



RESOURCES

MossRehab Resource Net
www.mossresourcenet.org

The Center for Outcome
Measurement in Brain Injury
www.tbims.org/combi

Brain Injury Association of
America
www.biausa.org
1-800-444-6443

Brain Injury Association of
Pennsylvania
www.biapa.org
Brain Injury Resource Line
1-866-635-7097

Brain Injury Association of
New Jersey
www.bianj.org
1-732-738-1002
Family Helpline:
1-800-669-4323

Brain Injury Association of
Delaware
[www.biausa.org/Delaware/
bia.htm](http://www.biausa.org/Delaware/bia.htm)
1-800-411-0505

Pennsylvania Department of
Health Brain Injury Helpline
1-866-412-4755
TTY 1-877-232-7640

Support Group: Brain Injury
Empowerment Group
2nd Monday of each month
6:00-7:30 PM

Moss Rehab Elkins Park
60 E. Township Line Rd.
Elkins Park PA
Contact: Roberta Brooks
(215)456-9901, ext. 69209

Moss Traumatic Brain Injury Model System Re-Funded and Re-Energized!

Welcome to the 2007-2012 Moss Traumatic Brain Injury Model System! Since 1997, the Drucker Brain Injury Center at MossRehab Hospital and Moss Rehabilitation Research Institute have partnered with Trauma Centers in the Philadelphia region to create the highest standards of traumatic brain injury (TBI) treatment and research. We are proud to announce that the Moss TBIMS has been re-funded by the National Institute of Disability and Rehabilitation Research as a TBI Model System (TBIMS) for the period 2007-2012, one of only 16 centers

nationwide to achieve this designation and the only one in Pennsylvania.

The TBI Model System has at its core a national, longitudinal follow-up program that offers a unique view into the long-term effects of TBI. Participants in the Moss TBIMS (600 and counting) are treated emergently at one of our acute care partners and enrolled in the database when they receive inpatient TBI rehabilitation at Moss. We follow them up by phone at 1, 2, 5, and 10 years

post-injury and every 5 years thereafter to ask basic questions about recovery and long-term status. Are they independent in the home and community—and if not, what kind of help is needed? Are they working? How are they and their families doing emotionally after this life-changing event? Answers to these questions help us and our TBIMS collaborators to fashion and test new treatments to meet the long-term challenges of TBI.

(cont'd. on p.2)

MossRehab Welcomes New Clinical Director to Drucker Brain Injury Center

MossRehab is pleased to welcome Thomas K. Watanabe, MD as the new Clinical Director, Drucker Brain Injury Center. Dr. Watanabe comes to MossRehab from the University of Cincinnati Medical Center, where he served as Associate Professor and Staff Psychiatrist. He also served as Medical Director at United Medical Resources, Inc. Since completing a Traumatic Brain Injury Fellowship in 1997, Dr. Watanabe has focused on the treatment and research of acquired brain

injury rehabilitation, behavioral and neuromuscular disorders and spasticity.

MossRehab is equally pleased to recognize the enormous contributions made by Nathaniel H. Mayer, MD and notes that he will become the Emeritus Director, Drucker Brain Injury Center. Dr. Mayer will continue as Director, Motor Control Analysis Laboratory, where he will expand his clinical, research and education role.



Thomas K Watanabe, M.D.

Moss Traumatic Brain Injury Model System (cont'd.)



Tessa Hart, PhD
Principal
Investigator

The Moss TBIMS also conducts research projects that you'll hear more about in future issues of this newsletter. For example, we're currently ramping up a placebo-controlled study of Dextroamphetamine to improve attention and speed of processing in the acute stages of recovery, and we're comparing our patient outcomes to those of a hospital in Denmark that has a treatment program very similar to ours—but is

much longer. Do people with severe TBI fare better with a longer rehabilitation stay? The answer could have important implications for medical care in the U.S.

Aside from these and other research projects, the Moss TBIMS sponsors special educational events for people with TBI and their families and friends, and clinical staff who work with them. Stay tuned for news about our consumer conference in Fall 2009!

For more information about the Moss TBIMS, you may contact the Principal Investigator, Tessa Hart, PhD, at thart@einstein.edu.

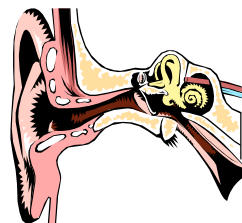
Any feedback on this newsletter? Topics you would like to see? Please email Tessa Hart, PhD at thart@einstein.edu

“ Stay tuned for
news about our
consumer
conference in
Fall 2009!”

Regional Balance and Vestibular Center Helps Patients Regain Normal Activities

Up to 80% of patients with traumatic brain injury (TBI) report dizziness shortly after injury, and many patients continue to experience persistent dizziness or balance problems for several months or years after injury. Light-headedness, unsteadiness, motion sickness, and frequent falls can disrupt patients' lives by limiting their ability to perform everyday activities, ultimately impacting quality of life.

One cause of dizziness is damage to the vestibular system, either through direct damage to the vestibular nerve or disruption of brainstem, visual, motor or ocular pathways.



To meet the needs of this growing patient population, AEMC's Department of Neurosensory Sciences and Moss Rehab have partnered to establish the Regional Balance and Vestibular Center. At the center, patients undergo an extensive clinical evaluation and diagnostic testing to establish a precise diagnosis that then guides development of a treatment plan tailored to meet their individual needs.

Treatment options vary from medication to rehabilitative services and/or referrals to other specialists who offer surgical options. The Center accepts patients referred for diagnosis, pre-surgical evaluation, or management of symptoms. The program provides assistance to patients with traumatic brain injury, as well as patients with spinal cord injury, stroke, other neurological diagnoses, inner ear disorders, orthopedic problems and age-related symptoms.

For more information on the Balance and Vestibular Center, contact Anne Hammond by calling: 215-663-6477.

Maskell, F, Chiarelli, P., & Isles, R. (2006). Dizziness after traumatic brain injury: Overview and measurement in the clinical setting. *Brain Injury*, 20(3), 293-305.

Moss Rehab and the TBI Model System Involved in Local Conferences

On September 19, 2008, MossRehab's Drucker Brain Injury Center held its third annual regional traumatic brain injury conference at the Philadelphia Convention Center. The objective of this conference was to educate healthcare professionals about the medical and rehabilitation needs of the traumatic brain injury patient and their recovery.

Some highlights of the conference included:

- ✦ Aging with a Traumatic Brain Injury : Neurological and Physical Complications, presented by Thomas Watanabe, MD, Clinical Director, Drucker Brain Injury Center, MossRehab.
- ✦ Learning More about the Brain in Traumatic Brain Injury, presented by John Whyte, MD, Ph.D., Director of the Moss Rehabilitation Research Institute and Co-Project Director of the Moss Traumatic Brain Injury Model System.

- ✦ Community Based Treatments for Traumatic Brain Injury in Search of Evidence –Based Practices, presented by Tessa Hart, PhD., Institute Scientist and Director, Moss TBI Model System.

- ✦ The Impact of Cognitive Deficits on Therapeutic Intervention, presented by Roberta Brooks, MA, CCC-SLP, CBIS, Lydia Navarro-Walker, OTR/L and Laura Indriso, PT,MA,CBIS.

- ✦ Technology in the Clinic: Exciting Opportunities, presented by Andrew Packel, PT, NCS.

Other presentations conducted by MossRehab staff included Planning for Life-Long Needs, Avenues for Advocacy and a Panel Discussion entitled "The Realities of Family Caregiving."

The Moss Traumatic Brain Injury Model System, in collaboration with Bancroft NeuroHealth, Beechwood Rehabilitation Services, Bryn Mawr

Rehabilitation Hospital, Magee Rehabilitation Hospital, ReMed, and the Brain Injury Association of Pennsylvania is planning its third regional conference for people with brain injury and their families. The purpose of this conference is to provide information, resources and networking opportunities. The tentative theme of the conference, which will be held in the Fall of 2009, is "Brain Injury in the 21st Century." For more information or to suggest topics for the conference, contact Monica Vaccaro at 215-663-6260.

Support Group Info

The Brain Injury Empowerment Group meets at MossRehab on the 2nd Monday of each month. Please join us!

For more information call Roberta Brooks at (215) 456-9901, ext. 69209

Brain Injury Association of Pennsylvania Honors Lynn Grahame



Lynn Grahame accepts the award from Drew Nagele of BIA-PA

At its annual conference in Harrisburg in June, the Brain Injury Association of Pennsylvania awarded Lynn Grahame, Outcome Manager at MossRehab's Drucker Brain Injury Center, its prestigious 2008 Pioneer in Brain Injury award. Drew Nagele, Past President of BIAPA, presented the award to Lynn for her years of work in advancing traumatic brain injury education, developing models for providing social work services, advocacy for clients with brain injury, as well as years of mentorship and direct patient care. Lynn

has been employed at Drucker for 25 years. Lynn Grahame is not the first Moss TBIMS staffer to win this prestigious award. The 2006 Pioneer went to Tessa Hart, PhD, the Director of the Moss Traumatic Brain Injury Model System, and the 2005 award was made to John Whyte, MD, PhD, our Project Co-Director.



MossRehab at Elkins Park Hospital
60 E. Township Line Rd
Elkins Park, PA 19027
ATTN: Kelly Bognar



The Moss TBI Model System

In 1976, MossRehab became one of the first institutions in the nation to establish a comprehensive care system dedicated to TBI. The Jerome J. and Sylvan W. Drucker Brain Injury Center for Comprehensive Rehabilitation, Research, and Training was formally established in 1983 as a regional center dedicated to providing a continuum of care extending from hospitalization to life skills programs fostering the individual's return to community living.

The National Institute on Disability and Rehabilitation Research has designated MossRehab as a Model System of Care for traumatic brain injury since 1997. The TBI Model Systems program seeks to improve the lives of persons who experience TBI, their families and their communities by creating and disseminating new knowledge about the course, treatment and outcomes relating to their condition.

