

SPRING 2015

Brain-e-News

RESOURCES

MOSS REHABILITATION
RESEARCH INSTITUTE
www.mrrl.org

MOSSREHAB RESOURCE NET
www.mossresourcenet.org

THE CENTER FOR OUTCOME
MEASUREMENT IN BRAIN
INJURY
www.tblms.org/combl

BRAIN INJURY ASSOCIATION
OF AMERICA
WWW.BIAUSA.ORG

BRAIN INJURY RESOURCE LINE
1-800-444-6443

BRAIN INJURY ASSOCIATION OF
PENNSYLVANIA
www.blapa.org
1-866-635-7097

BRAIN INJURY ALLIANCE OF
NEW JERSEY
www.blanj.org
1-732-745-0200
FAMILY HELPLINE
1-800-669-4323

BRAIN INJURY ASSOCIATION OF
DELAWARE
www.blausa.org/Delaware/bla.htm
1-800-411-0505

PENNSYLVANIA DEPARTMENT
OF HEALTH BRAIN INJURY
HELPLINE
1-866-412-4755
TTY 1-877-232-7640

MODEL SYSTEM KNOWLEDGE
TRANSLATION CENTER (MSKTC)
www.msktc.org

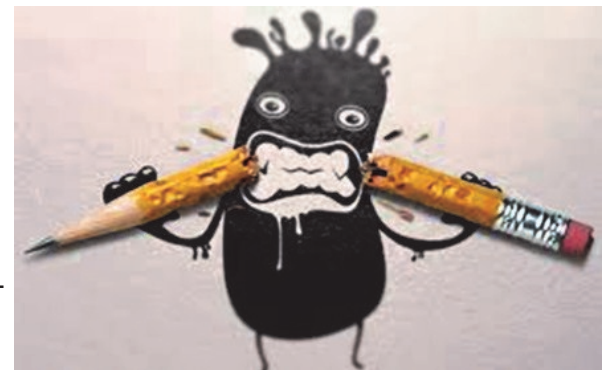
www.Brainline.org



Anger Self-Management for People with Traumatic Brain Injury

If you or someone close to you has anger or irritability after sustaining a traumatic brain injury (TBI), you're not alone. Research shows that about 2/3 of people with a TBI have increased anger or irritability, and it's a hard problem to solve. Although anger is a normal emotion that protects us from threat, having a TBI may make it get out of hand. A TBI can affect the parts of the brain that regulate behavior, making it harder for people to control how they express their feelings. Unlike emotional problems such as depression, which elicit sympathy from others, anger often drives away the very people that can help. Families can be fractured by excessive temper outbursts. Many treatment programs don't know how to deal with it either, and may exclude or discharge patients who are angry.

Since 2011, a multicenter project led by Moss TBI Model System Director Tessa Hart, PhD has amassed information about 2 different approaches to anger management for people with TBI. Both treatments involve meeting one-on-one with a research therapist weekly for 8 weeks to see if learning self-management techniques, or learning more in-depth about the effects of brain injury, can help with anger and irritability. In this study, people with TBI and their family members or friends, if available, are randomly assigned to one of the two treatments. At the end of the study, in 2017, we will evaluate whether one or both of the treatments is helpful for TBI-related anger.



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Fall Moss TBIMS Consumer Conference a Smashing Success!

The **New Roads, New Directions: Finding Your Way After Brain Injury** Conference, held in November of 2014 in downtown Philadelphia, was attended by 340 people, our largest crowd yet! The keynote speech from Doug Markgraf (pictured right) described his personal journey following a TBI from a bicycle accident. The rest of the day was packed with lectures, workshops, and discussions about solutions for the challenges faced by people affected by TBI. While the event was sponsored by MossRehab, the Einstein Healthcare Network, and the Moss TBIMS, the planners and presenters included staff from 7 other local rehabilitation facilities and agencies as well as persons with brain injury and family members. The Council on Brain Injury (CoBI) provided scholarships for those in need.

Attendees left with new networking connections and lots of information about mood and cognition, social media, apps for organizing one's life, adapted sports and recreation, healthy cooking, and much more.



EMPOWERMENT and SUPPORT GROUP INFORMATION

PENNSYLVANIA EMPOWERMENT GROUP

The Elkins Park Empowerment Group meets on the second Monday of each month from 5-6:30 at 60 Township Line Road, Elkins Park, PA 19027.

For more info, contact
Debbi Eisen at
215-663-6857 or Katie
Soreth-Harman at
215-663-6757.

NEW JERSEY SUPPORT GROUP

The New Jersey Support Group meets on the Fourth Tuesday of each month from 3:00-4:00 at 135 S. Broad Street, Woodbury NJ 08096.

For more info, con-
tact Dayna Scott at
856-853-9900, ext. 102.



Anger Self-Management (continued from front page)

Even if the treatment is helpful in the short term, will it last? We have two ways of answering this question. A follow-up 2 months after the end of treatment will help to assess whether any effects are long-lasting. We are also conducting a final interview with study participants to find out if they are still using the techniques learned in therapy in their everyday lives, and how the treatment has helped them.

So far, we have provided the study treatments to more than 30 participants at Moss Elkins Park or Moss Tabor Road. If you are interested in learning more about participating in this study, please contact Kelly Bognar at 215-663-6411 or macnamak@einstein.edu.

Concussion Management Update

Mild traumatic brain injury (mTBI) remains a popular news item. Although sports concussions garner most of the attention, there are many other causes of mTBI, and the diagnosis and treatment can be quite challenging. Signs and symptoms of mTBI are often seen in other medical conditions. There is no specific test that can “prove” whether someone has had an mTBI or not. Also, because the problems related to mTBI are quite varied, expertise in a number of areas is required to optimize care and outcomes. Mild TBI can affect a number of different aspects of life, such as work, school, social activities, and mood.



To address these needs, the MossRehab Concussion Center was developed. This center is transdisciplinary, meaning that a number of different specialists collaborate to meet the needs of each person. For example, after a concussion a student athlete may have headaches, balance problems, difficulty keeping up with schoolwork, and anxiety regarding the potential impact on grades and college entrance examinations. This student might need treatment by a team including a vestibular physical therapist, a neuropsychologist to evaluate and treat cognitive activity and help manage anxiety,

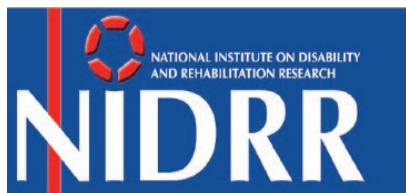
one or more physicians to evaluate and manage headaches and balance problems, and others to help coordinate school accommodations. This team needs to work together with parents and school personnel to provide optimal care.

New methods for evaluation and treatment of mTBI continue to evolve. The Concussion Center is committed to providing care that reflects the state of the science. The Center is also committed to providing education to the community and other health care providers relating to the prevention, identification, and treatment of this important health problem.

The Faces of the TBI Model System: Devon Kratchman

The Moss TBI Model System (TBIMS) welcomes Devon Kratchman, who joined us in October, 2014 to take over the uber-responsibility of screening, tracking, and recruiting rehabilitation inpatients into multiple studies; managing the Pain and Statin projects; and collecting all of the acute (Form 1) data on TBIMS participants. Devon graduated from Muhlenberg College in 2014 with a Bachelors degree in Neuroscience. She enjoys travel (after college, she spent 6 weeks backpacking through Southeast Asia), playing with her dogs, and creating beautiful doodle artworks with pen on canvas. In her job with the TBIMS, she enjoys the freedom to work with patients, and appreciates being a part of such a big project so early in her career. We appreciate you too, Devon—welcome to our team!





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

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.

**The Traumatic
Brain Injury
Model System
(TBIMS)
Centers for
the current
funding cycle
(2012-2017)**

