



## All concussions are brain injuries

A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. During Brain Injury Awareness Month, the Delaware Coalition for Injury Prevention's Brain and Spinal Cord Injury Team wants Delawareans to know that all concussions are brain injuries.

According to the Centers for Disease Control and Prevention (CDC), concussion symptoms are headache or "pressure" in the head; nausea or vomiting; and dizziness or balance problems. The injured individual may have blurred or double vision, light or noise sensitivity, ringing in ears, confusion, and difficulty concentrating or remembering. The person may feel slowed down, tired, sad, irritable, and be more emotional or not feel right. Toddlers and infants will not stop crying, cannot be consoled, and will not nurse or eat.

Someone with a concussion may appear dazed or lose consciousness, though that does not always occur. The injured person may have slurred speech, move clumsily, appear off balance, and be slow to answer questions. They could exhibit a change in behavior, mood, or personality, including irritability or aggressiveness; and be more tired than usual. A change in sleep pattern could occur.

If you have a concussion, stop your activity immediately and get evaluated by a medical provider. Do not try to judge the severity yourself. Delaware law says all children must be evaluated prior to returning to any sporting activity.

For more information and training, visit the CDC's Headsup website: <https://www.cdc.gov/headsup/>. Another resource is the State Council for Persons with Disability (<https://scpd.delaware.gov/>); access the Brain Injury Fund Assistance.

## Brain Injury Association of Delaware announces virtual conference series

The Brain Injury Association of Delaware (BIADE) is hosting its 2023 Annual Conference in March through a virtual webinar series. The series will be held every Thursday in March from 6:00 p.m. to 7:30 p.m. and are free to survivors and caregivers.

BIADE says the sessions share information on new advancements in care, service, and program options for survivors, and teach attendees how to advocate for traumatic brain injury survivors.

The webinar schedule is:

### **Session I: March 2, 2023, 6:00 p.m.**

*Following the Data of Brain Injury in Delaware.* Dr. Gurpreet Kaur, MD, MBA, Delaware Health Information Network (DHIN) and Dee Rivard, State Council for Persons with Disabilities

### **Session II: March 9, 2023, 6:00 p.m.**

*Cognitive-Communication Disorders Following Traumatic Brain Injury.* Maggie Kalinec, Defy Therapy Service

### **Session III: March 16, 2023, 6:00 p.m.**

*Gaps in Service for Brain Injury Survivors.* Dr. Terry Harrison-Goldman, Nemours Children's Health

### **Session IV: March 23, 2023, 6:00 p.m.**

*Brain Injury and Seizures - What We Know And What We Don't.* Dr. John Cheng, Christiana Care Health System

### **Session V: March 30, 2023, 6:00 p.m.**

*Traumatic Brain Injury: Not Just One Moment in Time - Long-Term Health Effects after TBI.* Dr. Dawn R. Tartaglione, DO, Bayhealth Neurosurgery.

Register at [www.biade.org](http://www.biade.org). Watching all five webinars can



earn 5.0 CEU credits for Speech Language Pathologist, Occupational Therapy, and Physical Therapy, plus Nurse Practitioners and Nursing (pending application).

For more information, contact BIADE at 302-346-2083.





A urine test and a blood test can check for kidney disease.

niddk.nih.gov

## Learn about chronic kidney disease during National Kidney Month

Chronic kidney disease (CKD), also called Chronic Renal failure, is a condition where the kidneys gradually lose function over time, eventually leading to complete kidney failure. CKD is caused by a variety of factors, including high blood pressure, diabetes, and certain inherited disorders. Symptoms of CKD may not appear until the disease has progressed significantly, and may include fatigue, swelling, and changes in urination patterns. CKD can be managed with lifestyle changes and medical treatment, but in advanced stages, a kidney transplant or dialysis may be necessary.

Prevent CKD with these tips from the Centers for Disease Control and Prevention (CDC):

- Prevent high blood pressure by self-monitoring and following your treatment plan.
- Schedule regular check-ups with your health care provider to monitor kidney function and detect diseases early when they are more treatable. This is important for individuals with diabetes, who are at a higher risk for developing CKD.
- Follow a healthy diet that is low in salt, sugar, and unhealthy fats.
- Get regular physical activity.
- Avoid harmful substances such as tobacco, excessive alcohol, and certain medications.
- Manage other health conditions such as heart disease and liver disease.

Call a doctor immediately if you have chest pain or shortness of breath. See a provider for changes in urination patterns, including increased frequency, decreased volume, or the appearance of blood in the urine. Other symptoms of impaired kidney function are swelling in the face, legs, or feet; anemia; nausea or vomiting; and itchy skin.

The Division of Public Health (DPH) offers free six-week self-management workshops to adults who have or care for someone living with a chronic condition. For more information, visit [Healthy Delaware](#) or call 302-208-9097.

Delaware residents diagnosed with End Stage Renal Disease can apply to the [Chronic Renal Disease Program](#) for financial assistance. Reach the Division of Medicaid & Medical Assistance online, call the Delaware Help Line at 211, or call 302-424-7180.

## Seven public libraries offer kiosks for telehealth appointments and more

Delawareans can access telehealth, legal support, and employment assistance for free at seven public libraries. Private, soundproof kiosks are available at the Woodlawn, Route 9, Georgetown, Laurel, Lewes, Milton, and Milford public libraries through a Delaware Libraries pilot program.

Each kiosk offers high-speed Internet, an iPad, and a hand sanitizer station. With the tablets, Delawareans can Zoom, Skype, and use other videoconferencing software to hold virtual appointments with health care providers, connect with social service specialists about Medicaid, and apply for food, housing, and other essential benefits. The kiosks can also be used for interviews, job training, legal appointments, and education.

The kiosks fit up to three people, are wheelchair accessible, and offer hand sanitizer stations.

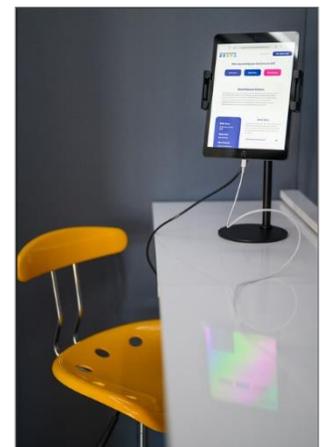
Reserve a kiosk at

<https://delawarelibraries.libcal.com/appointments/>.

This is a grant-funded project from several local and national nonprofits and the federal government. More kiosks are planned at additional libraries. Chromebooks, Wi-Fi hotspots, and blood pressure cuffs can also be borrowed from public libraries throughout the state.

In Delaware:

- Telehealth appointments can occur through video as well as audio-only technologies.
- Patients can access telehealth services if there is an established physician-patient relationship.
- Informed consent is required and must comply with current HIPAA requirements.
- Prescriptions may be prescribed through a telehealth visit once the physician-provider relationship is established.
- Medicaid, Medicare, and private insurance carriers reimburse for telehealth services if those in-person services are covered.



Division of Libraries

For more information, visit

[GetConnected.DelawareLibraries.org](https://www.getconnected.delawarelibraries.org) and

<https://www.matrc.org/>. Visit the 2022 National

Telehealth Conference Summary B and

Telehealth.HHS.gov to learn how to use telehealth and prepare for a virtual visit.