

STIGMA CHALLENGE CUMULATIVE ASSIGNMENT

PART C:

LINKING THEORY TO PRACTICE RESEARCH PAPER

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Introduction

Sarah's story of overcoming a *traumatic brain injury (TBI)* and recovering is one of determination, willpower, and the transforming potential of all-encompassing care. *Sarah, a vibrant and self-reliant young lady*, had to overcome the difficult task of starting over following a devastating vehicle accident. With the steadfast support of her family and a committed healthcare team member, Sarah underwent an incredible rehabilitative journey while suffering from substantial intellectual and physical disabilities. Her experience serves as a powerful reminder of the need of early treatment, specialised care, and constant encouragement of close companions in promoting recovery from a traumatic brain injury.

Recognizing

Sarah's history serves as a potent reminder of both the transforming potential of extensive rehabilitation treatment and the human ability for perseverance. Her story gives others dealing with TBI along with their families motivation and optimism. There needs to be more than just acknowledging the physical components of ABI; one must also comprehend the social and emotional aspects. Through Sarah's story, we can understand the intricacy of ABI in a fascinating way, and she encourages us to look past the obvious and recognise the many difficulties that people navigating this invisible battlefield endure. By acknowledging this, we create the groundwork for educated reactions, customised assistance, and the ultimate destruction of stigmatising beliefs related to ABI (Katz *et al.* 2021).

Early intervention

After suffering a traumatic brain injury, Sarah was given prompt medical attention as well as the first steps in recovery. Her condition was stabilised and more difficulties were avoided thanks to this early action.

Individual care

Sarah's rehabilitation programme was designed with her unique requirements and limitations in mind. She was able to obtain the most appropriate and successful therapies to address her issues because of this tailored approach.

Comprehensive rehabilitation

Sarah received a variety of therapies as part of her rehabilitative programme, such as rehabilitation, occupational stimulation, and cognitive intervention. Her intellectual, tangible, and mental disorders were handled comprehensively by an all-encompassing strategy (Otto *et al.* 2020).

Supports

Sarah received steadfast support from her family and medical staff throughout her recovery. This emotional and physical encouragement much enhanced her drive, growth, and general well-being. Sarah made incredible progress towards recovery despite the major obstacles she had to overcome. She restored independence in her day-to-day functioning, strengthened her cognitive capacities, and enhanced her balance and coordination (Semlyen *et al.* 1998). Sarah's family remains supporting her and she keeps up with subsequent appointments with her doctors.

Sustaining her progress and guaranteeing her continued health requires this continuous care. Sarah's story is a powerful illustration of the beneficial effects that all-encompassing rehabilitation care and steadfast support can have on people dealing with traumatic brain injury. Her story gives people hope and inspiration by showing that anyone can make substantial progress towards rehabilitation and regain autonomy with the correct assistance, tenacity, and dedication.

Responding

Sarah's experience, which is characterised by post-ABI emotional instability, memory problems, and cognitive impairments, emphasises the necessity of a comprehensive approach. As service user Sarah's story illustrates, addressing the complex issues raised by acquired brain injury (ABI) calls for a customised and compassionate response. Making time for candid conversation, attentive listening, and emotional affirmation are all essential components of an empathic interaction with Sarah. Personalised treatment plans, including cognitive rehabilitation programmes and psychological counselling, are essential to meeting Sarah's particular requirements.

Involving the family and the community is essential for creating a network of support outside of the hospital. Furthermore, engaging in active advocacy and education is critical to debunk myths about ABI (Stephens *et al.* 2015). Constant observation and modification guarantee that therapies correspond with Sarah's changing requirements, enabling a flexible approach to her healing process. By using these particular answers, medical personnel help create a more understanding and encouraging atmosphere for people navigating the challenges of acquired brain injury. Through sharing knowledge about ABI, its complexities, and the real-life experiences of people like Sarah, we can help create a culture that is more compassionate and knowledgeable. Educational programmes turn into a weapon for destroying false beliefs and promoting comprehension.

Inclusive support systems

Creating inclusive support networks is a key component of a successful ABI response. This subsection delves into the ways in which healthcare practitioners, community organisations, and individuals can foster a supportive network. It can foster an environment that is more inclusive and empathic by actively listening to, understanding, and embracing individuals with ABI.

Communication barriers

The foundation of an approach to ABI that is responsive is communication. This subheading highlights the necessity of removing obstacles to communication in the healthcare industry as well as in general society. Establishing forums for candid conversation enables people like Sarah to voice their needs, share their stories, and refute the myths that fuel the stigma associated with ABI (Stephenson *et al.* 2020).

Personalised care

Realising that every person's journey is unique is essential to reacting to ABI. This subsection delves into the significance of individualised care, emphasising how addressing the particular requirements of individuals, like Sarah, enables more efficient and encouraging interventions. Also, treating a person with an acquired brain injury requires a thorough and sympathetic approach that takes into account the particular difficulties that people like Sarah experience. We can all work together to dismantle the stigma attached to acquired brain injury (ABI) by encouraging empathy, advocating education, creating inclusive support networks, encouraging candid communication, and offering individualised care.

Resources

This customised and compassionate approach is crucial for addressing the distinct difficulties encountered by service user Sarah within the *Acquired Brain Injury (ABI)* framework. This section explores the various aspects of meeting Sarah's needs, including social engagement, therapeutic interventions, and emotional support (Terri Brandley *et al.* 2013). The first step in responding to Sarah's journey is to connect with empathy, recognising the complex emotional issues she faces after an ABI. The significance of establishing areas for candid conversation, attentive listening, and emotional affirmation is discussed under this

subject. Carers and medical professionals can lay the groundwork for comprehending and addressing Sarah's mental health by creating a supportive atmosphere.

Customised Therapeutic Interventions: An Individualised Strategy for Healing

Sarah's particular problems after her ABI necessitate specialised therapy approaches. The importance of customised care plans that include cognitive rehabilitation therapies, emotional support, and tactics that meet her particular needs is emphasised by this subsection. Healthcare professionals can adapt more skillfully to the variety of Sarah's rehabilitation journey by customising therapies. In order to adequately address Sarah's needs, her family and community must be involved. The significance of creating a network of support that goes outside the clinical context is examined in this subsection. Including Sarah's family and the community in her rehabilitation process helps create a comprehensive support network that enhances her general health and social integration.

In order to meet Sarah's requirements, strong advocacy and education initiatives are required. The importance of community advocates and healthcare professionals in clearing up myths about ABI is highlighted in this subheading. We can help bring about a social change that values empathy and understanding by bringing attention to the invisible struggles that people like Sarah experience. Since ABI rehabilitation is dynamic, successful response necessitates ongoing observation and modification.

The need of continuous assessment in identifying changing needs and modifying solutions in response is emphasised by this subheading. During every phase of Sarah's rehabilitation process, a flexible strategy guarantees that her evolving needs are satisfied. In conclusion, as Sarah's case study illustrates, addressing the difficulties brought about by acquired brain injury necessitates a sophisticated and unique approach. A more understanding and supportive environment for people navigating the complexities of ABI can be fostered by healthcare professionals and carers through empathetic engagement, customised therapeutic

interventions, community and family involvement, education, advocacy, and ongoing adaptation.

Recovery oriented practices

Managing the recuperation process following an ABI necessitates a comprehensive and customised strategy, particularly for service user Sarah. This section delves into recovery-oriented practises that give special attention to Sarah's needs while highlighting her abilities, encouraging self-determination, and advancing her inclusion in the community. A strength-based approach is a cornerstone of recovery-oriented practises. This subsection explores how Sarah's rehabilitation is based in large part on her ability to recognise and utilise her resilience. By recognising her skills before and after the injury, medical personnel can customise therapies that use her innate abilities, fostering empowerment and agency throughout her journey.

Recovery-focused approaches understand that health is more than just not having symptoms. This subsection delves into the significance of incorporating physical, cognitive, and emotional aspects into Sarah's rehabilitation strategy. Through a thorough approach to these aspects, medical experts can help Sarah recover in a more balanced and holistic way, enhancing her general well-being after her ABI.

Personalised care: Customising solutions to Sarah's Particular Path

Sarah's rehabilitation journey is intrinsically individualised, requiring a person-centred approach to care. The importance of adjusting interventions to her particular needs, preferences, and goals is emphasised by this subsection. Healthcare providers can help Sarah feel more in control of her rehabilitation by actively participating in decision-making processes and helping her develop goals that are consistent with her values.

Integrating the Community to Promote Inclusivity Outside of Medical Settings

Beyond the confines of a therapeutic setting, recovery-oriented practises encompass community integration. The significance of assisting Sarah in engaging in social, academic, and professional activities within her community is emphasised by this subsection. Healthcare professionals can create a more supportive environment where Sarah can rebuild her life with a sense of belonging by encouraging inclusivity and dismantling social obstacles. Recovery-oriented practises must include both meaningful goal-setting and progress tracking.

This subsection delves into the ways in which medical experts work with Sarah to set attainable and customised objectives. Consistent evaluation and modification of these objectives guarantee that the recuperation strategy corresponds with Sarah's changing requirements, generating an agile and flexible method for her healing. Also, person-centered treatment, holistic well-being, building community integration, identifying strengths, and setting meaningful goals are all components of recovery-oriented approaches for people like Sarah. By adopting these practises, medical practitioners help ensure that the post-ABI rehabilitation process is comprehensive, empowering, and customised to meet the specific needs of each individual.

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