b. Between 2-3%
  - c. Between 5-25%
  - d. Between 10-30%
  
2. Whether mild, moderate, or severe, traumatic brain injuries are more common in:
  - a. Males
  - b. Females
  - c. Females and males equally
  - d. Statistics for this are not tracked
  
3. "Transportation-related" injuries such as John's account for what percent of all brain injuries
  - a. 90%
  - b. 80%
  - c. 70%
  - d. 20%
  
4. The correlation between alcohol involvement and injury as in John's case is approximately:
  - a. 24%
  - b. 36%
  - c. 56%
  - d. 86%
  
5. TBI is an insult of the brain, not of a degenerative or congenital nature, but caused by:
  - a. Strokes
  - b. Toxic poisonings
  - c. An external physical force, or
  - d. Lack of oxygen
  
6. Impairments following a traumatic brain injury:
  - a. May either be temporary or permanent
  - b. Are always temporary
  - c. Are never permanent
  - d. Dissipate after a few weeks



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7. The 1997 GAO report of Traumatic Brain Injury determined that Medicaid and Home and Community Based Waiver programs covered an estimated 2,478 individuals and spent:
  - a. 10 million dollars
  - b. 75 million dollars
  - c. 118 million dollars
  - d. 250 million dollars
  
8. In what ways might John and others who have sustained a TBI be stigmatized and devalued?
  - a. They may be labeled
  - b. They may be segregated
  - c. They may be stereotyped
  - d. All of the above
  
9. If John's rehabilitation is based on a medical model, what would be the treatment team's perspective on John and his injury?
  - a. John's condition is the problem
  - b. John has no responsibility for his actions
  - c. John is the "power person"
  - d. John's deficits cannot be changed
  
10. Which of the following would describe John's rehabilitation if it were based on a model of interdependence?
  - a. Physician driven
  - b. Therapist driven
  - c. Relationship driven
  - d. Case management driven
  
11. Those who interact with John are encouraged to adopt which of the following perspectives with regards to "blame?"
  - a. Convince John to accept blame for his injury
  - b. Avoid blaming John
  - c. Convince John to accept blame for his injury, but not his behaviors
  - d. Convince John to accept blame for his behaviors, but not his injury



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12. The term that captures the ultimate goal of rehabilitation is:
- Inclusion
  - Integration
  - Segregation
  - Institutionalization
13. Which of the following best describes “active treatment interaction?”
- Providing custodial care
  - Using restraints to avoid harm to the patient and others
  - Punishing to eliminate negative behaviors
  - Looking for situations to facilitate independence
14. Since John’s injury was severe and his coma lasted for ten days, what would his Glasgow Scale most likely be in the first ten days?
- 20-25
  - 13-15
  - 9-12
  - 8 or below
15. A “coup-countercoup” injury is caused by:
- Bullet wound
  - Blunt trauma to top of head
  - Bouncing of the brain within the skull
  - Oxygen deprivation
16. The prefrontal cortex is responsible for:
- Memory
  - Vision
  - Emotional responses
  - Sensation
17. The occipital lobe is responsible for:
- Primary visual abilities
  - Balance and coordination
  - Body awareness
  - Working memory



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18. The medulla, pons, and mid-brain are parts of the:
- Cerebellum
  - Brain stem
  - Limbic system
  - Hippocampus
19. Injury to the limbic system can produce serious problems with:
- Breathing
  - Heart rate
  - Emotional perceptions and feelings
  - Higher level thinking
20. During initial assessment at the rehabilitation facility, which of the following information should be gathered upon intake?
- How the injury happened, i.e., circumstances of the injury
  - Family history
  - Health problems prior to injury
  - All of above
21. John is probably on what medication to control his seizures?
- Dilantin
  - Tylenol
  - Ritalin
  - Demerol
22. As many as \_\_\_\_\_ of individuals with an acquired (traumatic and non-traumatic) brain injury will return to using drugs and alcohol post-injury.
- 20%
  - 50%
  - 70%
  - 10%



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23. John's immediate rehabilitation program will probably include which disciplines?
- Speech-language pathology
  - Physical and occupational therapy
  - Psychology and social work
  - All of the above
24. A tracheotomy is often needed following a brain injury to help with what function?
- Bowel
  - Breathing
  - Heart rhythm
  - Feeding
25. An increase in muscle tone tension is called:
- Cramping
  - Contracture
  - Spasticity
  - Ossification
26. To help John remember his daily routine, the treatment team may suggest:
- Written diary or planner
  - Relying on his mother
  - Allowing frequent mistakes until he learns
  - Negative reinforcement when he forgets
27. Which of the following describes the significance of substance abuse counseling for John's rehabilitation?
- Of no value now since the accident already happened
  - Will not work for John because of his cognitive impairments
  - Should only be provided if he requests it
  - Should definitely be integrated into his rehabilitation plan
28. Which of the following is most true of rehabilitation "outcomes?"
- Cannot usually be determined
  - Can be measured by objective data
  - Needed only when required by insurance company
  - Should be directed solely by the attending physician



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29. Which of the following is true regarding an individual's preferences with respect to living arrangements?
- The individual's preferences are a primary driver in considering living options
  - The individual's choice is not a fundamental element of the treatment plan
  - The individual is too cognitively impaired to have input on his living arrangements
  - The individual has no legal right toward deciding where to live
30. To manage John's inappropriate language, a behavior plan would probably include which of the following strategies?
- Immediately reprimanding John
  - Nonverbal display of dissatisfaction
  - Ignoring the behavior
  - Applying punishment
31. Which of the following conclusions is true if John is having difficulty meeting his goals?
- He is not trying hard enough
  - The team must never change a goal once established
  - The team must stop treatment
  - The treatment plan needs to be assessed
32. Public Law 101-476 IDEA, provides funding for special education and applies to:
- College
  - High school
  - Elementary school
  - b & c only
33. The brain continues to develop through approximately 21 years of age. The region that is the last to mature is the:
- Frontal lobe
  - Sensory and motor systems
  - Temporal lobe
  - Occipital lobe



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34. Teenagers 15-19 years old are most susceptible to
- Non-accidental trauma
  - Physical abuse
  - Sports and auto occupant accidents
  - Pedestrian/motor vehicle accidents
35. A student returning to school after a BI may need accommodation for:
- Attention/concentration
  - Memory/organization
  - Following directions
  - All of the above
36. To qualify for a 504 accommodation in a school that receives federal funding, the student is only required to have a:
- Presumed disability
  - Physician's note
  - Emergency room discharge
  - None of the above
37. The greatest percentage of brain maturation occurs:
- Birth to age 5
  - Age 5-7
  - Pre-teen years
  - Late teen years
38. Which is the best approach to family involvement in rehabilitation?
- Minimize involvement at all times
  - Minimize involvement unless they insist
  - Encourage visits but minimize involvement in treatment
  - Encourage involvement in all aspects of rehab
39. Family members of TBI survivors:
- Learn to adapt to the situation easily
  - Frequently experience isolation, depression, or guilt
  - Are best left to cope in their own way
  - Are not the responsibility of the rehab team



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40. Family members may experience which of the following?
- Post traumatic stress disorder
  - Post injury amnesia
  - Medical complications
  - Heart attacks
41. Which of the following symptoms of Posttraumatic Stress Disorder (PTSD) are accurate?
- Vigilance and aggressive behavior
  - Depression and substance abuse
  - Suicidal ideation and survivor guilt
  - All of the above
42. When working with families, staff must be aware of the multiple needs of families and understand:
- The devastation associated with the physical injury
  - The emotional instability of the family
  - The financial burdens associated with care
  - All of the above
43. There are many stages of recovery for a family when dealing with a loved one who is brain injured. John has been in a hospital/rehab setting for 12 months. It may be expected that his family may be beginning to enter which of the following stages?
- Realism
  - Annoyance
  - Helplessness
  - Denial
44. When a family member has a brain injury, working family members may have to leave their current career, which often strains:
- Their finances as well as the emotional stability of the family
  - Their finances and friendships
  - Their religious beliefs and hobbies
  - Their emotions and fears



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45. Staff started screening John's mail since he became more noticeably agitated and angry after receiving mail from his drinking buddy. Which of the following is true?
- This is an acceptable practice
  - This is a violation of privacy
  - Screening is permitted only for third class mail
  - John should not react that way
46. To help manage John's behavior, staff would frequently withhold his dinner. This is:
- Good behavior management
  - Neglect
  - Exploitation
  - Advocacy
47. Which of the following is true of guardianship?
- It may be granted if client's IQ is low
  - A court must establish it
  - If established, client gives up all legal rights
  - Must be approved by the rehabilitation team
48. Competency or capacity is:
- A person's ability to complete all self care tasks independently
  - A person's ability to go back to school or work
  - A person's ability to understand the effect of one's decisions
  - A term to describe a person's level of physical independence
49. Informed consent is:
- Always required
  - Optional in a rehabilitation facility
  - Needed only if the insurance company requires it
  - Required only in government facilities (i.e. VA hospitals)
50. HIPAA standards for BI patients:
- Are automatically waived
  - Are optional
  - Must be followed
  - Are required only if doctor orders

