

IMPLEMENTING BEST-PRACTICE FOR MANAGING AGITATION AND AGGRESSION FOLLOWING TRAUMATIC BRAIN INJURY IN THE ACUTE HOSPITAL SETTING

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ABOUT THIS PROJECT

Agitation and aggression are common behaviour changes after traumatic brain injury (TBI) during acute hospital admissions. There is a crucial need to understand implementation of effective, best-practice approaches for managing agitation and aggression after TBI in the acute hospital setting.



RESEARCH AIMS

- Explore barriers, enablers and contextual factors for best-practice management of agitation and aggression after TBI in acute hospital settings.
- Develop implementation strategies for improvements.



WHAT WE DID



- Focus groups with 28 staff who work with patients with TBI in acute hospital or inpatient rehabilitation settings.
- Interviews with 10 family members of people with TBI who had agitation and aggression during the acute hospital admission.
- Audited current practice of TBI behaviour management in the acute hospital setting.
- Developed implementation strategies for improvements for managing agitation and aggression after TBI within acute hospital settings.



WHAT WE FOUND



BARRIERS



- Limited evidence for management strategies.
- Limited staff with skills and experience.
- Hospital environments are overstimulating.
- Agitation and aggression can be unpredictable.
- Lack of resources.
- Families need more support and information.

ENABLERS



- Consistent, person-centred care
- Family involvement
- Opportunities for communication
- Teamwork

"Education is one thing, but you need to experience it"
(Acute staff)

"Just giving the person the means to communicate effectively can be what manages the behaviour" (Rehab staff)

"It's the noise levels...there's machines going out there and people walking up and down the corridors"
(Family)

IMPROVEMENTS FOR BETTER CARE

- More staffing
- Staff training
- More resources
- Collaborative teamwork
- Family involvement
- Education and support to families
- Hospital environments to enhance TBI recovery
- More research
- Progressive policies and guidelines