

Training Glossary

Traumatic Brain Injury (TBI): an alteration in brain function or other evidence of brain pathology caused by an external force

Non-Traumatic Brain Injury: injuries to the brain that are not caused by an external physical force to the head

Anoxia: this refers to a lack of oxygen to the brain such as in near drowning, or strangulation

Brain tumours: a mass or growth of abnormal cells in your brain

Encephalitis: inflammation of the brain, caused by infection or an allergic reaction

Metabolic encephalopathy: neurological disorder not caused by primary structural abnormalities; rather, a result of systemic illness, such as diabetes, liver disease, renal failure and heart failure

Toxic effects: an adverse effect of a drug produced by an exaggeration of the effect that produces the therapeutic response

Vascular insults: a sudden interruption of the blood supply to the brain caused by rupture of an artery in the brain (cerebral haemorrhage) or the blocking of a blood vessel, as by a clot of blood (cerebral occlusion)

Fetal Alcohol Spectrum Disorders: an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

Mild TBI: Indicators

1. Any period of loss of consciousness;
2. Any loss of memory for events immediately before or after the accident;
3. Any alteration in mental state at the time of the accident (eg, feeling dazed, disoriented, or confused); and
4. Focal neurological deficit(s) that may or may not be transient; but where the severity of the injury does not exceed the following:
 - loss of consciousness of approximately 30 minutes or less;
 - after 30 minutes, an initial Glasgow Coma Scale (GCS) of 13–15; and
 - posttraumatic amnesia (PTA) not greater than 24 hours.

Moderate TBI: Loss of consciousness from ≥ 30 minutes to 6 hours and a Glasgow Coma Scale rating of 9 to 12.

Severe TBI: Loss of consciousness of greater than 6 hours and a Glasgow Coma Scale of 3 to 8. (i.e. less than 9). Length of coma and duration of post traumatic amnesia (lack of ability to create new memories) also indicators of severity.

Executive Functions: A series of integrative cognitive functions that determine goal-directed and purposeful behavior and are superordinate in the orderly execution of daily life functions.

Social Determinants of Health: the social and economic factors that influence people's health

Intimate Partner Violence: domestic violence by a current or former spouse or partner in an intimate relationship against the other spouse or partner. IPV can take a number of forms, including physical, verbal, emotional, economic and sexual abuse.

Cognitive-communication: refers to difficulties with any aspect of communication; listening, understanding, speaking, reading, writing and thinking, due to underlying cognitive impairments. This also includes challenges with behavioral self-regulation that impact social communication.

Social-communication: use of language within social contexts and encompasses social interaction, pragmatics, and language processing, and includes other more general social cognitive skills.

Alexithymia: Characterized by

- Poor awareness for personal emotions and emotions of others;
- Reduced acknowledgement of physical sensations and association with emotional responses (e.g., elevated heart rate and fear);
- Difficulty describing and/or trouble distinguishing emotions (e.g., differentiating anger from sad);
- Preference for discussing concrete or superficial facts rather than emotions.

Negative attribution: interpreting or misinterpreting another's intent as being negative, even when it isn't.

Non- Violent Communication Marshall Rosenberg: the Integration of 4 things

1. Consciousness: A set of principles that support living a life of compassion, collaboration, courage, and authenticity.
2. Language: Understanding how words contribute to connection or distance.
3. Communication: Knowing how to ask for what you want, how to hear others even in disagreement, and how to move forward towards solutions that work for all.
4. Means of influence: Sharing "power with others" rather than using "power over others".