



# Brain-e-News

FALL 2022

## RESOURCES

MOSS REHABILITATION  
RESEARCH INSTITUTE  
[www.mrrl.org](http://www.mrrl.org)

MOSSREHAB RESOURCE NET  
[www.mossresourcenet.org](http://www.mossresourcenet.org)

THE CENTER FOR OUTCOME  
MEASUREMENT IN BRAIN  
INJURY  
[www.tblms.org/combl](http://www.tblms.org/combl)

BRAIN INJURY ASSOCIATION  
OF AMERICA  
[WWW.BIAUSA.ORG](http://WWW.BIAUSA.ORG)

BRAIN INJURY RESOURCE LINE  
**1-800-444-6443**

BRAIN INJURY ASSOCIATION OF  
PENNSYLVANIA  
[www.blapa.org](http://www.blapa.org)  
**1-866-635-7097**

BRAIN INJURY ALLIANCE OF  
NEW JERSEY  
[www.blanj.org](http://www.blanj.org)  
**1-732-745-0200**  
FAMILY HELPLINE  
**1-800-669-4323**

BRAIN INJURY ASSOCIATION OF  
DELAWARE  
[www.blausa.org/Delaware/bla.htm](http://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](http://www.msktc.org)

[www.Brainline.org](http://www.Brainline.org)

## MossRehab and MRRI Renewed as a TBI Model System

MossRehab's Drucker Brain Injury Unit and Moss Rehabilitation Research Institute (MRRI) are excited to celebrate the sixth renewal of their world class Traumatic Brain Injury (TBI) Model System. The continued recognition and support from the National Institute on Disability, Independent Living and Rehabilitation Research (NIDILRR) are a tremendous achievement for the researchers and clinicians at Moss who are dedicated to pushing the limits to improve our scientific understanding and clinical treatment of TBI.

Classification as a Model System by NIDILRR requires excellence in treatment and research related to a particular disability. The MossRehab TBI Model System has been continuously funded since 1997, and with this most recent renewal, funding has been secured through 2027. Members of the MossRehab TBI Model System have continued to demonstrate exceptional clinical care, as well as research productivity, innovation, and knowledge dissemination in the field of TBI rehabilitation.

The MossRehab TBI Model System is led by [Amanda Rabinowitz, PhD](#), and [Tom Watanabe, MD](#). "Our continued involvement in the TBI Model System allows MossRehab and MRRI to remain at the forefront of research and knowledge translation that will shape the future of TBI care," Dr. Rabinowitz noted, adding that "the funding and collaborative infrastructure will continue to support important local and multi-site research that would not otherwise be possible."

Research supported by the TBI Model System funding recently includes longitudinal research in collaboration with other premier centers across the nation, and local research designed to improve TBI treatments and outcomes. For example, in the current cycle they will evaluate a program to help people with chronic TBI reduce sedentary behavior and become more physically active.

(con't on page 2)



# Study on Chronic Pain after TBI Finishes Enrollment

We've all experienced pain in our daily lives, if you burn your finger on a hot pan or pull a muscle during a workout, pain is your body's way of telling you that something is wrong. Chronic pain is different. The body keeps hurting even after an injury has healed. When pain lasts for three months or more, it's considered chronic, and can have a profound impact on almost every area of life, including sleep, mobility, concentration, and mood.

Recently, Moss contributed to a collaboration of TBI Model System researchers led by Craig Hospital, to learn more about the experience with chronic pain after moderate to severe TBI. The research team recently completed enrollment of 3807 participants living with chronic moderate to severe TBI. Data analysis is still underway, but preliminary results show that nearly half of all participants (46%) were classified as having current pain, defined as persistent or recurring pain lasting for longer than 3 months, with another 14% reporting past pain, defined as having chronic pain at some point after their TBI, but no longer.



Further analyses are underway to help gain insights on how to classify chronic pain, and better understand how pain is associated with demographic characteristics, injury severity, current level of functioning and other health conditions. Other work is underway to identify key differences between those who have a good outcome and those who do not, across factors related to injury, pain severity/location, demographics, and treatment history. A third aim of the analysis is to identify treatment practices by clinicians who treat comorbid TBI and chronic pain to determine gaps in the availability and accessibility of evidence-supported pain treatments.

You can read more about the study here: <https://pain.tbindsc.org/>

## TBI Model System (con't from page 1)

In addition, The MossRehab Model System will also hold conferences in collaboration with other rehabilitation facilities and the Brain Injury Association of Pennsylvania for people with brain injury, their families, and professionals in the field. Further, the team looks forward to partnering with the Brain Injury Association of Pennsylvania in this new funding cycle to develop clinical guidelines for providing telehealth to persons with moderate to severe TBI, and expanding their outreach to historically underserved populations. Through the MossRehab TBI Model System, MRRI scientists and MossRehab clinicians will continue to work together to advance the standard of care for treating TBI and improve the outcomes for patients.

## Where are they now? Amy Curran

The Moss TBI Model The Moss TBIMS recently caught up with Amy Curran, who sustained a severe traumatic brain injury in 2013 resulting from a fall down icy stairs. She said that it took a long time to learn to take care of herself and become as independent as possible. Before her injury, Amy taught middle school children with special needs and is now retired on disability. She currently volunteers for the Neuro-muscular Disease Foundation, a non-profit agency whose mission is to improve the lives of individuals with GNE myopathy, an adult-onset genetic disorder that Amy has. She works as a patient advocate project manager. In this role she connects with individuals with this rare disease, helps them to find resources, and assists with a support group. Amy participates in a speaker series for the foundation as well. She feels that her years as a teacher helped to prepare her for this role.



Amy is an accomplished artist. She is a photographer and has always enjoyed painting, and is now using instructional books to teach herself to draw. In 2020, Amy won a Rare Artist Award for an acrylic abstract painting in a contest for artists with rare diseases. When asked about what inspires her, Amy said “The road to recovery with a TBI isn’t easy or short, but I found focusing on what matters most to me, my true passions, helped guide my journey and made me feel what was impossible, the healing, possible.”

Thank you for letting us share your story, Amy!

### EMPOWERMENT GROUP



The Elkins Park Empowerment Group meets on the second Monday of each month from 5-6:30 virtually.  
Please contact Debbi Eisen at 215-663-6857 or [Debra.Eisen@jefferson.edu](mailto:Debra.Eisen@jefferson.edu)

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



## The Moss TBI Model System

The National Institute on Disability, Independent Living and Rehabilitation Research has designated MossRehab as a Model System 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  
(2022-2027)**

