

# Lifestyle Management Strategies for TBI Survivors

Dr. Kendra L. Sheard, OTD, OTR/L  
Occupational Therapist

June 12, 2024

Concussion Care Centre of Virginia and  
Virginia Neuro-Optometry



# Objectives

At the end of this presentation, participants will be able to:

- Appreciate the theoretical foundations of lifestyle management
- Articulate the components of lifestyle/lifestyle management
- Acknowledge coaching in the lifestyle management approach
- Apply lifestyle management concepts to the post-TBI population

# Theoretical Foundations

- Lifestyle Redesign®: “An innovative occupational therapy intervention framework developed at USC Chan that has been proven to improve health and wellness through building healthier lifestyles. Changing behaviors takes time and is a complex process, but we know that lifestyle choices directly influence the state of our physical, mental, cognitive, and emotional health.”

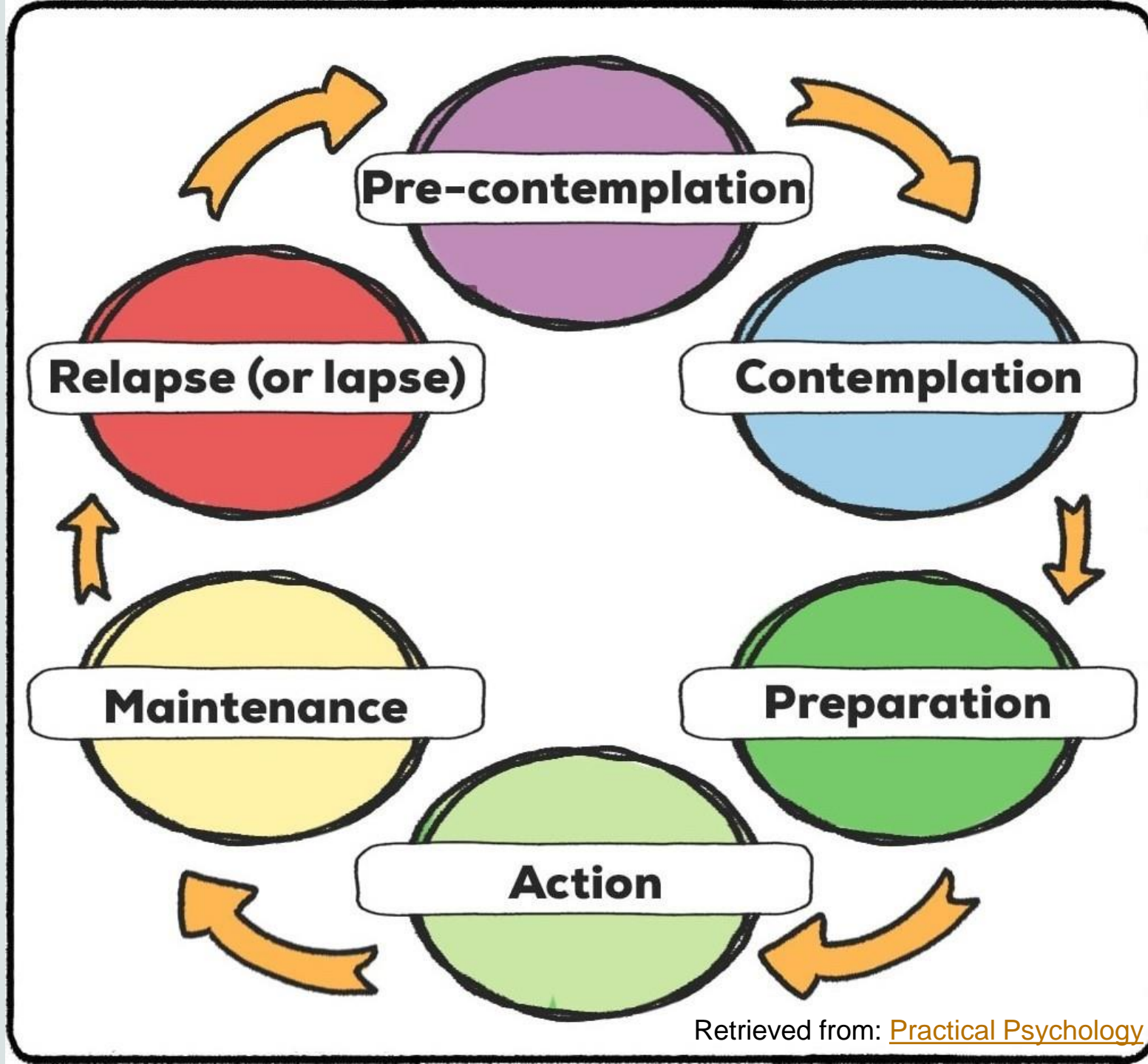
*(<https://chan.usc.edu/about-us/lifestyle-redesign>)*

# Theoretical Foundations

- Lifestyle Medicine: “A medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity...evidence-based, whole-person, prescriptive lifestyle change...six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections...” (<https://lifestylemedicine.org/>)

# Theoretical Foundations

- Transtheoretical Model of Change (TTM)



# Coaching in Lifestyle Management

- Motivational Interviewing: “a client-centered yet directive approach for facilitating change by helping people to resolve ambivalence and find intrinsic reasons for making needed behavior change...broadly applied in healthcare...It is particularly applicable when low intrinsic motivation for change is an obstacle...seeks to elicit the client’s own goals, values, and motivation for change and to negotiate appropriate methods for achieving it.” (Motivational interviewing. Retrieved from [APA Dictionary](#))

# Coaching in Lifestyle Management

- OARS
  - O Open-ended questions
  - A Affirmation
  - R Reflective listening
  - S Summary reflections

(Hall, Gibbie, and Lubman, 2012)

# Lifestyle Components

- Time Management: “You cannot manage your health well if you cannot manage your time well.”
- Sleep Hygiene
- Social Support
- Stress Management
- Physical Activity

(Collins, C.R., 2021)



# Lifestyle Components

- Energy Conservation/Pacing
- Medication Management
- Play/Leisure
- Finances
- Spirituality
- Medication Management

*(Collins, C.R., 2021)*

# Lifestyle Components

- Eating Routines
- Community Participation
- Roles
- Daily Habits & Routines

(Collins, C.R., 2021)

# Lifestyle Management post-TBI

- Fatigue
- Pain/chronic headache
- Organization/time management/cognition
- Sensory dysregulation
- Sleep hygiene
- School/work/community re-entry

# Q & A Time!

# Resources

American College of Lifestyle Medicine (ACLM). (n.d.) About us.

<https://lifestylemedicine.org/about-us/>

APA Dictionary of Psychology. (2018, April 19). *Motivational Interviewing*. Retrieved May 22, 2024 from <https://dictionary.apa.org/motivational-interviewing>

Collins, C.R. (2021, November 9) *Life Management Series: Introduction to Lifestyle Redesign®* [PowerPoint slides]. Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy, University of Southern California.

Hall, K., Gibbie, T., and Lubman, D.I. (2012). Motivational Interviewing Techniques: Facilitating Behavior Change in the General Practice Setting. *Australian Family Physician* 41(9), 660-667.

University of Southern California (USC). (n.d.) Lifestyle Redesign®.

<https://chan.usc.edu/about-us/lifestyle-redesign>



Thank you!

Dr. Kendra Sheard, OTD, OTR/L

(804) 387-2902

[ksheard@cccv-ltd.com](mailto:ksheard@cccv-ltd.com)

[drsheardot@virginianeurooptometry.com](mailto:drsheardot@virginianeurooptometry.com)

<https://www.virginianeurooptometry.com/concussion-care-centre-of-virginia>