

## RESOURCES

MossRehab Resource Net  
[www.mossresourcenet.org](http://www.mossresourcenet.org)

The Center for Outcome  
Measurement in Brain Injury  
[www.tbims.org/combi](http://www.tbims.org/combi)

Brain Injury Association of  
America  
[www.biausa.org](http://www.biausa.org)  
1-800-444-6443

Brain Injury Association of  
Pennsylvania  
[www.biapa.org](http://www.biapa.org)

Brain Injury Resource Line  
1-866-635-7097

Brain Injury Association of  
New Jersey  
[www.bianj.org](http://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

## A Cross-National Comparison of TBI Outcomes

Inpatient lengths of stay for traumatic brain injury (TBI) have gotten progressively shorter over the last 2 decades. Many worry that this has compromised the outcomes of TBI survivors and placed increased stress on families. On the other hand, rehabilitation often continues through additional phases of home care, outpatient therapy, and community re-entry services. How can we find out whether this reorganization of services has af-

ected long-term outcomes? Research studies need to compare the outcomes of similar patients treated with different programs of rehabilitation, but this is very difficult to do in the United States where longer or more intensive treatment is very hard to find.

One way to approach this question is to compare healthcare systems in different countries – to use a “natural experiment” to shed light on the impact of changing healthcare. Drs.

Tessa Hart and John Whyte are doing just that, in collaboration with colleagues from Copenhagen, Denmark. The Danish have a national healthcare system, and all patients with severe TBI are admitted to one of two specialized facilities for their inpatient rehabilitation. In Denmark, inpatient rehabilitation is nearly twice as long as at MossRehab and similar US hospitals. In addition, many patients in Denmark have a  
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## The Faces of the Moss TBI Model System: Monica Vaccaro, MS



Monica Vaccaro, MS has several unique roles in our TBI Model System. Monica helps to coordinate our outreach and education to people directly affected by brain injury. She helped coordinate the *Connections for Life* conference (see p. 2) and was a speaker in several workshops. Monica recently put together our Model System's first regional symposium in Western Pennsylvania in October. More such events are planned, with the goal of offering a conference requiring 2 hours of travel or less to every Pennsylvanian affected by brain injury. Monica is very effective in this role because she also works as a Program Director for the Brain Injury Association of Pennsylvania. Monica criss-crosses the state, helping local support groups and coordinating the BIAPA's training efforts.

Monica, thanks for everything you do for the Moss TBIMS!

## MossRehab's Drucker Brain Injury Center Activities

### Dancin' with the Stars

MossRehab in Woodbury, New Jersey is the proud recipient of the 2009 Gloucester County Dancing with the Stars Charity Fund. Local businessman Ray Angelini, founder and president of Ray Angelini, Inc., selected MossRehab as his charity after a loved one suffered a brain aneurysm three years ago. Ray participated in intensive dancing lessons and fund raising events that led up to a final ballroom dancing competition. Ray finished in 2<sup>nd</sup> place, raising close to \$45,000 that will go to benefit the programs at MossRehab in Woodbury: the CommunityRe-Entry program, the Brain Injury Clubhouse, and the Residential program.

### MossRehab Hosts *Two Brain Injury Conferences*

MossRehab's Drucker Brain Injury Center hosted two conferences this Fall: One for professionals involved in brain injury care, the other for persons with brain injury and their families. MossRehab's 4<sup>th</sup> Annual Regional Brain Injury Conference was held on Friday, October 2, 2009 at the Pennsylvania Convention Center. *The Traumatic Brain Injury Rehabilitation Continuum: Critical Care to Community Re-Entry* provided clinical and care management information to over 120 regional physicians, nurses, physical therapists, occupational therapists, social workers and care management personnel.

On November 7, 2009, MossRehab and the Moss Traumatic Brain Injury Model System (TBIMS) hosted *Connections for Life After Brain Injury*, a day-long education and networking conference in downtown Philadelphia for people with brain injury and their families. The event drew 300 attendees. As with previous Moss TBIMS conferences, professionals and people directly affected by brain injury worked together to develop and co-present many of the workshop offerings. Moss was joined in planning and sponsoring the conference by other brain injury rehabilitation centers including Bryn Mawr Rehabilitation, Magee Rehabilitation, ReMed Recovery Care Centers, and Bancroft NeuroHealth. Beechwood Rehabilitation and the Brain Injury Association of Pennsylvania also collaborated.

### MossRehab and THINK FIRST

MossRehab and the Albert Einstein Medical Center will be the exclusive sponsors of the Philadelphia Area ThinkFirst Coalition on May 3, 2010. The ThinkFirst coalition and their sponsoring hospitals, Albert Einstein Medical Center, Hospital of the University of Pennsylvania, Jefferson University Hospitals, Magee Rehabilitation Hospital, Moss Rehabilitation, Shriners Hospital for Children, St. Christopher's Hospital for Children and Temple University Hospital, will be showcasing their activities in injury prevention and education.

Our goal is for attendees to recognize the need for injury prevention education, and to see how national and Philadelphia area organizations and corporations are working to reduce injuries, **the number one cause of death** for all age groups between 1 and 44.

Education for consumers and professionals, brain injury prevention, and fundraising efforts are in full swing!

## Empowerment Group

The annual Holiday Gathering of the Drucker Brain Injury Support Group will be held on Monday, December 14, 2009 from 6:00 pm. to 8:00 pm at MossRehab at Elkins Park, 60 East Township Line Road, Elkins Park, PA 19027. Our holiday Pot Luck gathering is a great time to catch up with people and celebrate the season-- we hope you can join us! Entrées and beverages are provided by MossRehab, so plan to bring a side dish or dessert to share. We are also planning a "holiday exchange." If you would like to participate bring a gift wrapped item from home that you would like to exchange. Or write down a strategy that you have found helpful or an inspirational thought you would like to share and place it in an envelope for the exchange. For more information or to RSVP with the number of people in your party, please call Roberta Brooks at 215-456-9901, ext. 69209, or Katie Soreth-Harman at 215-663-6757.

## Websites to Watch!

Sit at your keyboard and type <http://Neuroskills.com> into your browser...

Neuroskills.com offers a comprehensive overview of TBI with useful resources such as news and upcoming events related to treatment, rehabilitation and other topics.



You will also find programs and services for patients and families, including support groups, clinical trials and much, much more!

## Where Are They Now? Eight Years Later: Anthony Perymon

The Model System recently caught up with Tony Perymon, who was injured in May 2001 in a hit-and-run incident. Tony now believes that while he was at MossRehab, his team taught him to realize his lifetime goal, helping others. He began volunteering at MossRehab in 2002, as suggested by his team, and he's still at it 7 years later. Tony says that volunteering is the best job he's ever had, because doing something "from the heart" is the best way to get rid of stress and anxiety. Currently, Tony goes to the Veterans Administration hospital a couple of times a week to work out, and to share his story with families. He is a Deacon in his church and sings in the choir. When he has a break from his busy schedule, Tony likes to spend time with his wife and grandchildren.

Thank you, Tony, for letting us share your story.

## A Cross-National Comparison of TBI Outcomes (con't from page 1)

second inpatient stay at another facility before they return home and receive outpatient services. In other ways Denmark is very similar to the United States, with a culture that values the return of individuals with disabilities to society, and in having the resources to offer high quality treatment.

In this study, patients admitted to MossRehab and Hvidovre Hospital in Copenhagen are evaluated throughout their inpatient rehabilitation stay, and again at 6 and 12 months after injury. We measure the severity and nature of their brain injuries, the amount of inpatient rehabilitation services they receive, as well as the length of their inpatient rehabilitation. We also estimate the outpatient therapy provided after leaving the hospital. At 6 and 12 months, we examine the TBI survivor's functional abilities, work status, and psychological health. We also assess how their caregivers are doing emotionally at 1 year after injury.

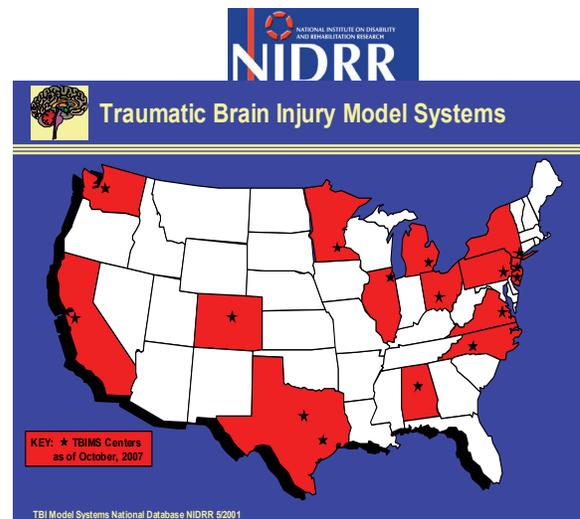
Since both MossRehab and the Copenhagen hospital are collecting the same measures at the same times with similar patients, we hope that this "natural experiment" will show whether and how different lengths and intensities of treatment really do matter for people with TBI and their families.

MossRehab at Elkins Park Hospital  
60 E. Township Line Road  
2<sup>nd</sup> Floor West - MRR1  
Elkins Park, PA 19027  
ATTN: Kelly Bogner



## Study of a Drug For Disorders of Consciousness (DOCs)

Recently, there have been several reports of individuals with DOCs (vegetative state, minimally conscious state, sometimes referred to as “long-term coma”) regaining consciousness in response to receiving the common sleeping drug zolpidem (Ambien). The Moss Rehabilitation Research Institute is conducting a nationwide clinical study, funded by the National Institute on Disability and Rehabilitation Research, to see how often this type of positive response occurs. An additional focus of the study is to understand why some individuals with DOCs respond to zolpidem, while others do not. If your family member was diagnosed with a DOC more than 4 months ago, is at least 18 years of age, and is medically stable, he/she may be eligible to participate in this study. Participants will be provided study medication, screenings, and testing at no cost. For more information, please contact Riya Rajan, the study coordinator, at 215-663-6456 or [participants@einstein.edu](mailto:participants@einstein.edu).



### The Moss TBI Model System

- ◆ 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 System program seeks to improve lives by creating and disseminating new knowledge about the course, treatment and outcomes of TBI.