



# Outcomes of Brain Injury Family Intervention Training for Professionals

Caron Gan RN, MScN, RMFT<sup>1</sup>, Jeffrey Kreutzer PhD, ABPP, FACRM<sup>2</sup> <sup>1</sup> Holland Bloorview Kids Rehabilitation Hospital <sup>2</sup> Virginia Commonwealth University

## Background

Brain Injury Family Intervention for adults (BIFI) (Kreutzer et al, 2002) and BIFI-A for adolescents (Gan et al, 2010) are empirically-based interventions designed by researchers to promote effective family coping after brain injury (ABI). BIFI and BIFI-A are manualized protocols incorporating education about ABI, emotional support, and skill building.

### Objectives

To evaluate outcome of a 2-day Brain Injury Family Intervention Training program for professionals.

## Methods and Analysis

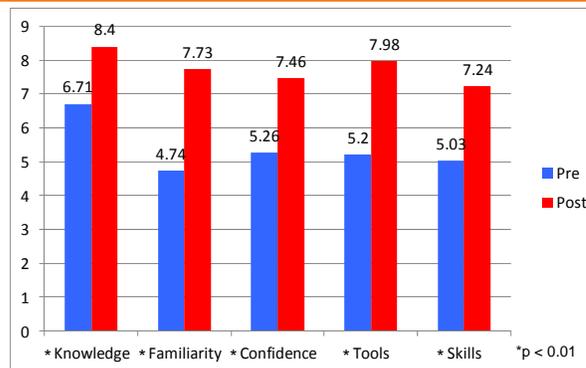
A 2-day Brain Injury Family Intervention Training program was developed to help professionals learn skills in family assessment, engagement, intervention, and implementation of BIFI or BIFI-A protocol. 219 rehabilitation professionals completed training between 2009 – 2011. Four training sessions were held in Ontario and one in Nova Scotia.

Participants completed self-evaluations pre- and post-training relating to the following issues:

1. knowledge about impact of ABI on families
2. familiarity with theoretical models of post-ABI family intervention
3. self-confidence in assessment and intervention skills
4. possession of tools to work effectively with families after ABI
5. confidence in skills required to address complex family situations.

Descriptive statistics were used to summarize responses and *t*-tests were used for comparison of pre-post mean scores across each of the five areas.

## Pre/Post-Training Mean Scores



## Qualitative Findings

Some of the best aspects of the training were:

- “excellent resources and very useful tools for working with families”
- “detailed manual, helpful handouts, use of real family in video”
- “different disciplines teaching, lots of resources provided”
- “the warmth and authenticity and passion of the invited speakers – their extensive collective knowledge, as well as the case presentations and the detailed handouts”

General comments:

- “I had consistent feedback from colleagues that this was the best training experience they’ve had”
- “This has been a truly excellent workshop. The presenters have excellent material, and a good sense of presentation. This will be very useful in my practice, not only with TBI patients, but all patients and family members”

## Conclusions

The workshops provided a forum for sharing knowledge and expertise locally, nationally and internationally to enhance capacity in the ABI system. 219 professionals from Ontario, Nova Scotia, Alberta, Brazil, and Sweden have learned about implementation of BIFI or BIFI-A and ways of enhancing their family intervention skills. The 2-day Brain Injury Family Intervention Training resulted in statistically significant improvements in participants’ knowledge, confidence, and skills in working effectively with families after ABI. These workshops exemplify the integration of research, education and knowledge translation to enhance clinical care for clients with ABI and their families.

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