# Cognitive Assessment and Rehabilitation in mTBI Patients

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### Disclaimer

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## Challenging Co-morbidity

#### **PTSD**

- Flashbacks
- Avoidance
- Hypervigilance
- Nightmares
- Re-Experiencing

#### **TBI**

- Cognitive Deficits
- Irritability
- Insomnia
- Depression
- Fatigue
- Anxiety

- Headache
- Light/Noise Sensitivity
- Nausea & Vomiting
- Vision Problems
- Dizziness

**Polypharmacy** 

**Pain/Suffering** 

## Common Symptoms in Patients Being Assessed for mTBI

- Cognitive Limitations
  - Difficulty with memory, concentration, and attention
  - Delays in processing speed and executive functioning
  - Difficulty with dual tasking and word finding
  - Speech fluency
  - Pragmatic Language
- Vision Limitations
  - Accommodation Insufficiency
  - Convergence
  - Double vision

- > Hearing Limitations
  - Tinnitus
  - Decreased loss of hearing in noisy environments
- > Vestibular Limitations
  - Balance problems
  - Dizziness
- Psychiatric Limitations
  - Hypervigilance
  - Depression
  - Anxiety
  - Irritability/Anger
  - Apathy

## Speech Pathology Evaluation

#### ➤ Language

- Boston Naming Test
- WJ III COG: Rapid Picture Naming, Verbal Comprehension
- · WJ III Tests of Achievement
- Word fluency

#### > Speech

- Oral Motor Exam
- Speech Articulation
- Speech fluency: Stuttering Severity Instrument, 4<sup>th</sup> Edition

#### > Attention/Concentration

- The Test of Everyday Attention
- Attention Process Training Test
- WJ III COG

#### > Memory

- Rivermead Behavioral Memory Test, 3<sup>rd</sup> Edition
- Repeatable Battery for the Assessment of Neuropsychological Status
- WJ III COG

#### > Executive Function

- Behavioral Assessment of Dysexecutive Syndrome
- The Functional Assessment of Verbal Reasoning and Executive Strategies

#### > Pragmatic Language

## Cognitive-Linguistic Treatment

 Effective Goal Setting with Patient Role of Medication

- Functionally-Based TX
  - Collaborate with AT
  - Study Skill Acquisition
  - High Level Attention Tasks
  - Mind/Body Techniques

- Barriers to Success
  - Chronic pain
  - Sleep disorder
  - Depression, anxiety
  - Dependence on family member

### Auditory & Visual Attention

- Impacted by vision and hearing
- Input from neuro-optometry and audiologist
- Sustained/selective auditory and visual attention assessed using the Test of Everyday Attention (TEA)

#### Test of Everyday Attention: Selective Visual Attention



#### Test of Everyday Attention: Selective Visual Attention

Subtest 6 Telephone Search
Subtest 7 Telephone Search while Counting Version C 206 PLUMBERS 24 HOUR SERVICE .0 831-8528 Capitol City Plumbing. ..O☆ 779-6267 ...X 452-8210 O'Brien and Sons 215-9475 ☆○ 585-4126 Home Depot Plumbers..... ...×× 362-6987 Olympic Plumbers... ...Our 535-3380 Drip/Leak Busters **AAA Magic Plumbing** .00 218-5862 Hudson Plumbing Contract....O 216-8468 PG Plumbing & Electrical. .\$○ 215-0942 ..XO 652-6940 **CHAMPION Plumbers**. Or 218-0239 Park Avenue Plumbers Inter-City Plumbing Abbey Plumbing Associates .. ⋈ 211-9425 Corey & Sons, Plumbers □× 895-6381 Jesse Jones Plumbing..... ... \$ \$ 282-9023 Parkside Contractors ...... 219-9547 Able Plumbing Company...... 764-7251 ...OX 215-8799 Ace Plumbing .. ..XO 206-3217 Crenshaw Plumbing X☆ 963-3806 Act Plumbers .. Paul Drayton, Plumber. XO 275-2691 ... 263-2117 Cummins, A., Plumber. DP Plumbing Johnson & Associates.....XO 353-6623 .XO 802-1841 ...×× 953-6020 Jones Property Services ...... 669-1302 Plumb Center.. .00 362-6987 Dave's Plumbing & Heating....× 215-7041 ALLIED Plumbing Service .....X 275-8203 DAVIS, Joseph & Daughter K & B, the Plumbing Experts .×☆ 215-0401 .□X 213-0942 Alpha Plus Plumbers .... ...□☆ 697-1508 Dawsons of Applegate..... DO 212-0437 XO 369-1115 Kingmasters - Plumbing ......OX 507-3912 Plumbing, Plumbing Supp Decor-Rite Plumbing... Poly Plumbers ... .00 269-1036 ANDERSON BROS ..□X 218-2157 Liberty Bell Plumbers XO 216-4207 , Fit, Plumbing Supplies QUIK-SOLVE PLUMBING ..... 541-3439 \$ 215-1805 RAINBOW PLUMBING Co. XO 780-8977 EAMES Plumbers Reynolds, A., Plumber ELLIOTT, Mark ..... MacKay Construction ... 0 782-0459 Arrow Plumbers.... .÷O 477-1408 Finbow, George & John.. Arrowhead Plumbing .... MARR, Tony & Sons... .☆○ 965-6303 Robertson, P. D. & Co. ..OX 890-1100 ROCKWELL Plumbers X 213-5870 ASPEN Plumbers... ... 348-5278 Matthew Webber, Plumber.....OX 434-0458 Rollins Plumbing **Autoflow Plumbing...** ...Or 225-4220 Morelle & Partners... ...00 544-1876 Russell, Tom, Plumber. .XO 462-0161 ate, Free Estimates .☆○ 702-3438 Morgan & Sons ......□☆ 279-4188 Bedford Plumbing. Friendly Plumbing .... Morris Johnson, Plumber ....... ☆□ 698-0083 Bellweather Plumbers. X 226-6221 SBJ Property Maintenance..... 582-6894 Garners, a Family Business ...× 257-6565 Put Plumbing Problems Behind Benson Brothers. George Brown Plumbers ...... 953-8813 Sam Wood's, Plumbing &...... 00 507-2613 National Plumbing & Heating. O 604-0608 General Skilled Work lumbing atest Technology at Affordable Rates Sargents Plumbing... Bestway Plumbing . X 983-3411 Glen Plumbing Systems ...... 00 670-9221 .....O☆ 645-6269 SEARLE Plumbing Co... .Oth 636-0360 If we can't fix it, nobody can Call us for fast/free estimate Bloom's, Plumbing Service ....X 521-5824 Greens of Gateway......XO 570-1148 NEPTUNE Plumbers ..... XX 218-2217 Briar Plumbing Company ◆O 295-8379 Grey & Company, Plumbers ... X 439-2156 .☆□ 213-3627 STAR Plumbers X☆ 377-0154 Guardian Plumber ..XO 284-7541 ...... 654-7403 Pride in Pleasing You .○☆ 553-7696 Bullder's Emporium STOP-DRIP ..... 921-8274 Norristown Contractors ....XO 764-3206 ☆☆ 954-5000 ..OX 269-7628 Quality Work Reasonably C. G. K Home Care Plumbing..... Oakhouse Plumbers ...XO 604-1112 ☆○ 223-2906 All Appliances Installed "Large or small, we do it all" All Plumbing Services

## Test of Everyday Attention: Sustained Auditory Attention

- Subtest 1: Elevator Counting
  - Listen and count low tone beeps

- Subtest 2: Elevator Counting with Distraction
  - Listen and count only the low tones that are intermixed with high tone beeps

# Case Study: Impact of hearing on cognition

- 42 year old WM, active duty US Navy SEAL, diagnosed with mTBI secondary to multiple concussive events that occurred during combat missions, training, and sporting events; Anxiety; Depression; and, s/p ETOH abuse. Seen during NICoE 4 week program
- Somatic complaints: chronic pain, headache, dizziness, irritability, poor sleep, ringing in ears.
- Cognitive-linguistic complaints: memory, attention, word finding in conversation.
- Brain MRI: 3 small areas of T2 hyperintensity in bifrontal white matter. Mild cerebellar volume loss.

### Speech Pathology Evaluation Results

- Executive function and sustained/selective visual attention were in the Average range.
- Memory (verbal & new learning), sustained/selective auditory attention, word retrieval/verbal fluency, and divided attention were in the Low Average range
- Cognitive test results correlated with patient's subjective cognitive complaints
- Speech-cognitive therapy recommended as well as simultaneous tx of medical and psychological symptoms

## Audiology Evaluation & Recommendations

- Pure tone testing showed borderline-normal hearing sensitivity.
- The patient endorsed hearing problems in many listening situations along with bilateral tonal tinnitus
- Recommendations: Fit with binaural low-level, open-fit, hearing aids

### Speech Pathology Follow-up

- Re-evaluation of selective attention using the TEA:
   Elevator Counting with Distraction subtest.
  - Raw score improved from 3/10 (SS in low average range) to 10/10 (SS in high average range) with use of hearing aids
  - Patient commented that he has to exert less energy/effort to attend during group discussions when wearing hearing aids
- Cognitive rehabilitation to improve complex attention, verbal memory, and speech articulation.