



CAOT - ACE

Canadian Association of Occupational Therapists
Association canadienne des ergothérapeutes

Easy Choice: Practice Bundle

Brain Injuries (Adults)

This webinar bundle includes the following 5 On-Demand Practice Evidence Webinars:

Occupational therapist's role in the screening and assessment of people with concussion

Presented by Moriah H. Grant on June 11, 2019

Every year about 160,000 Canadians sustain a brain injury (Brain Injury Canada, 2018) and most of these are mild traumatic brain injuries, often called concussions. Occupational therapists are key members of the interprofessional team for people who have sustained a concussion. This webinar will provide an overview of what a concussion is, and why early diagnosis and treatment is important. This webinar will focus on the screening tools and assessment tools that occupational therapists can use in their clinical practice.

After taking part in this webinar, participants will be able to:

1. Explain why early diagnosis and treatment of concussion is important.
2. Identify screening tools to use in the clinic to assist with recognition of concussion.
3. Select assessment tools to use with people who have sustained a concussion for the pillars of occupational therapy practice (i.e. cognition, somatosensory, vision and balance).

Easing the strain of pain on the brain: Practical, evidence-informed strategies for teaching pain self-management skills to people with brain injuries

Presented by Presenters: Bonnie Cai-Duarte and Bronwen Moore on August 21, 2018

Pain is common following a brain injury: up to 70% of brain injury survivors have persistent pain. Pain can be a significant barrier to function and progress towards treatment goals. Research shows that pain self-management education can be an effective intervention. However, clients with a brain injury can have unique learning needs related to cognitive impairments and the neurological aspects of their pain. This webinar will include an overview of research about pain concerns among clients with brain injury, evidence supporting the value of pain self-management education, best practice approaches for teaching pain self-management, and take-home principles for your practice.

After taking part in this webinar, participants will:

1. Discuss research related to persistent pain, brain injury and self-management.
2. Apply best practice principles for pain self-management education in their practice.
3. Draw on a list of helpful resources for pain management education.

Innovative pacing and planning techniques following concussion/mild traumatic brain injury

Presented by Becky Moran on June 12, 2018

Pacing and planning are two of the foundational skills that occupational therapists teach their clients, and a creative approach is often required so they can use these skills easily in their everyday lives. This webinar will describe the importance of rest acutely after a concussion/head injury, ways to gradually increase activities, and an innovative method of tracking tasks and pacing in order to manage symptoms of concussion (or any chronic illness whereby fatigue is a prominent factor) that occupational therapists can implement into their clinical practice.

After watching this webinar, you will be able to:

1. Understand the recovery process after concussion and the importance of rest.
2. Describe techniques to help clients with pacing activities and planning tasks.
3. Implement strategies to use with clients who have fatigue.

An introduction to the BINI: Brain Injury Needs Indicator

Presented by Sue Copstick Sarah Clifford & Sara D S Ramos on May 22, 2018

Occupational therapists often work with individuals who sustained an acquired brain injury (ABI). Identifying and measuring the needs of these individuals is a complex process, as many of the ABI related difficulties are subtle and 'hidden' from view. This webinar will describe the development of the Brain Injury Needs Indicator (BINI), and how it can be used in practice to account for the role that the outcome of brain injury and an individual's lack of awareness play in determining vulnerability and risk, and to provide health care professionals with evidence to recommend further assessment, therapy or support

After watching this webinar, you will be able to:

1. Recognize "hidden disability" and the limitations of self-report measures of outcome after acquired brain injury.
2. Understand the link between outcome, self-awareness and risk in the context of assessment of people with acquired brain injury.
3. Use the results of the BINI to evidence the need for further assessment, therapy or support.

Bringing together life and ongoing rehabilitation after traumatic brain injury

Presented by Mathew Hill on February 27, 2018

Traumatic brain injuries (TBI) result in long lasting physical, cognitive, emotional and behavioural repercussions. With an “invisible condition”, people who have sustained a TBI face many ongoing challenges and hurdles even after completing the rehabilitation. It is therefore beneficial for them to continue to integrate rehabilitation activities into their daily lives. This webinar will provide an overview of the lifelong challenges that TBI survivors face as well as practical suggestions on how to integrate ongoing rehabilitation into their daily occupations. This webinar also aims to inspire participants on the real possibility of recovery for TBI survivors.

After watching this webinar, you will:

1. Be able to explain ongoing physical, cognitive, emotional and behavioural challenges faced by TBI survivors.
2. Feel more confident engaging TBI survivors in a discussion about these ongoing challenges and instilling hope for future opportunities.
3. Be aware of at least 3 evidence-informed rehabilitation activities that TBI survivors can integrate into their daily lives.

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