

TBI

News & Views

Presented by

Northern New Jersey Traumatic Brain Injury System



In Association with:



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Northern New Jersey TBI System

Who We Are: A partnership among Kessler Foundation, Kessler Institute for Rehabilitation, UMDNJ University Hospital in Newark, Hackensack University Medical Center, Morristown Memorial Hospital, St. Josephs Medical Center in Paterson, various organizations advocating for persons with TBI, and members of the community with TBI. We are funded by the National Institute on Disability and Rehabilitation Research (under the U.S. Department of Education) to collect information about treatment, recovery, and long-term outcomes of TBI.

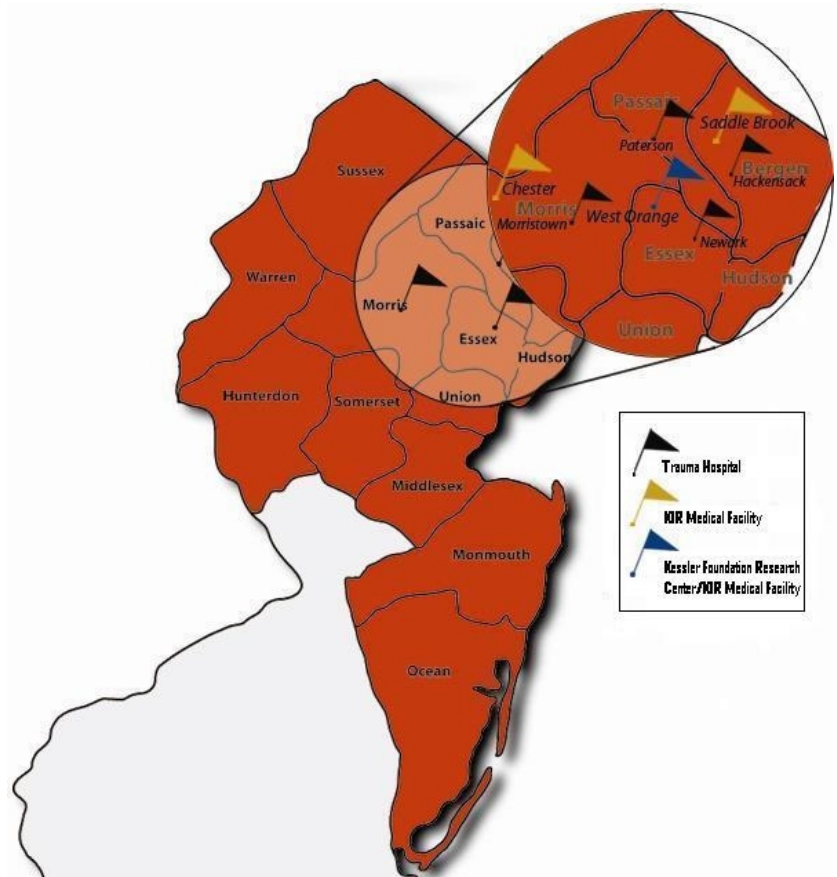
What We Do: Upon admission to Kessler Institute, we ask study participants a series of questions about their background, history of injuries & other health conditions. We also gather information dating back to the injury from the trauma hospitals mentioned above. Follow-up interviews are done mostly by phone at one, two, and five years after injury.

Privacy and Confidentiality:

Any data or information obtained through interviews or through medical records are kept confidential and private. All information is coded and sent to the Traumatic Brain Injury National Data and Statistical Center in Englewood, CO.

Why We Seek Participants:

Information gained from people participating in this study increases our understanding of brain injury and eventually leads to the development of better methods of treatment for individuals with TBI.



Resource Refresh: TBI Survival Guide

Coping with brain injury raises many questions about care, rehabilitation, and returning to work or school. In each issue of *TBI News & Views*, 'Resource Refresh' highlights community resources for patients and their families.

Looking for a comprehensive guide on what to expect after brain injury? In "Traumatic Brain Injury Survival Guide", Dr. Glen Johnson, a clinical neuropsychologist, offers a wealth of useful information in a free online book.

This guide clearly explains the general functions of the brain including control of movement, sensation and emotion, information processing, thought and speech and ways to improve these functions after TBI. Also covered are ways to cope with common problems such as sleep disorders, memory loss, fatigue, anger, depression and other symptoms.

Johnson provides an overview of acute care and rehabilitation for TBI and explains the professional roles and responsibilities of various members of the healthcare team including physicians, nurses, therapists (physical, occupational, and speech), social workers, counselors, etc. Recovering from brain injury takes time and patience. Johnson advises family members to "pace themselves" through the process, as many families visit often in the early days following injury, a pattern that may be hard to sustain as the hospital stay lengthens.

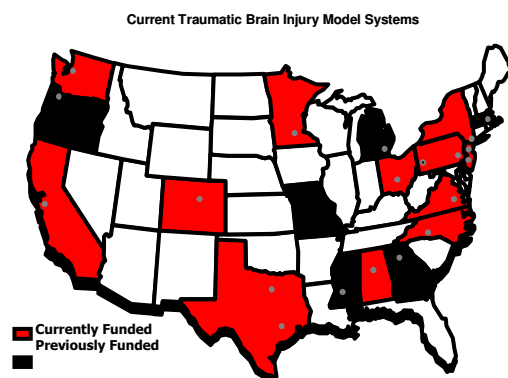
Lastly, the guide also deals with practical aspects of returning to the community and resuming activities such as school or work.

The "Traumatic Brain Injury Survival Guide" is an accessible resource that is practical and easy to understand. View this resource by visiting the website below.

<http://www.tbiguide.com/>

Did you know?

The Northern New Jersey TBI System is one of 16 regional Model System Centers across the US? There are similar centers in North Carolina, Virginia, Minnesota, Illinois, Texas, Colorado, California, Michigan, Alabama, Ohio and Washington state.



For a complete list of centers visit: <http://www.tbindsc.org>

Cognitive Rehabilitation Program

Recovering from traumatic brain injury (TBI) takes time and often requires highly specialized care for individuals to improve their ability to think, learn, and remember. Kessler's **Cognitive Rehabilitation Program** (CRP) is specifically designed to help patients with TBI rebuild their cognitive skills, restore physical and emotional strength and maximize independence.

Led by a neuropsychologist, our team of rehabilitation specialists utilizes an evidence-based approach to treatment that is tailored to individual needs and goals.

Our Approach

Kessler's CRP includes both individual and group sessions to best support each patient's needs. Group sessions allow individuals with various levels of severity to gain a greater understanding of the challenges of living with brain injury and develop peer support and provide opportunities to mentor others.

Because involvement of family members is key to the rehabilitation process, Kessler provides regular communication through monthly family meetings and special events, such as "Family Day."

Our CRP Team

Kessler's approach to rehabilitation draws on the expertise and experience of specialists from many disciplines who work together to address each patient's individual physical, emotional, behavioral and social challenges.

Team members include:

- Neuropsychologist
- Occupational Therapist
- Speech-Language Pathologist
- Certified Rehabilitation
- Vocational Counselor
- Cognitive Therapist
- Physical Therapist
- Nurse Case Manager



Our outcomes

Kessler, ranked as one of the nation's best rehabilitation hospitals by *U.S. News & World Report*. We're proud of this, but prouder still of our patients & the progress they make each day. Kessler patients typically show greater improvement & have a higher level of function upon discharge than similar patients across the U.S. We work closely with patients to formulate realistic discharge goals and empower them to reach their full potential. To see if you or someone you know may be eligible for this program, please contact one of our staff members listed on the right.

**For more information on Kessler's Cognitive
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If you or someone you know would like to participate in the Model System or other TBI studies, please contact

Belinda Washington at **973-243-6815** or visit our website at:

kesslerfoundation.org