

Research Assessment 7

Date: November 13, 2020

Subject: Traumatic brain injury in homeless and marginally housed individuals: a systematic review and meta-analysis

MLA Citation:

"Traumatic Brain Injury in Homeless and Marginally Housed Individuals: a Systematic Review and Meta-Analysis." *BrainLine*, 3 Mar. 2020, www.brainline.org/research/traumatic-brain-injury-homeless-and-marginally-housed-individuals-systematic-review-and.

Assessment:

For my original work research paper, I am researching how pre-existing conditions and other factors affect the chances of a person from suffering a traumatic brain injury, or TBI. As part of my research, I found an article that discusses the link between homelessness and TBIs. In our society today, homelessness is a growing problem due capitalism and wealth inequality. This also means that more people are less likely to be able to afford services where they can keep up with their health, or live in places that keep them safe. Furthermore, because of their financial bounds, people in the homeless community cannot provide as many meals for themselves, resulting in the neglect of their health and increasing disposition to issues that could be prevented by a good healthy lifestyle.

This lack of health maintenance has shown "findings from all studies

that evaluated TBI incidence and the association between TBI and health-related or functioning-related outcomes” (Stubbs 2020). The chance of suffering from a TBI is high among the homeless community and people that are not well housed. In addition, it was also found that most of the people that are at a higher risk for TBIs suffer from some sort of mental health issue like suicidal thoughts and depression. Of course, homeless people have many concerns in their life that could lead to these mental issues, such as thinking about how they are going to survive the winter or eat their next meal. I wonder, if studies were conducted with middle class people that suffer mental health issues, would the study findings be the same? Would those people also be found to have a high prevalence of TBIs? This would be an interesting study to conduct because this would certainly help doctors look out for these people. TBIs in and of themselves can result in depression and side effects alike to that, so if healthcare professionals are informed from before that a person does suffer from such issues, they can be more proactive and perhaps make choices that can help their patients better.

Interestingly enough, people in the healthcare industry have been informed of this association between homelessness, mental predispositions, and traumatic brain injuries, but the people that are at risk themselves are helped very little. Although this study has successfully proven the fact, many homeless people are not aware of the fact that the chances they could

undergo a TBI are much higher than the average middle class person. I believe that it is important that this community is made aware of the risks they have, just so they can take more precautions and for there to be less injuries. I also think that there should be some organization done by healthcare groups that helps in checking the health of the homeless. Free health clinics should tailor their work to make the homeless more comfortable to come in, and these clinics can also take their work and advertise in areas that have high concentrations of the marginally housed and homeless.

In terms of my research, this helps tremendously because now I can partake in the spreading of this knowledge. Though it is unlikely that my pamphlet and research will reach the homeless population, if it can help even one doctor, nurse, therapist, or family member cater to a patient that has or is suffering from a traumatic brain injury that suffers or suffered from mental health issues, it is more than rewarding for me. I hope that more research can be done on this topic because it will aid in better patient care and the overall reduction of traumatic brain injuries.