

# PROMOTING HEALTHIER POPULATIONS ABI DEMOGRAPHICS



Alice Bellavance  
CEO BISNO  
PHSJCC Conference 2017

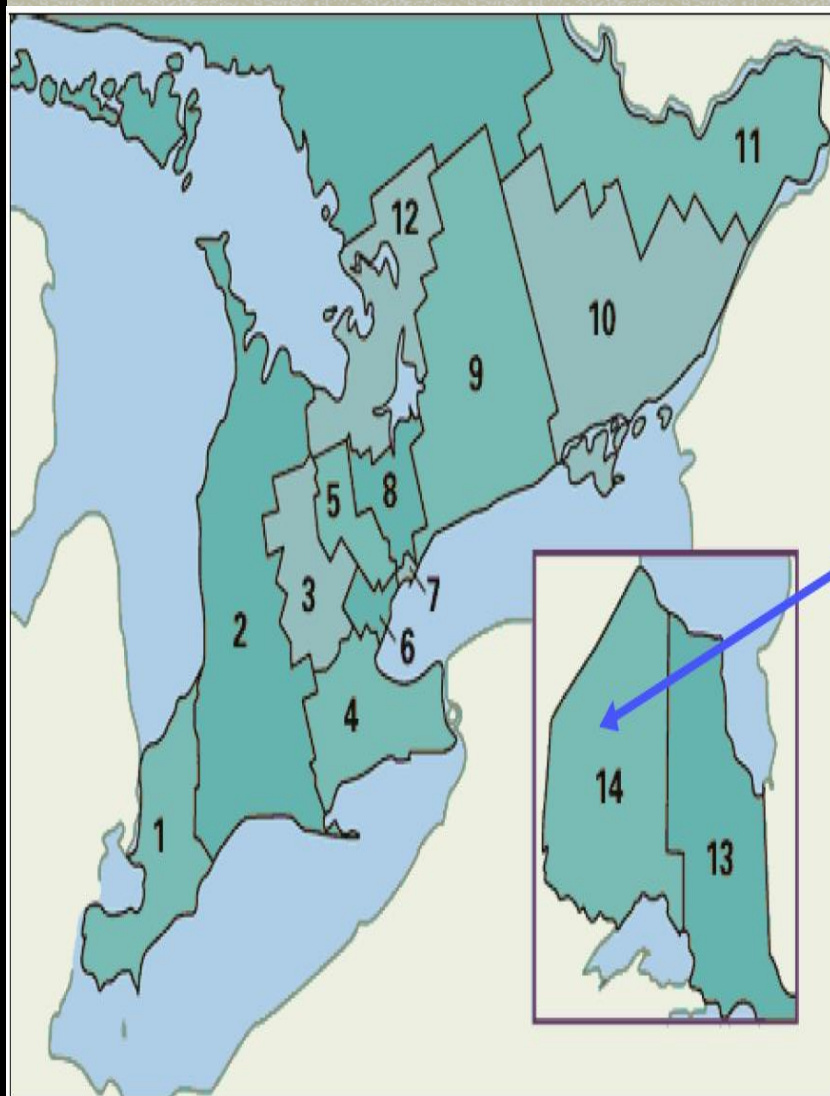


## **Key characteristics of the North West LHIN geography and population:**

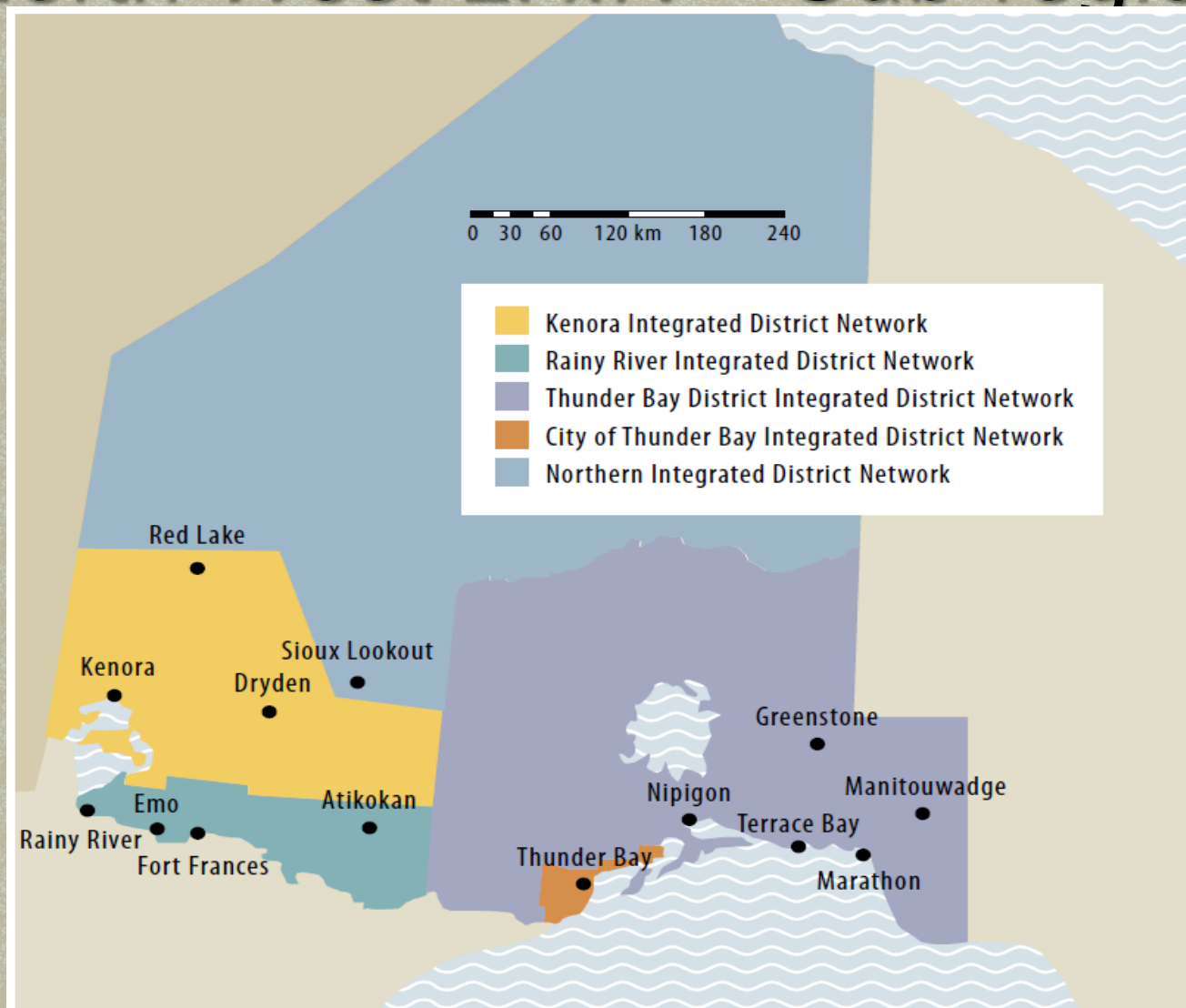
- Largest proportion of Aboriginal people of all Ontario LHINs – approximately 20% of North West LHIN population;
- Largest geographic area of all Ontario LHINs – approximately 47% of Ontario;
- Smallest population (2011 Census) of all Ontario
- LHINs – less than 2% of the Ontario population at approximately 231,000.



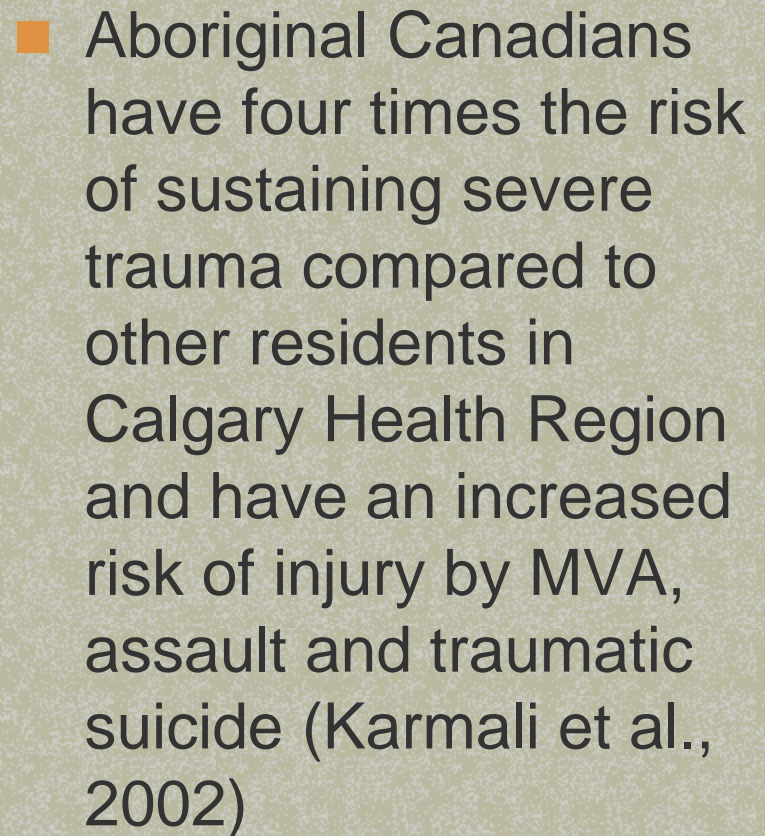
# LHIN's IN ONTARIO



# North West LHIN – Sub-regions







# ABI in Aboriginal Canadians con't

- Little research has been done on brain injury and rehabilitation efforts among Aboriginal Canadians, or the role that traditional healing can have in helping clients during recovery from brain injury



Charles Williams our former Cultural Advisor


# ABI in Aboriginal Canadians con't



**“Family Prayers”  
by Clemence Wescoupe**

- Compared to non-Aboriginal Canadians, Aboriginal Canadians were more likely to suffer a head injury and undergo surgical procedures and less likely to be offered post-discharge resources (Blackmer & Marshall, 1999)





# ABI in Aboriginal Canadians

- Young (2003) states, “although injuries account for a 1/3 of all deaths, they are the subject of research in only 3% of publications... [and]...rehabilitation has been grossly neglected by health researchers” (p. 421)







# Concussion Hits Home

- 92% of women in USA shelters for women escaping violence report being hit on the head more than once by their partner
- 83% reported being both hit on the head and severely shaken
- 8% reported being hit on the head more than 20 in past year (source Sojourner Centre)



# The Learning Curve

- Part 1 about 3 minutes
- <https://www.youtube.com/watch?v=DWQiJZid15A&feature=youtu.be>
- Part 2 about 13 minutes
- [https://www.youtube.com/watch?v=bIU\\_CqgQGwml](https://www.youtube.com/watch?v=bIU_CqgQGwml)
- Part 3 about 13 minutes
- <https://www.youtube.com/watch?v=V5IrkfRevUI&feature=youtu.be>



# Research in progress: IPV

- **Eve M. Valera, PhD.**

The Hidden Victims of Repetitive Traumatic Brain Injuries (TBIs): Women Subjected to Intimate Partner Violence (IPV)

- **Angela Colantonio, PhD, OT Reg. (Ont.), FCAHS, FACRM**

Intimate Partner Violence and Traumatic Brain Injury: A Canadian Perspective





# H.E.L.P.S. Screener

- **H** Have you ever **Hit** your **Head** or been **Hit** on the **Head**?
- **E** Were you ever seen in the **E**mergency room, hospital, or by a doctor because of an injury to your head?



# H.E.L.P.S. Screener con't

- **L** Did you ever **Lose** consciousness or experience a period of being dazed and confused because of an injury to your head?
- **P** Do you experience any of these **Problems** in your daily life since you hit your head?
- **S** Any significant **Sicknesses**?



# WHAT ARE WE GOING TO DO?

To grow healthier families







# **TBDHU: Healthy Babies & Families**

- Planning A Pregnancy?
- Breastfeeding
- Prenatal
- Healthy Babies Healthy Children
- Children's Enviro Health
- Triple "P" parenting (Positive Parenting Program) Also: CCTB and DAFC



# HEALTHY BRAINS FOR CHILDREN CHAPTER

- Prevention of FASD
- Petitions: labeling and FASD Strategy
- Education and training opportunities
- Public awareness campaigns



# COMMUNITY HEALTH CENTRES

- domestic violence prevention/treatment including direct counseling, addictions counseling, conflict resolution, anger management, stress management, self-esteem enhancement;
- parenting education, both individual and group, to improve healthy child development;
- parent-child resource rooms and drop-ins;
- anti-racist initiatives and other programs to promote tolerance, cultural diversity and acceptance of minority groups;
- education, counseling and groups related to weight/body image issues, peer relationships, healthy sexuality;
- programs for teen mothers.



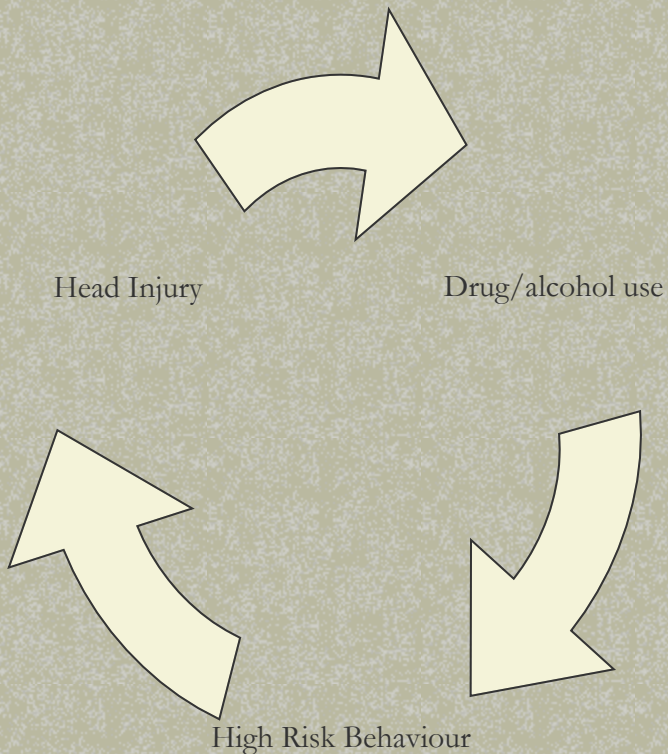


# Sources:

- Mental Health & Addictions 10 Year Strategy  
North West LHIN Consultation Final Report
- Ontario's Action Plan For Health Care
- NWLHIN Aboriginal Health Programs and  
Services Analysis & Strategies: Final Report
- NWLHIN Population Health Profile
- Thunder Bay District Health Unit
- Ministry of Health and Long Term Care
- Healthy Brains for Children Chapter



# Why: a brief history



- Lack of research and information
- Lack of tools and strategies
- Lack of awareness

Consequently, too many people “fall through the cracks.”



# Brain Injury Basics

## What IS a Brain Injury?

- Brain damage resulting from sudden trauma
- Caused by impact, infections, tumors, stroke, aneurysm, anoxia, etc.
- Involves the destruction or degeneration of brain cells





# Main Categories

- Acquired Brain Injury (ABI) usually refers to brain damage as a result of an internal incident, such as a stroke or aneurysm.
- Traumatic Brain Injury (TBI) results from trauma from an external source, such as a blow to the head or some form of agitation
- Anoxic Brain Injury refers to damage resulting from a lack of oxygen, such as asphyxiation.

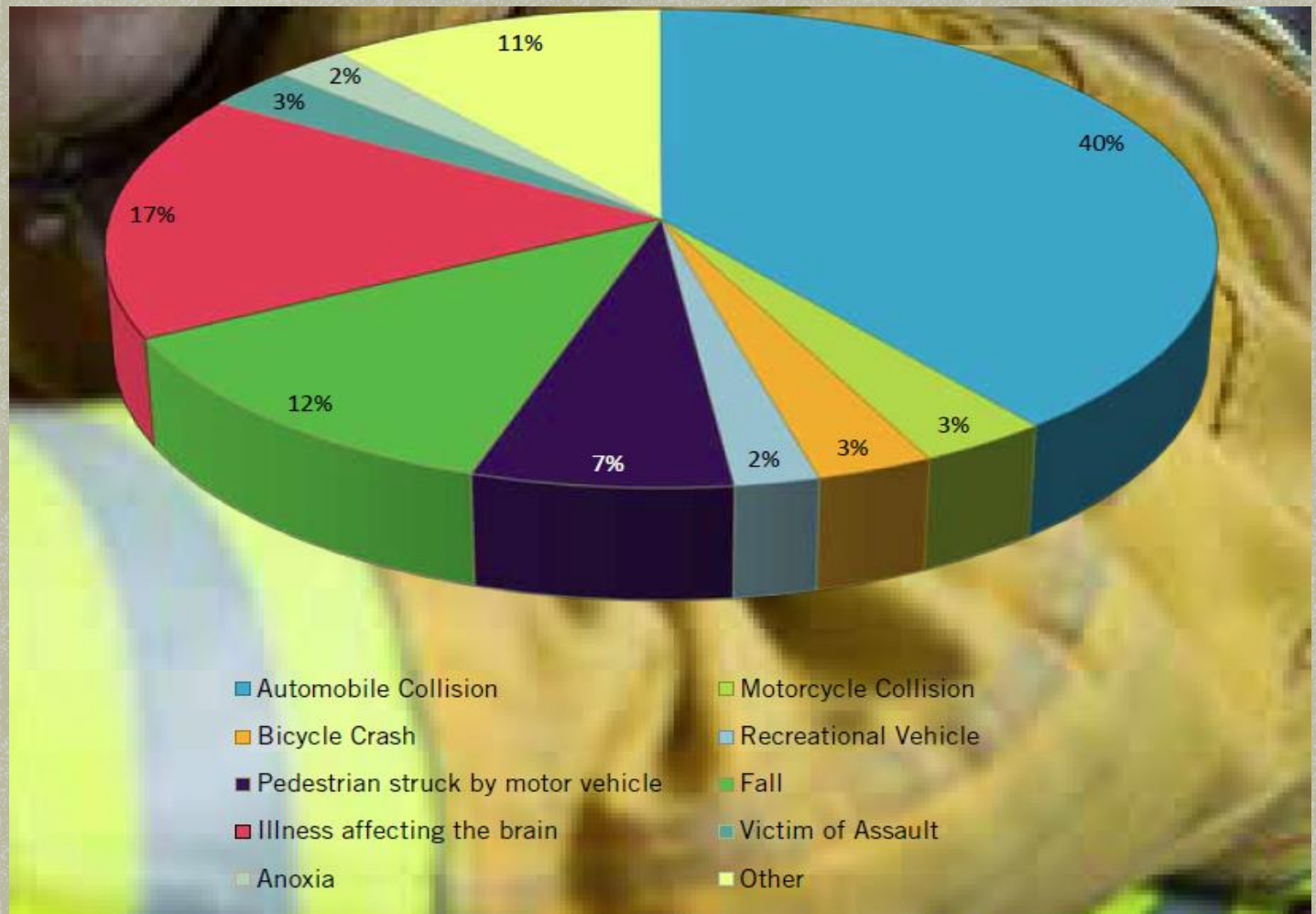


# Ontario experience with ABI

- In Ontario there are almost a half a million people living with a brain injury
- 18,000 new cases are added every year.
- Acquired brain injury (ABI) is 15 times more common
- than spinal cord injury, 30 times more common than breast cancer and 400 times more common than HIV/AIDS.
- Statistics show us that the need to support people living with the effects of ABI is great.

OBIA Impact report 2012, long term information for 20 years of just under 600 people

# Primary causes for brain injury





# Impacts to consider

- 65% of people with an ABI have trouble with pain
- 17% received their brain injury from an illness
- 44% of inmates report a history of TBI
- 47% are homeless
- 70% of caregivers are over 50 years of age
- 53% male, 47% female





# Further impacts to consider con't

- 20% have trouble with hearing
- 26% have trouble with vision
- 95% have trouble with remembering
- 93% have trouble with concentration
- 91% have trouble with decision making
- 46% have trouble with new learning  
most of the time and 45% some of the  
time



# Further impacts to consider con.t

- 22% have co-occurring seizures
- 71% have trouble with dizziness
- 17% use a wheelchair or walker
- 62% have problems with walking
- 90% experience fatigue
- 80% have anxiety
- 69% have trouble controlling their temper



# Further impacts to consider con't

- 57% experience mood swings some of the time and 20% are affected most of the time
- 76% experience depression
- 80% have trouble with sleep
- 22% have bladder & bowel problems some time and 19% have trouble most of the time



# Further impacts to consider con't

- 48% have difficulty with 1:1 conversations some of the time and 15% most of the time
- 82% experience difficulty with conversations in groups
- 71% reported they had trouble getting along with others





# Conclusion

- There is so much more to say.....
- It really is about building relationships with the people we serve, connecting with them on a compassionate and empathic level – heart to heart if you will.
- Think about to Drs. Gabor Mate, Al Condeluci, Cornelia Wieman and so many others.....