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## Headlines from the MSKTC

Connecting consumers to research-based information in  
Spinal Cord Injury, Traumatic Brain Injury, and Burn Injury

June 2020  
Issue 102

The MSKTC provides:

**Consumer Information** that offers guidance on treatment, social issues, and daily living after SCI, TBI, and burn injuries.

**Systematic Reviews** that compile, evaluate, and summarize published research evidence related to a specific medical or health topic.

**Databases** of research articles posted by the SCI, TBI, and Burn Model Systems.

Upcoming Conferences:

**July 20-August 7, 2020**  
[National Conference on Independent Living \(NCIL\) Annual Conference](#)

**September 12-13 and 21-22, 2020**  
[Academy of Spinal Cord Injury Professionals \(ASCIP\) Annual Meeting](#)

**October 4-7, 2020**  
[Annual Scientific Meeting of the American Spinal Injury Association \(ASIA\)](#)

## Traumatic Brain Injury (TBI)

### TBI Model System Researchers Present at BIANJ Annual Professional Seminar

TBI Model System researchers, Yelena Goldin, PhD, from [JFK Johnson Rehabilitation Institute Traumatic Brain Injury Model System](#), and Nancy Chiaravalloti, PhD, from [Northern New Jersey Traumatic Brain Injury System](#), presented a workshop at the Brain Injury Alliance of New Jersey (BIANJ) Annual Professional Seminar. This year's BIANJ Seminar was titled, "A 2020 Perspective: Improving TBI Outcomes in the Next Decade." Consistent with this mission, Dr. Goldin and Dr. Chiaravalloti presented the TBIMS research conducted at their respective sites. Learn more [here](#).

### TBI Model System Researchers Develop "Mission Possible: Emotional Wellness after TBI" Video Series

TBI Model System researchers from [North Texas Traumatic Brain Injury Model System](#) recently published a video series, "Mission Possible: Emotional Wellness after TBI," originally presented in partnership with Hope After Brain Injury. The series features videos that discuss a range of topics related to emotional wellness and well-being after TBI, including mindfulness, meditation, yoga, using medications, exercise, counseling, and more. Watch or download the series on YouTube [here](#).

### TBI Model System Researchers Publish Position Statement on Disorders of Consciousness in *Archives of Physical Medicine and Rehabilitation*

TBI Model System researchers, in collaboration with the [American Congress of Rehabilitation Medicine Evidence and Practice Committee](#) (ACRM EPC), recently published a position statement, "Minimum competency recommendations for programs that provide rehabilitation services for persons with disorders of consciousness: A position statement of the American Congress of Rehabilitation Medicine and the National Institute on Disability, Independent Living and Rehabilitation Research Traumatic Brain Injury Model Systems," in *Archives of Physical Medicine and Rehabilitation*. The position statement discusses practice guidelines and minimum competencies of the clinical programs for the treatment and support of individuals with disorders of consciousness. The recommendations fall into several categories: diagnostic and prognostic assessment, treatment, transitioning care/long-term care needs, and management of ethical issues. Authors from the currently-funded TBI Model System centers include: [Spaulding-Harvard Traumatic Brain Injury Model System](#) (Joseph Giacino, PhD; and Ross D. Zafonte, DO), [Moss Traumatic Brain Injury Model System](#) (John Whyte, PhD), [Tampa Polytrauma Rehabilitation Center](#) (Risa Nakase-Richardson, PhD), [JFK Johnson Rehabilitation Institute Traumatic Brain Injury Model System](#) (Brian Greenwald, MD), [Indiana University School of Medicine / Rehabilitation Hospital of Indiana Traumatic Brain Injury](#) (Flora Hammond, MD), and [Rocky Mountain Regional Brain Injury System](#) (Alan Weintraub, MD). View the article [here](#).

### TBI Model System Researcher Interviewed for *RehabCast* Podcast

**October 21-24, 2020**  
[American Congress of Rehabilitative Medicine \(ACRM\) 97th Annual Conference](#)

Joseph Giacino, PhD, principal investigator for the [Spaulding-Harvard Traumatic Brain Injury Model System](#), was interviewed for the June 2020 episode of *RehabCast*, the podcast of the *Archives of Physical Medicine and Rehabilitation*. Dr. Giacino discussed the recently published, "Minimum competency recommendations for programs that provide rehabilitation services for persons with disorders of consciousness: A position statement of the American Congress of Rehabilitation Medicine and the National Institute on Disability, Independent Living and Rehabilitation Research Traumatic Brain Injury Model Systems," a position statement jointly issued by the TBI Model System centers and the American Congress of Rehabilitation Medicine. Listen to the episode [here](#).

#### **TBI Model System Researchers Publish in *Neuropsychological Rehabilitation***

TBI Model System researchers published the article, "A randomized controlled trial of Acceptance and Commitment Therapy for psychological distress among persons with traumatic brain injury," in *Neuropsychological Rehabilitation*. The study found that individuals with TBI and clinically significant psychological distress who participated in eight weeks of Acceptance and Commitment Therapy (ACT) adapted to meet the needs of persons with cognitive difficulties and showed decreases in psychological distress, compared to a devised usual care control group. ACT participants also showed greater ability to approach their thoughts and feelings in a neutral way and were more likely to move out of the range of clinically significant distress. The results show that ACT adapted for persons with TBI is feasible and effective, but future trials with a more equivalent control group are needed. Authors are from [Texas Traumatic Brain Injury Model System of TIRR](#) (Angelle Sander, PhD; Allison Clark, PhD; David Arciniegas, MD; Kim Tran, MA; Luis Leon-Novello, PhD; Esther Ngan, MS; Jay Bogaards, PhD; and Mark Sherer, PhD). View the abstract [here](#).

#### **TBI Model System Researchers Publish in *Journal of Neurotrauma***

TBI Model System researchers published the article, "Mortality secondary to unintentional poisoning after inpatient rehabilitation among individuals with moderate to severe traumatic brain injury," in *Journal of Neurotrauma*. Studies have shown reduced life expectancy following moderate-severe TBI with death due to unintentional poisoning (UP) 11x higher following TBI than in the general population. Adults who receive inpatient rehabilitation for TBI who die due to UP are distinguishable from those who die of other causes. Factors such as pre-injury substance use in the context of functional independence may be regarded as targets for prevention and/or intervention to reduce substance use and substance-related mortality among survivors of moderate-severe TBI. The current findings may have implications for medical care, surveillance, prevention, and health promotion. Authors are from [Indiana University School of Medicine / Rehabilitation Hospital of Indiana Traumatic Brain Injury](#) (Flora M. Hammond, MD; and Lance E. Trexler, PhD) [Traumatic Brain Injury Model Systems National Data and Statistical Center](#) (Jessica McKinney Ketchum, PhD; and Cindy Harrison-Felix, PhD, FACRM) and the following currently-funded TBI Model System centers: [New York Traumatic Brain Injury Model System](#) (Kristen Dams-O'Connor, PhD), and [Ohio Regional Traumatic Brain Injury Model System](#) (John Corrigan, PhD). Authors are also from NIDILRR (Cate A. Miller, PhD, TBI Model System Program manager) and Centers for Disease Control and Prevention (Juliet Haarbauer-Krupa, PhD; and Mark Faul, PhD). View the abstract [here](#).

#### **TBI Model System Researchers Publish in *Archives of Physical Medicine and Rehabilitation***

TBI Model System researchers published the article, "Cost benefit analysis from the payor's perspective to screening and diagnosing OSA during inpatient rehabilitation for moderate to severe TBI," in *Archives of Physical Medicine and Rehabilitation*. The study found the high rates of sleep apnea after TBI highlight the importance of accurate diagnosis and treatment of this comorbid disorder. However, financial and practical barriers exist to obtaining an earlier diagnosis during inpatient rehabilitation hospitalization. Diagnostic cost savings are demonstrated across all phased approaches and obstructive sleep apnea (OSA) severity levels with the most cost-beneficial approach varying by incidence of OSA. Authors are from the [Tampa Polytrauma Rehabilitation Center](#) (Risa Nakase-Richardson, PhD; and Leah Drasher-Phillips, MPH) and Palo Alto Polytrauma Rehabilitation Center (Clara Dismuke-Greer, PhD), funded by the U.S. Department of Veterans Affairs, the [Traumatic Brain Injury Model Systems National Data and Statistical Center](#) (Jessica McKinney Ketchum, PhD), and the following currently-funded TBI Model System centers: [University of Washington Traumatic Brain Injury Model System](#) (Jeanne Hoffman, PhD), [Ohio Regional Traumatic Brain Injury Model System](#) (Ulysses Magalang, MD; and Jennifer Bogner, PhD), [Rocky Mountain Regional Brain Injury System](#) (Emily Almeida, MS), and [Moss Traumatic Brain Injury Model System](#) (John Whyte, PhD). View the abstract [here](#).

#### **TBI Model System Researchers Publish in *CHEST***

TBI Model System researchers published the article, "Comparison of diagnostic sleep studies in hospitalized neurorehabilitation patients with moderate to severe traumatic brain injury," in *CHEST*. This study is the first to provide clinicians with data to support a choice for which sleep apnea diagnostic tests are more effective during inpatient rehabilitation for TBI (Level

3 Portable Tests vs. Level 1 Polysomnography [criterion standard]) to help reduce comorbidity and possibly improve neurologic outcome. Authors are from the [Tampa Polytrauma Rehabilitation Center](#), funded by the U.S. Department of Veterans Affairs (Risa Nakase-Richardson, PhD; Daniel Schwartz, MD; Leah Drasher-Phillips, MPH; and Karel Carelo, MD), the [Traumatic Brain Injury Model Systems National Data and Statistical Center](#) (Jessica McKinney Ketchum, PhD; and Kimberley Monden, PhD), and the following currently-funded TBI Model System centers: [North Texas Traumatic Brain Injury Model System](#) (Marie Dahdah, PhD; and Kathleen R. Bell, MD), [University of Washington Traumatic Brain Injury Model System](#) (Jeanne Hoffman, PhD), [Moss Traumatic Brain Injury Model System](#) (John Whyte, PhD), and [Ohio Regional Traumatic Brain Injury Model System](#) (Jennifer Bogner, PhD; and Ulysses Magalang, MD). View the article [here](#).

## Spinal Cord Injury (SCI)

### SCI Model System Researcher Presents at SCI Course

Allen Heinemann, PhD, co-principal investigator of the [Midwest Regional Spinal Cord Injury Model System](#) (MRSCICS), presented at the 43rd Annual Interdisciplinary Spinal Cord Injury/Disease Course, along with clinical MRSCICS collaborators Kelly Breen, OTR/L, and Sara Hobbs, PT, DPT. The live online course featured a variety of lectures and workshops led by local SCI experts. Dr. Heinemann's feature presentation, entitled "Measuring Outcomes in SCI," kicked off the third and final day. View the full course brochure [here](#).

### Resource Highlight: "Exercise and Fitness After SCI" Hot Topic Module

SCI Model System researchers, in collaboration with the [Model Systems Knowledge Translation Center](#) (MSKTC), have developed numerous resources related to exercise and fitness after SCI. The Exercise and Fitness After SCI Hot Topic Module is a suite of resources to help people understand the importance of exercise and remaining fit after SCI. The hot topic module highlights the award-winning video series entitled, "Exercise and Fitness After SCI." The video series features expert input from health care professionals at the [University of Pittsburgh Model Center on Spinal Cord Injury](#), who provide clinical insights on the importance of fitness and physical health after SCI. Resources from the MSKTC may be shared freely with appropriate attribution. The hot topic module is available on the MSKTC website [here](#).

### SCI Model System Researchers Recruiting Participants for Research Studies

Researchers from the [University of Pittsburgh Model Center on Spinal Cord Injury](#) are recruiting wheelchair users for two studies:

- In Web-Based Maintenance Training, participants test a free, web-based training program on wheelchair maintenance for wheelchair users, caregivers, family, and friends. Wheelchair users with SCI may participate in several phases of training and feedback sessions and may be compensated up to \$150. Learn more [here](#).
- In Equity and Assistive Technology for Individuals with SCI, individuals test an app to track the rate of wheelchair breakdowns and failures, record repair and vendor information, and track distance traveled. App testing is open to individuals who use a wheelchair for mobility and have access to a smartphone or tablet. Eligible participants may be compensated up to \$120. Learn more [here](#).

## Burn Injury (BURN)

### Resource Highlight: "Post-Traumatic Stress Disorder (PTSD)" Factsheet

June is [Post-Traumatic Stress Disorder \(PTSD\) Awareness Month](#), organized by the National Center for PTSD at the U.S. Department of Veterans Affairs. Burn Model System researchers, in collaboration with the [Model Systems Knowledge Translation Center](#) (MSKTC), published a factsheet entitled, "Post-Traumatic Stress Disorder (PTSD)." The factsheet was developed by researchers from the [Northwest Regional Burn Model System](#) (Shelley A. Wiechman, PhD, ABPP) with support from the MSKTC. Available in both English and Spanish, this resource explains that mental and physical reactions are common after a traumatic event, like a burn injury, as well as provides information about how to handle

symptoms. The factsheet may be reproduced and distributed freely with appropriate attribution. It is available on the MSKTC website [here](#).

### **MSKTC Recruiting Participants for Burn Consumer Factsheet and Video Testing**

The [Model Systems Knowledge Translation Center](#) (MSKTC) is recruiting individuals with burn injury and their caregivers to provide feedback on a new factsheet and video entitled, "Sexuality and Intimacy After Burn Injury." To be eligible, participants must be at least 18 years old. Participants will receive a \$25 gift card for their time. If you participated in the production of these videos, you will not be eligible to participate in an interview regarding this video series. However, we would appreciate your feedback on a related factsheet. Call (202) 403-5600 or email [mstk@air.org](mailto:mstk@air.org) to register.



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The Model Systems Knowledge Translation Center (MSKTC) supports the Model Systems program in meeting the information needs of individuals with spinal cord injury, traumatic brain injury, and burn injury. The MSKTC is funded by National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) and is operated by the American Institutes for Research (AIR) in collaboration with George Mason University (GMU) and BrainLine at WETA under grant number 90DP0082.

Learn more about the MSKTC at [www.MSKTC.org](http://www.MSKTC.org)