



Dr Kate Perry

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Psychologic Assessment of Recovery after Head Trauma - Main Session (Workshop options scheduled)

Saturday, 22 June 2013

Start 8:55am

Duration: 20mins

Baytrust

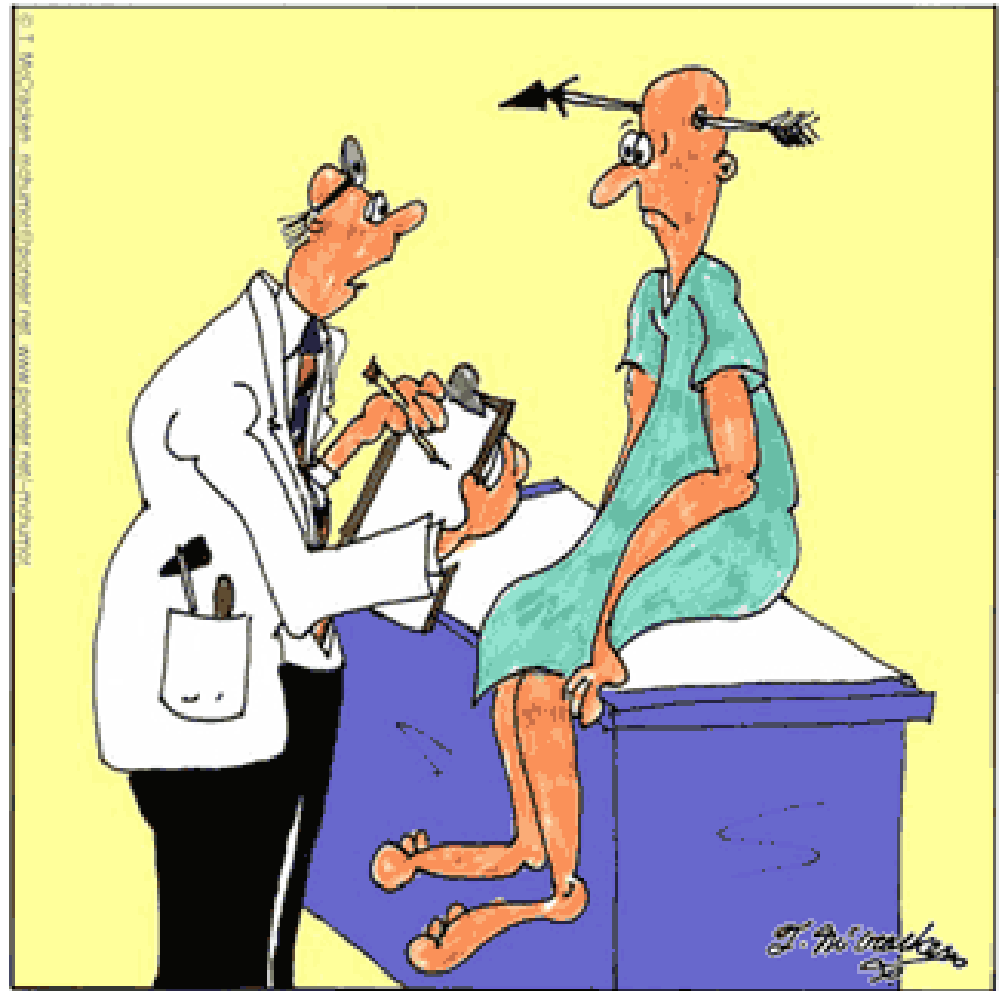


 
Rotorua GP CME 2013

General Practice Conference & Medical Exhibition

20-23 June 2013 | Energy Events Centre | Rotorua

Psychological Assessment Following Brain Injury



Kate Perry
Clinical Psychologist

"Off hand, I'd say you're suffering from an arrow through your head, but just to play it safe, I'm ordering a bunch of tests."

Community Neurobehavioural Service (CNS)

- Regional service, funded by the Auckland DHB
- Provides a psychological service for people who have an acquired brain injury and are experiencing
 - Emotional
 - Behavioural
 - Cognitive difficulties
- Multidisciplinary team comprising psychiatry, psychology and nursing
- Offer assessment and intervention services
- In clinic or home setting

Impact of Brain Injury

- Wide variability; an experience unique to the individual
- Impairments range from
 - Focal to diffuse
 - Mild to severe
 - Subtle to pronounced
 - Temporary to permanent
- Impact across multiple levels
 - Physical
 - Emotional
 - Behavioural
 - Cognitive

Emotional Impact

- Increased prevalence of depression
 - 27-61% major depression following TBI (e.g., Jorge et al., 2005)
- Increased prevalence of anxiety
 - 18-60% anxiety symptomology following TBI (e.g., Hibbard, 1998)
- Aetiology
 - Direct result of injury
 - Adjustment to injury

Emotional Impact

- Identified later in recovery process (e.g., Hart et al., 2009)
 - Immediate focus on physical functioning
 - Not readily observable
 - At time of community reintegration
- Can be considered a sign of recovery
- Negative impact on rehabilitation outcomes and associated with a worse overall prognosis (e.g., Rapoport, 2012)

Behavioural Impact

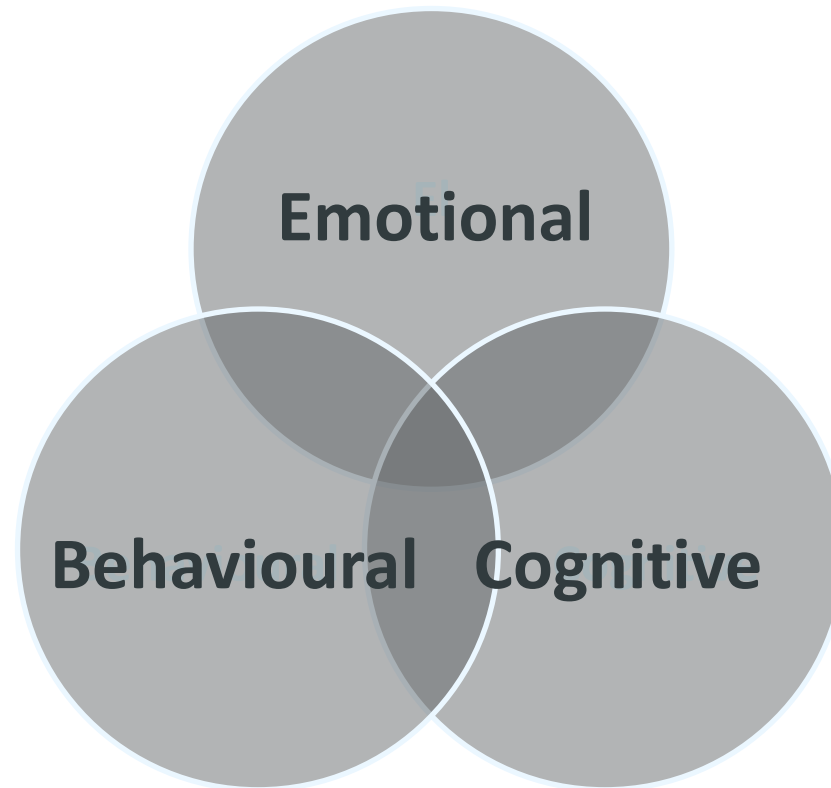
- 'Active' difficulties include:
 - Agitation
 - Explosive anger and irritability
 - Impulsivity and disinhibition
 - Inflexibility or obsessionality
- 'Passive' difficulties include:
 - Self-centredness
 - Apathy and lack of motivation
 - Lack of insight
- Often described as 'personality changes'

Cognitive Impact

- The way a person thinks, learns and remembers
- May experience difficulties with:
 - Information processing speed
 - Attention and concentration
 - Memory and learning
 - Executive functioning
 - Using language
 - Visual spatial, perceptual skills

Psychological Assessment in Brain Injury

- Identify and specify the emotional, behavioural and cognitive effects



Objectives of Psychological Assessment

- Support differential diagnosis
 - Used alongside other data sources
- Documentation of status
 - Access to health and disability services
 - Vocational and educational opportunities
 - Medico-legal circumstances
- Establish a baseline
 - Track recovery over time
- Guide management and intervention strategies
 - Unravel and understand the specific difficulties
 - Identification of strengths and weakness

Tools of Psychological Assessment

- Medical notes review
- Interviews
 - Structured and unstructured
 - Patient, family and healthcare professionals
- Behavioural observation
- Standardised questionnaires
 - HADS to assess depression and anxiety
- Standardised neuropsychological tests
 - WAIS-IV to assess overall cognitive functioning
 - D-KEFS to assess executive functioning

Process of Psychological Assessment

Data gathering:
History
Observation
Testing

Analysis

**Feedback and
recommendations**

Common Interventions

- Psycho-education
- Cognitive Behavioural Therapy (CBT)
 - Depression and anxiety symptomology
- Training in specific skills
 - Sleep hygiene
 - Fatigue management
 - Stress management
- Behaviour modification programmes
 - Anger and irritability
 - Socially inappropriate behaviours
- Cognitive compensatory/substitution strategies

Summary

- The experience of brain injury is unique
- Impact can be seen at multiple levels
- Psychological assessment can help to identify and specify the areas affected
- Psychological assessments usually conducted to inform intervention strategy
- Assessment is time consuming and requires commitment from the patient

Thank you