



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

Dextroamphetamine Research Study

Dextroamphetamine is a stimulant medication which has been shown to improve recovery from experimental strokes in rats. It seems to work by magnifying the impact of practice-based treatments; rats need to exercise while on the medication in order to show the benefit. Although the results in animals have been quite clear, results studies in humans with stroke have been less clear-cut, perhaps reflecting the fact that human strokes are much more varied in their location and severity. Some studies have suggested that the drug improves recovery from paralysis or from a language

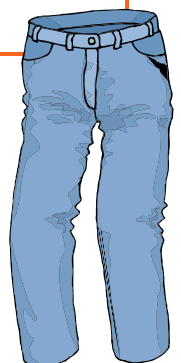
disorder called aphasia, but other studies have not found these benefits.

Very little research has been done on dextroamphetamine after traumatic brain injury (TBI), but if it could speed up recovery that would be important since no medication has been shown to do that. Dextroamphetamine might be particularly useful after TBI because in addition to any direct effects it may have on recovery, it improves alertness, concentration, and mood, so it might help patients get more out of therapy. At Moss, we are currently conducting a pilot study in which patients with TBI receive 3 weeks of

dextroamphetamine or 3 weeks of placebo followed by 1 week of whichever drug they didn't receive the first time. We will compare attentiveness and participation in therapies, speed on cognitive tests, and mood between the groups receiving drug and placebo to get a sense of what functions may be influenced by the drug. We will also track adverse events such as high blood pressure and agitation to see if these are worse with the medication. We hope that this small study of 48 patients will help us plan more ambitious multi-center treatment studies in the future.

March 18th was Blue Jean Day!

Blue Jean Day is a community effort to raise funds and awareness of brain injuries. Blue Jean Day works by encouraging businesses to allow employees who have purchased a Blue Jean Day Button, to dress casually on that day. School students also participate, purchasing buttons for a nominal fee, and proudly wearing their buttons. Over 1300 buttons were sold this year, raising money to support valuable programming at the MossRehab Clubhouse. Thanks for your support!



The Drucker Empowerment and Support Group meets from 6-7:30 pm on the second Monday of every month. Survivors and family members are always welcome!

First Annual Lynn Grahame Award

The Drucker Brain Injury Center took great pride in awarding the first annual Lynn Grahame Award to Bari Dizengoff and her parents, Stan and Loretta Dizengoff. Lynn retired from her role of Outcome Manager in December 2008. Upon her retirement, the Center originated the award to honor her years of service and her unfailing sensitivity, spirit and fund of knowledge. The award was presented at the Center's Empowerment and Support Group Holiday gathering on December 14, 2009. Lynn was instrumental in starting the group in 1983.

As the first recipient of this Award, Bari, Stan and Loretta Dizengoff serve as an inspiration to us all for their support of each other and the Drucker Brain Injury Center Community. Bari sustained a severe brain injury as a result of an automobile accident in 1979. Through the years, Bari has been a role model to many for her ability to set and achieve goals, yet still make time to enjoy her life. She has written many poems which convey the efforts and the rewards of her rehabilitation. Stan and Loretta Dizengoff also provide unfailing support to our Support Group, involved since its inception. Their experience and knowledge are greatly valued by all group members.

Congratulations to the Dizengoff family on this well-deserved honor!



From left to right: Tom Smith, Brain Injury Center Program Director, The Dizengoffs (Loretta, Bari and Stan), Lynn Grahame

All About Art at MossRehab

The International Exhibition by Artists with Physical Disabilities is once again adorning the halls of MossRehab. Started in 1979, this annual show heightens awareness of the many talents and abilities of people who have physical, cognitive and sensory limitations. Please visit the Elkins Park campus to view this year's spectacular collection. The show runs through June 1st.



Regional Meetings for Persons with Brain Injury and Family Members

The Moss TBI Model System, in partnership with the Brain Injury Association of Pennsylvania, is sponsoring regional meetings for persons with brain injury and their families across the state. The plans for each meeting are developed with input from support groups in the community so that each program will reflect regional needs. The first meeting, held at Slippery Rock University on October 31, 2009 and attended by about 150 people from 15 surrounding counties, provided an opportunity to interact, network, and discuss topics of interest with local experts. The event was a big success and provided a model for future events. The next meeting is being planned for the fall of 2010 and will be held in the State College area.



The TBI Model System Leadership Forum

Clinician leaders from all TBI Model Systems are invited to meet annually to exchange ideas and information related to brain injury and rehabilitation. On April 14-17, 2010, MossRehab hosted the 4th annual Leadership Forum, welcoming 65 clinicians from 17 brain injury institutions across the country. The Forum provides an opportunity to discuss standards of care, new technology and share solutions to real-world problems with fellow professionals. This ongoing collaboration has been a worthwhile endeavor for all involved and has benefited clinical practices at the participating institutions. It was a pleasure to have the group visit Philadelphia!

Websites to Watch!

Go to <http://lab.arc90.com/experiments/readability/> to download a free Readability tool that instantly changes the text size and margins of any website. All you do is add the site to your Favorites or Bookmark list, and click it while you are visiting a website that needs a little "help" to be more readable.



The Faces of the Moss TBI Model System: Ali Zakrzewski

Alexandria (Ali) Zakrzewski has been a research assistant with the Moss TBI Model System since July, 2008. During her time here, Ali has contributed to many projects, most notably a comparison study between Moss Rehab and a rehabilitation hospital in Denmark. Ali graduated with a Bachelor of Arts degree from St. Mary's College in South Bend Indiana with a double major in Psychology and Philosophy. Her research interests include consciousness, meta-cognition, and self-awareness. This fall, she will be leaving Moss to pursue graduate studies in cognitive psychology at SUNY Buffalo. Ali, thanks for being a part of the TBIMS team and good luck in grad school!

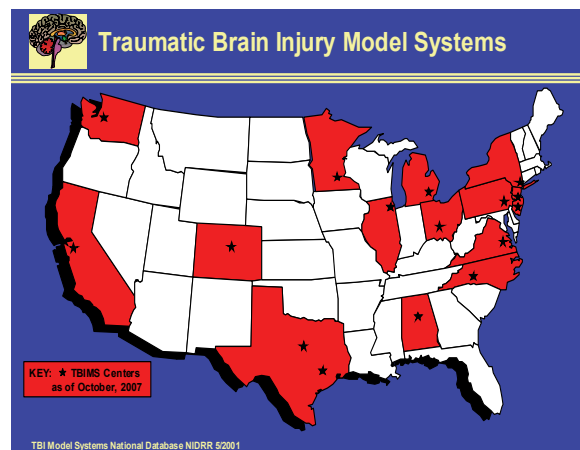


MossRehab at Elkins Park Hospital
60 E. Township Line Road
2nd Floor West - MRR1
Elkins Park, PA 19027
ATTN: Kelly Bogner



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). John Whyte, MD, PhD, and Robin Myers, PT, DPT, NCS, published a placebo controlled pilot study of this phenomenon which has recently won the American Journal of Physical Medicine and Rehabilitation’s “Best Paper” award. The Moss Rehabilitation Research Institute is now 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. 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.



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.