



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

Goal Intention Reminding for Traumatic Brain Injury



We all rely on goal management skills to keep us going with day-to-day activities. These skills are nothing fancy; rather, they rely on built-in brain mechanisms that allow us to set and meet a wide variety of goals, from basic ones like getting a snack when we're hungry or taking a nap when we're tired, all the way up to complicated goals like planning a vacation or working toward a job promotion. Goal management skills operate at a partly conscious and partly unconscious level. For instance, we may consciously plan the vacation because it's an unusual event, but we often don't need to think very much before we make a phone call to a friend, which may be a simple way of meeting an overall goal of "staying in touch with people."
(cont'd on p.3)

The Faces of the TBI Model System: Kelly Bognar

Kelly Bognar has been a valuable member of the Moss TBI Model System team for 10 years! Kelly has worked on a wide variety of studies during that time, most of them related to the core longitudinal database project. She finds her work as a research assistant very rewarding, and particularly enjoys following patients over time and seeing how they progress up to 10 years later. If all goes well, she will still be in contact with patients at their 15-year follow-ups. Kelly is a people person, and that shows in her great relationships with patients and staff alike.

Kelly, a graduate of Cabrini College, is a widow with a 5-year old son, Jake, whose adventures keep all of us at the Moss TBIMS entertained. In her free time, Kelly enjoys reading, pop-culture, and exercise. She ran her first 5-K race at an event in May to benefit the Mainline Animal Rescue.

Kelly, thanks for all that you do for the Moss TBIMS! We couldn't do it without you.



Ready for Healthcare Reform?



Are you ready for healthcare reform? The Patient Protection and Affordable Care Act (PPACA) signed into law by President Obama on March 23, 2010 established new constructs for reform in the private health industry and public health insurance programs. Penalties for poor performance as it relates to hospital readmission payment reductions and hospital acquired condition penalties will take effect in the latter half of the federal fiscal year 2013. Delivery system provisions of the Act have established the current Accountable Care Organization initiative and the projected Bundled Payment Pilots in 2013. Collectively, the projected payment reductions, performance penalties and delivery system provisions will have a profound impact on the delivery of health care services for rehabilitation providers, including those who provide TBI services. While there remains much controversy and uncertainty regarding health care reform, one thing is certain.. Yet again, we will all be challenged to re-invent how we provide quality care.

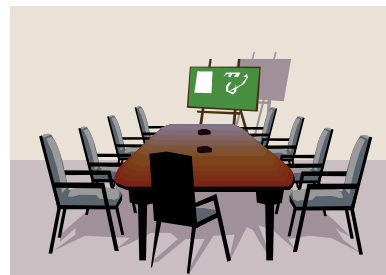
MossRehab Researchers and Clinicians Launch Brain Injury Blog

Earlier this year, brain injury experts at MossRehab received an invitation from Psychology Today to write a blog focusing on traumatic brain injury. Psychology Today is a magazine that covers topics in psychology for the lay public and, in line with the directions of many print magazines, has been developing an increasing presence on the web. The blog, entitled “Impact to Aftermath: The Science of Traumatic Brain Injury,” is collaboratively written by Drs. John Whyte, Tessa Hart, and Tom Watanabe. New content is posted approximately monthly and comments from readers may receive additional responses from the MossRehab authors. Thus far, most comments have been posted by survivors of TBI, many of whom offer their own experiences and advice to complement the views of the authors. Topics covered to date include the prevalence of TBI, anger and irritability after TBI, highlights from the recent Interagency Conference on TBI, new drug developments, and sports related concussion. The blog can be accessed at: www.psychologytoday.com/blog/impact-aftermath



Recent Conferences and Scholarly Activities

MossRehab researchers were very active at the Third Federal Interagency Conference in June, 2011, which was attended by many of the leading clinicians and researchers from around the world who are involved in TBI diagnosis and treatment. Dr. Tessa Hart was one of the conference organizers, and she also gave several presentations as did Drs. John Whyte and Tom Watanabe. Talks ranged from sharing ways to learn about damage to the brain caused by different types of injuries (e.g., blast injuries being sustained by soldiers in Iraq and Afghanistan, motor vehicle crashes and sports concussions), to new technologies to identify areas of the brain that have been injured, and new approaches for treating the injury and its consequences.



This meeting brought together researchers who are treating and studying many different groups of people, including soldiers, civilians and athletes. There were several presentations addressing problems such as sleep and fatigue, headaches, depression and cognitive issues. You can visit: <http://tbi-interagency-conference.org> for additional information.

MossRehab also organized a sports concussion conference in July, 2011. As you may know, there is increased awareness of the importance of correctly diagnosing and treating concussions. Inadequate treatment may lead to slower healing, additional complications with repeat concussions, and difficulty with return to school, work or other activities. Because there may be many different types of problems (and therefore treatments) associated with concussions, MossRehab has developed a multidisciplinary concussion center to help assess and treat people who have sustained this very common and important type of brain injury.

We also hosted a brain injury conference for clinicians who treat persons with different types of acquired brain injuries in late October. We focused on the similarities and differences among traumatic brain injury, hypoxic brain injury and brain tumors. Presentation topics included: anatomy, physical problems, cognitive problems, differences in outcome and the assessment and treatment of movement disorders seen with after a brain injury.

Goal Reminding (from page 1)

Traumatic brain injury (TBI) interferes with goal management for several reasons. The parts of the brain that enable us to set goals, solve problems, and plan a sequence of action—the

frontal lobes—are often injured. In addition, brain injury disrupts the natural contexts of goal management—work, school, relationships—and throws new and challenging goals in our path, such as dealing with insurance companies, navigating the healthcare system, and adapting to a new body and new brain.

A new research project at MossRehab seeks to evaluate different methods of helping people with TBI to develop and meet goals in areas commonly affected by brain injury including depression, anxiety, irritability/anger, and social issues such as isolation and relationship problems. In this project, researchers meet with people affected by TBI who are soon leaving treatment programs with remaining goals for improvement in any of these areas. The study involves a comparison of two treatments in which people either review their goals and receive encouragement to keep working on them, or receive help in creating specific intentions to keep working on specific goals. These intentions are then sent as reminders by SMS (text) or voice mail messages to keep them fresh in mind.

By comparing the effects of these two conditions on change in emotional and social function (measured before treatment and 8 weeks later), we hope to determine which method is best for helping people with brain injury to continue their progress after formal treatment. We are also interviewing participants after the study so that we can improve our methods for a larger study in the future.

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



EMPOWERMENT and SUPPORT GROUP INFO:

PENNSYLVANIA EMPOWERMENT GROUP

Monday December 12th: Holiday Gathering from 6-8pm at 60 Township Line Road, Elkins Park, PA 19027. Please bring a side dish or dessert to share.

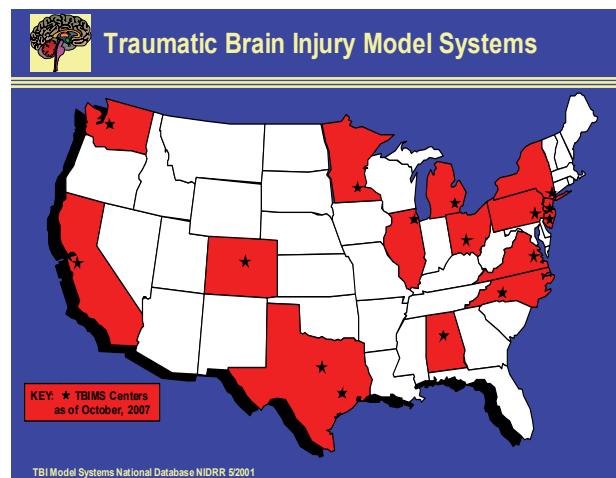
For more information, contact Katie Soreth-Harman at 215-663-6757.

NEW JERSEY SUPPORT GROUP

Monday November 28th: Holiday party from 5:30—6:30pm at 135 S. Broad Street, Woodbury NJ 08096 (there is NO meeting in December).

*Beginning in 2012, the group will meet on the Fourth Monday of each month at a NEW TIME: 5:30-6:30.

For more information, contact Dayna Scott at 856-853-9900 ext. 102.



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.