

**HEALING THE BRAIN:
MILD TRAUMATIC
BRAIN INJURY IN
CENTRAL VANCOUVER
ISLAND
ADOLESCENTS**

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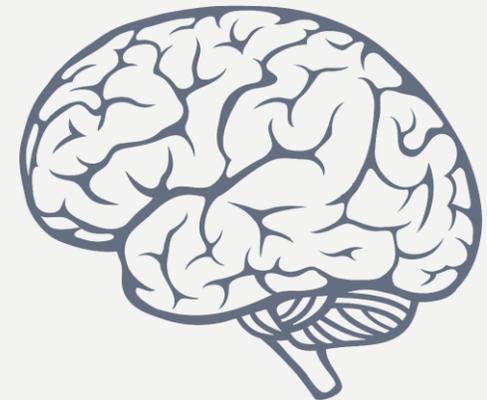


LITERATURE

- MTBI (concussions) are most prevalent in youth 15-25
- Lack of common knowledge
- Most adolescents recover quickly
 - Short-term cognitive and social deficits may place them behind in school
 - Causes strain on peer and familial relationships
- Lasting effects can significantly impact life-course

LITERATURE

- Parents are dissatisfied with treatment options
- Current treatments are not adequate
 - Specific concerns and needs of adolescents
- Teens require adequate information about mTBI
 - What to expect in symptoms
 - What is normal
 - Specific guidelines for recovery
- Include parents

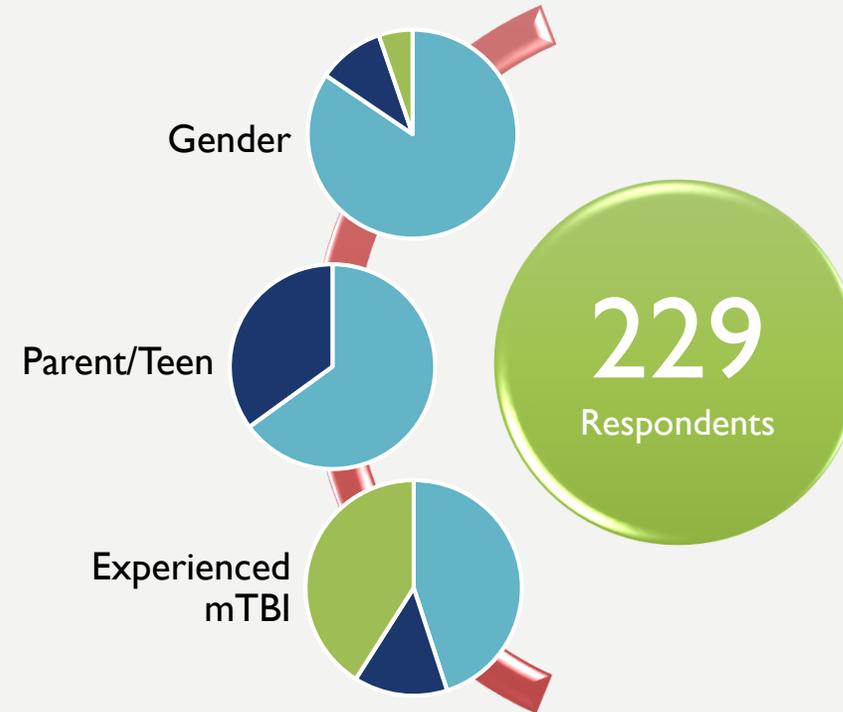


RESEARCH GOALS

- Assess knowledge relating to mTBI
- Current experiences of mTBI
- Service needs

METHODOLOGY

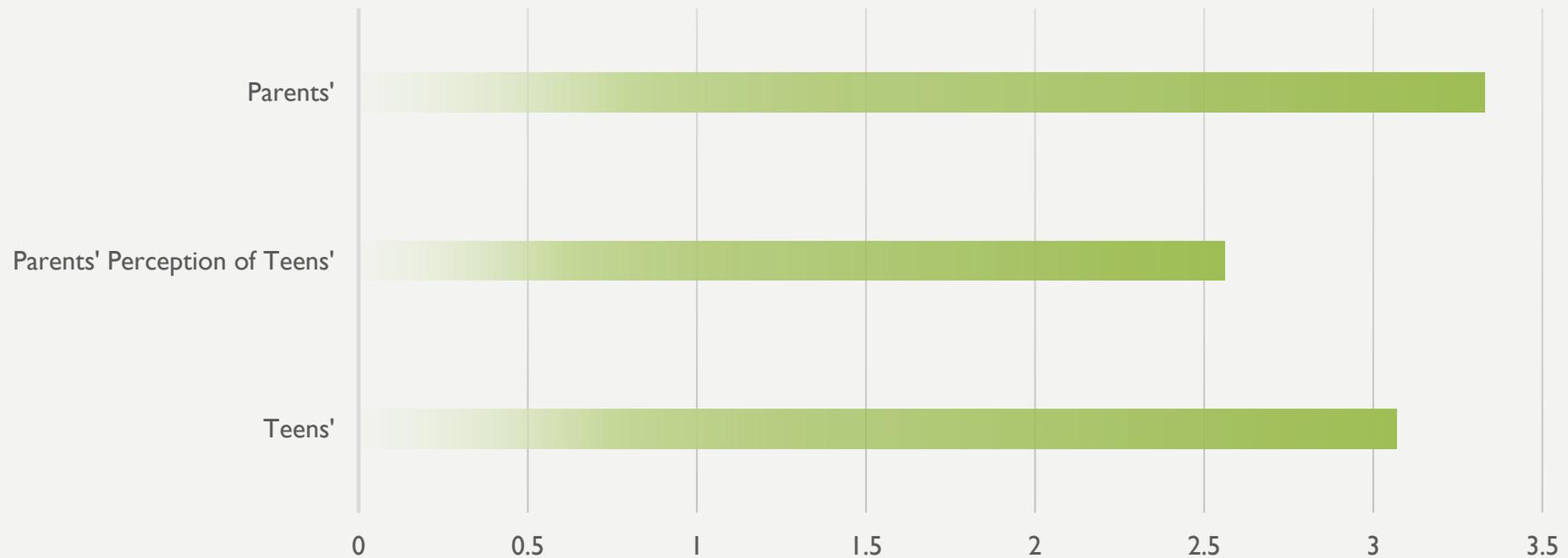
- Online questionnaire
- Target population: adolescents (15 to 19) & parents/guardians of adolescents
- Convenience sample
- Recruitment through posters and Facebook
- Participants did not need to have experience with mTBI to participate



RESULTS : KNOWLEDGE

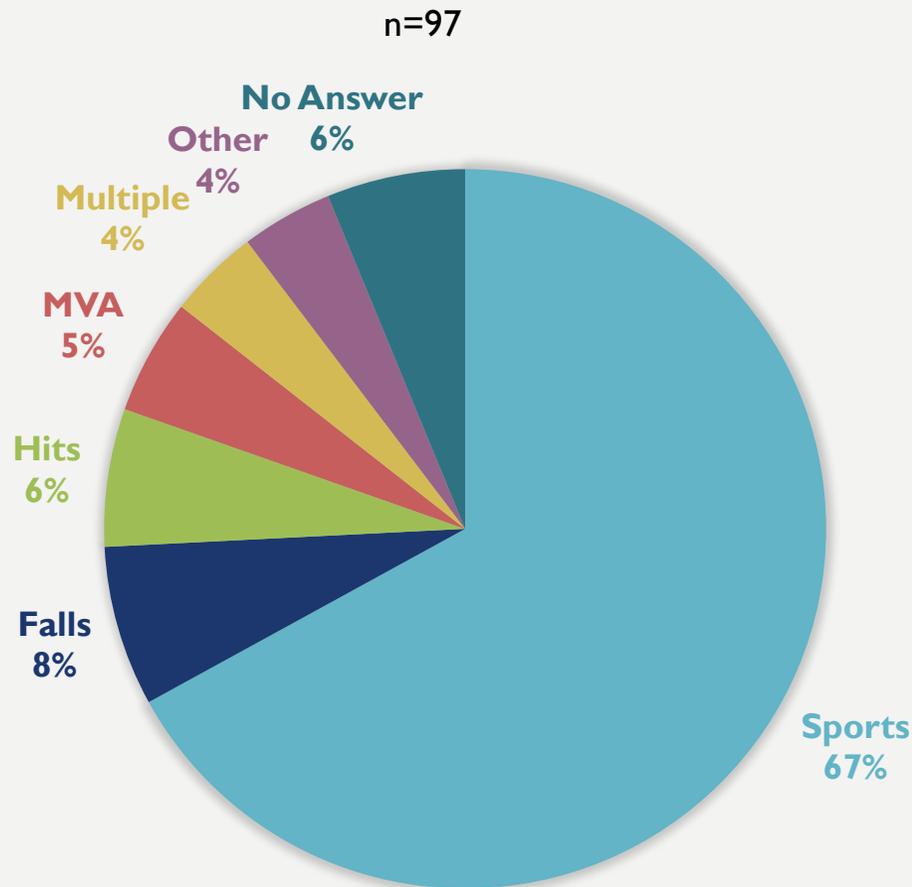
On a scale of 1-5: How much do you feel you know about concussion?

GRAPH 1: SUBJECTIVE KNOWLEDGE



RESULTS : CURRENT EXPERIENCES

CHART I: HOW SUSTAINED INJURY (TEENS)



- 61% (n=139) sought treatment
- 93% (n=42) parents sought treatment for their teen
- Of those who did not seek treatment, 50% (n=54) did not believe that their injury was severe enough to warrant treatment

RESULTS : CURRENT EXPERIENCES

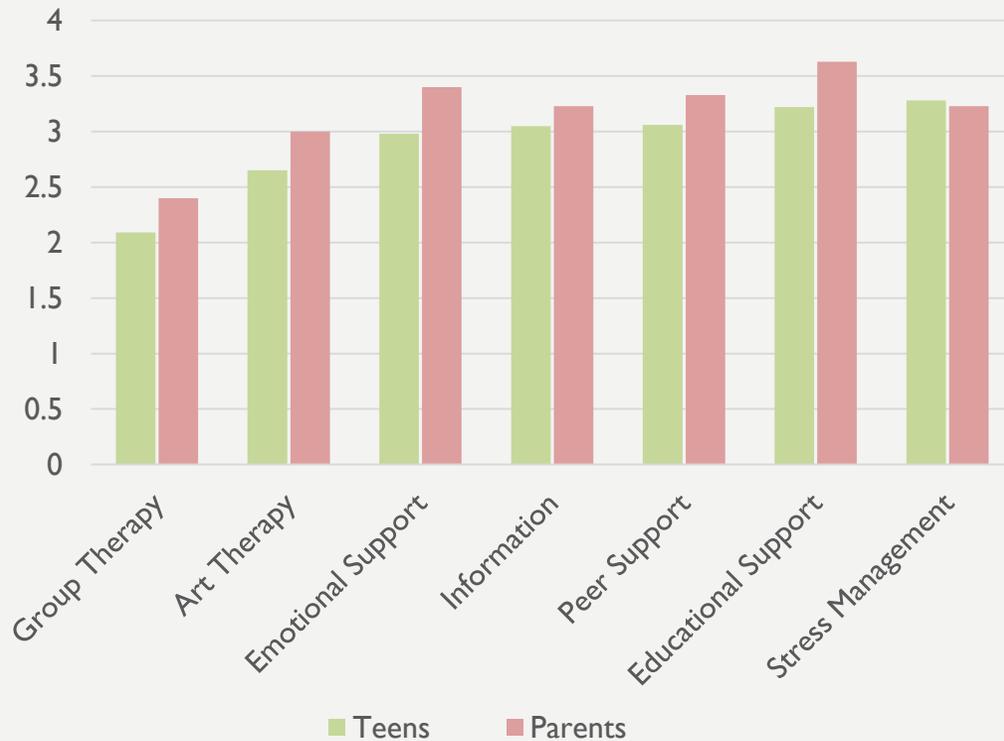
- Doctor or Hospital most common treatment sought- 66% (n=90)
- Doctors were reported as the both the most helpful service and least helpful service
- Only 40% of respondents knew of available resources for concussion treatment.
 - 33% (n=92) of those who knew of available resources listed medical resources only such as doctors, clinics, or hospitals.
 - 10% listed NBIS as a known resources
- Overall, people are comfortable talking about mTBI

RESULTS : SERVICES

- Services were found most helpful based on advice and information given (30% n=90) and treatment given (18% n=90)
- Services were found least helpful based on lack of information (16% n=90), bad service (11% n=90), and bad advice (8% n=90)
- 70% would go to a doctor, hospital, or other medical health professional when seeking treatment
 - Only 44% rated the likelihood of going to the hospital as likely or very likely

RESULTS : SERVICES

Graph 2: Likelihood of Service Use
(Scale 1-5)



- Most likely to be used:
 - Stress management and educational support (Teens)
 - Educational support and emotional support (Parents)
- Group and art therapies are least likely
- Stress management, information, and educational supports higher in those with experience

RESULTS : SERVICES

- Information, awareness, and support therapies, along with animal assisted therapies also suggested.
- Accessing services is preferred through combinations.
 - Online & in person methods as combination
 - Multiple in person methods as combination

RECOMMENDATIONS

- **Education Seminars**
 - Information as the first step to providing services
 - Focus on how concussions occur, what can happen as a result, importance of seeking treatment, what treatment looks like, and where to seek treatment
- **Strategies for Raising Awareness**
 - Medical centers as a point of intercept
 - Fostering relationships between NBIS & doctors
- **Services**
 - Individualized Information Supports
 - General Supports : stress management and educational supports

CONCLUSION

- Wide variety of self-reported knowledge and experience levels with mTBI
- Most currently seek treatment in medical facilities and would do so in the future
- Prominent theme of a desire for information in services
- Main recommendations: increase accurate information presented to community before and after a mTBI through educational seminars, awareness, individual and general supports
- Provides insight into the knowledge, experiences and service needs that are specific and unique to this community
- Future studies would be beneficial surrounding social desirability in the areas of disclosure, discussion, and treatment of head trauma

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