

Workshop: Fatigue management following adult and pediatric acquired brain injury in clinical practice

Presenter(s):



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Short bio: Jan Stubberud:

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His research interests lie primarily in the area of clinical adult and paediatric neuropsychology, with a particular focus on the rehabilitation of disorders of memory, attention and executive functioning. Current research focuses on employing a metacognitive approach with problem-solving and attentional strategies in the remediation of cognitive deficits in patients with brain injury, depression, schizophrenia, ADHD, and cancer. Recent studies have also explored the nature of fatigue after paediatric brain injury, including its interplay with associated factors.



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His research interests are in neurorehabilitation and neuropsychological sequelae of brain injury, particularly assessment and treatment of fatigue. He is conducting a PhD project with aims to validate a self-reported outcome measure of fatigue and to evaluate treatment strategies for improving self-management of fatigue in interdisciplinary vocational rehabilitation of brain injury.

Abstract: Fatigue is a common complaint following acquired brain injury (ABI). Although several interventions have been evaluated, such as pharmacological treatment, cognitive behavioral therapy, and metacognitive strategies, there is currently insufficient evidence to support a gold-standard for treatment in clinical practice. This workshop covers issues to consider in fatigue rehabilitation for both adult and pediatric ABI populations. The participants will learn about factors that may contribute to fatigue and the interplay of fatigue with associated factors, assessment of fatigue, including patient-reported outcome measures, and differential diagnostic considerations. Further, management strategies for fatigue will be presented, including metacognitive strategies for improving problem solving and attention, and behavioral strategies of an interdisciplinary Energy Management program in vocational rehabilitation. The workshop will incorporate research findings from the scientific literature, case examples, and exercises.