

I CAN SEE IT IN YOUR EYES

The Case for Expanding the Variety of Assessments
Predicting Recovery from Brain Injury

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Additional Information/ Other Learning Resources

Andrea Adoni, BSN, RN, CCRN, CEN, EMT Molly McNett, PhD(c), MSN, RN; "The Pupillary Response in Traumatic Brain Injury: A Guide for Trauma Nurses;" *Journal of Trauma Nursing* • Volume 14, Number 4
<https://nursing.ceconnection.com/ovidfiles/00043860-200710000-00007.pdf>

■ ABSTRACT: Traumatic brain injuries (TBIs) affect more than 1.4 million Americans annually. Trauma nurses caring for these patients routinely perform serial neurologic assessments, including pupillary examinations. While trauma nurses are likely familiar with basic components of the pupillary examination, some confusion about more specific aspects of the examination and the physiologic basis of the pupillary response may still remain, particularly as it pertains to patients with TBI. Therefore, the purpose of this article is to identify the key components of a pupillary examination and its associated physiologic response. A case study is provided to illustrate the application of this information among patients with TBI.

Donna Sperandio , "Theory of Mind: 5 Activities to Develop Your Child's Skills," <https://blog.medel.com/develop-childs-theory-of-mind-skills/>

WENDY HASENKAMP, 'Theory of Mind: CONTEMPLATIVE SCIENCE BEGINS TO UNPACK THE CRITICAL ELEMENTS OF CARING,'

<https://www.mindandlife.org/theory-mind/>



Resilience or what doesn't Kill you makes you stronger~!

Failure, Rejection, Grit

All About Resilience

Adversity is a fact of life. Resilience is that ineffable quality that allows some people to be knocked down by life and come back at least as strong as before. Rather than letting difficulties or failure overcome them and drain their resolve, they find a way to rise from the ashes. Psychologists have identified some of the factors that make a person resilient, among them a positive attitude, [optimism](#), the ability to regulate emotions, and the ability to see failure as a form of helpful feedback. Research shows that optimism helps blunt the impact of [stress](#) on the mind and body in the wake of disturbing experiences. And that gives people access to their own [cognitive](#) resources, enabling cool-headed analysis of what might have gone wrong and consideration of behavioral paths that might be more productive. Resilience is not some magical quality; it takes real mental work to transcend hardship. But even after misfortune, resilient people are able to change course and move toward achieving their [goals](#). There's growing evidence that the the elements of resilience can be cultivated.



- [Mistakes Don't Have to Be Setbacks](#)
- [Super Survivors](#)
- [The Art of Resilience](#)

Bouncing Back From Tough Times

Do you attribute personal and professional setbacks to your own inadequacy, or can you chalk them up to factors that are specific and temporary? Do you demand a perfect streak, or can you accept a mix of losses and wins? Resilience is about getting through pain and disappointment without letting them crush your spirit, and research continues to uncover what resilient people do as they persist after missteps, accidents, and [trauma](#). Stories of ordinary people thrust into extraordinarily challenging circumstances prove that disasters can be overcome—and can even make one stronger.

CONNECTED TOPICS

[Optimism](#), [Stress](#)



- [The Real Gift of Failure](#)
- [Failure as a Marker of Success](#)
- [Weathering the Storm](#)

The Power of Failure

To fail is deeply human, as is the capacity to inspect, learn from, and transcend failure. That doesn't mean one needs to pretend that it's pleasant to fail or simply ignore the frustration that arises when a goal falls out of reach. But accepting the feelings that come with failure, being curious about them, and resisting the urge to judge oneself too harshly are critical skills to cultivate. Ultimately, failures are than

stumbling blocks on the proverbial path to success: The lessons they teach have implications for humility, maturity, and [empathy](#).

CONNECTED TOPICS

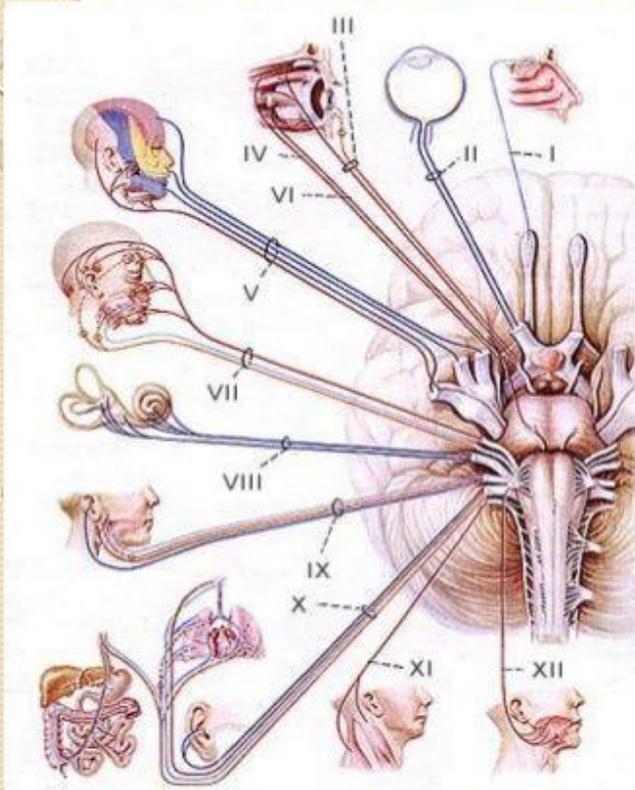
[Optimism](#), [Depression](#)

 AMERICAN PSYCHOLOGICAL ASSOCIATION “The Road to Resilience” <https://www.apa.org/helpcenter/road-resilience>

Maguire Herriman, AB₁; Maurice E. Schweitzer, PhD₂; Kevin G. Volpp, MD, PhD_{1,2,3}, “The Need for an Intervention to Prevent Sports Injuries Beyond “Rub Some Dirt on It”” *JAMA Pediatr.* Published online January 28, 2019. doi:10.1001/jamapediatrics.2018.4602
<https://jamanetwork.com/journals/jamapediatrics/article-abstract/2722668>

“Eye proves to be a key component of effective concussion diagnosis, treatment,” *Primary Care Optometry News*
https://www.healio.com/optometry/primary-care-optometry/news/print/primary-care-optometry-news/%7Bb603baza-9138-4975-ac4e-c3da9818a3bd%7D/eye-proves-to-be-a-key-component-of-effective-concussion-diagnosis-treatment?utm_source=TrendMD&utm_medium=cpc&utm_campaign=Healio_TrendMD_1

CRANIAL NERVES



I Olfactory
 II Optic

**CEREBRAL
 HEMISPHERE**

III Oculomotor
 IV Trochlear

MIDBRAIN

V Trigeminal
 VI Abducens
 VII Facial
 VIII Vestibulo-
 cochlear

PONS

IX Glossopharyngeal

MEDULLA

X Vagus
 XI Accessory
 XII Hypoglossal