

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

Think Positive: The Effects of Personality Traits on the Outcome of TBI



We have known for years that some people recover and thrive after a serious brain injury, while others with a similar injury don't do as well. What explains the differences? Recent work in a branch of psychology called Positive Psychology has inspired us to study the influence of personality traits such as hope, optimism, and grit.

Investigators at Moss, led by Amanda Rabinowitz, PhD, are currently conducting a study to determine whether people can accurately report on their pre-injury personality traits. Using established measures of hope, optimism, and positive emotion, we interview patients within 2 months of brain injury, asking them to rate themselves as they were before. We repeat the interview a week later to see if their answers are the same, and we ask a family member to provide the same ratings of the patient. In this way we hope to find that self-ratings of how people were before the injury are stable, and that they agree with the opinions of close others. If so, we'll be able to test whether certain personality traits predict a better recovery, other things being equal. This study is the first step towards developing therapies that bolster positive traits and improve resilience and well-being following TBI.

Moss Joins New Study on Sleep After TBI

Later this year, MossRehab will join with the Veterans Administration Polytrauma Rehabilitation Center in Tampa, FL (led by Risa Nakase-Richardson, PhD) and 4 other TBI Model System sites to study the problem of sleep apnea after severe TBI, under a recently awarded research contract from the Patient Centered Outcomes Research Institute (PCORI). Sleep apnea is a disorder in which there are temporary interruptions in breathing during sleep, leading to a shortage of oxygen in the blood. This awakens the person and they begin to breathe normally again.

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Sleep After TBI (con't)

However, when apnea occurs many times each night, the individual never descends into deep and restful sleep. The result is daytime sleepiness and cognitive impairment due to sleep deprivation, as well as increased rates of high blood pressure, heart attack, and stroke. The most effective treatment for sleep apnea involves wearing a mask during the night that delivers pressurized air ("CPAP") and helps keep the airway inflated. However many patients have difficulty tolerating the mask because of discomfort.

Several studies have suggested that sleep apnea is very common after severe TBI, affecting more than 1/3 of patients. Detecting sleep apnea after TBI is important because it may magnify the cognitive impairments caused by the TBI and slow down the recovery process. This study will compare several methods of screening for sleep apnea to see which provides the best balance between accuracy and practicality. It is hoped that this will lead to improved recognition of sleep apnea during rehabilitation, and to appropriate treatment for those who need it.



Dr. Thomas Watanabe: Distinguished Clinician

Thomas Watanabe, MD, the Clinical Director of the Drucker Brain Injury Center at MossRehab, has been honored this year by the American Academy of Physical Medicine and Rehabilitation's **Distinguished Clinician Award**.

Each year the Academy honors individual physiatrists who have achieved distinction on the basis of their superb teaching skills and their outstanding performance in patient care activities. Recipients are also selected on the basis of their significant contributions to the Academy and to the advancement of the specialty.

Our congratulations to you, TW!

New Fact Sheet on **Memory** from the Model System

The Model System Knowledge Translation Center helps to "get the word out" from all of the TBI Model System projects to help make research meaningful for individuals with traumatic brain injury. They have produced Fact sheets on a number of relevant topics, and a new Fact Sheet entitled *Memory and Moderate to Severe Traumatic Brain Injury* is now published and available to everyone with an internet connection. Moss TBIMS Project Director Tessa Hart, PhD is a co-author for this newest Fact sheet. Use this link to find and download this or any of the Fact Sheets: <http://mrri.org/moss-traumatic-brain-injury-model-system-of-care/#factsheets>. They may also be found at www.msktc.org/tbi/factsheets.

Traumatic Brain Injury Model Systems National Database Reaches 15,000 Participants

The NIDILRR-funded Traumatic Brain Injury Model Systems (TBIMS) enrolled its **15,000th participant** in the TBIMS National Database on July 7, 2016! The TBIMS National Database contains data collected from participants in the TBIMS Program, which includes 16 centers across the United States.

With all of the data contributed by these thousands of participants, TBIMS researchers have been able to publish more than 700 peer-reviewed articles on the consequences of TBI and how best to treat them. Learn more about the TBIMS National Database, the TBIMS program, and what this milestone means at <http://www.msktc.org/15000>.

The Faces of the TBI Model System: Donna Long



Donna Long is a Recreation Specialist who has worked for the Drucker Brain Injury Center at MossRehab for 25 years. She was part of the inpatient brain injury team for 23 years, and is now the manager of the MossRehab Brain Injury Clubhouse in Philadelphia. Donna's therapeutic recreation skills are invaluable in helping individuals with brain injury to develop enjoyable activities to help with recovery and gain comfort in participating in the community.

Donna has many interests in her life outside of work. She has 2 Norwegian Elkhounds who keep her busy and active. She loves the outdoors, and is an avid biker: A short ride for her and her friends is 20 miles! She kayaks, both locally and in Maine, one of her favorite places. She maintains a garden that produces every vegetable you can think of, with crops that grow from the spring throughout the fall. Donna is also a volunteer for the Philadelphia Center for Adapted Sports (PCAST), helping people with disabilities to kayak. We are very fortunate indeed to have Donna's energy and expertise at MossRehab!

Brain Injury Run Puts 'Rain or Shine' to Ultimate Test

After a week of unseasonably balmy days in Philadelphia, the morning of **The Brain Injury Challenge—Race for Recovery**, our annual 5K Run, Walk and Wheelchair Roll, dawned downright dismal. Saturday, October 22, 2016 ushered in a cold front accompanied by blustery winds and icy, pelting rain. But the weather didn't dampen the spirits of over 200 people who turned out in Tyler State Park, including more than 60 walk-ups—brave souls who ignored the rain to register on-site. The event was co-sponsored by the Drucker Brain Injury Center at MossRehab and the Brain Injury Association of Pennsylvania, and earned more than \$26,000 to benefit people with brain injury in PA. The amount of money, the number of people registered, and the number of teams who ran together all shattered records from previous years. And our own Tessa Hart, PhD, Director of the Moss TBIMS, won first place in her age division in the 5K! (The precise age division in which Dr. Hart competed cannot be printed due to space limitations.) Many thanks to all who stood up to Mother Nature; everyone who helped or donated behind the scenes; and all the volunteers from MossRehab and BIAPA who helped to make this event a great success!



EMPOWERMENT and SUPPORT GROUP INFORMATION

PENNSYLVANIA EMPOWERMENT GROUP

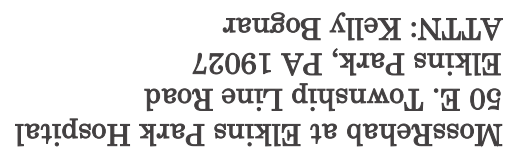
The Elkins Park Empowerment Group meets on the second Monday of each month from 5-6:30 at 60 Township Line Road, Elkins Park, PA 19027.

For more info, contact
Debbi Eisen at 215-663-6857.

NEW JERSEY SUPPORT GROUP

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

For more info, contact
Dayna Scott at 856-853-9900.



The National Institute on Disability, Independent Living and Rehabilitation Research has designated MossRehab as a Model System of Care for traumatic brain injury since 1997.

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

