

PROJECT NEWS

Brain Matters goes DOT.ORG

Not just another website. It's the new Brain Matters website at www.tbimatters.org.

Brain Matters is a popular San Jose area community education program that puts on quarterly seminars and inservices on topics relating to brain injury. The mission is to promote community awareness of the issues surrounding brain injury and to provide information on resources useful to individuals with brain injury and their family members and caregivers. Future topics are driven by audience surveys. Speakers have included physicians, neuropsychologists, counselors, and TBI survivors.

While the Brain Matters program has been a success (with over 100 interested attendees per session), its impact has been mostly local. So, the RRC has taken the program to the Internet! The new Brain Matters website includes resources on brain injury, and features useful brain injury-related websites, a calendar of local events, and a bulletin board for discussion of brain injury-related topics. In the future it will also feature the outlines and handouts given out at the Brain Matters local events.

We would like to make this website a world class resource, but we'll need your help. Please check out our new website and tell us what you think.

See you online!

TBI ResourceLine:
1-(800)-352-1956, ext. 13

SCI ResourceLine:
1-(800)-352-1956, ext. 24

REHABILITATION RESEARCH CENTER FOR TBI and SCI INTERACT

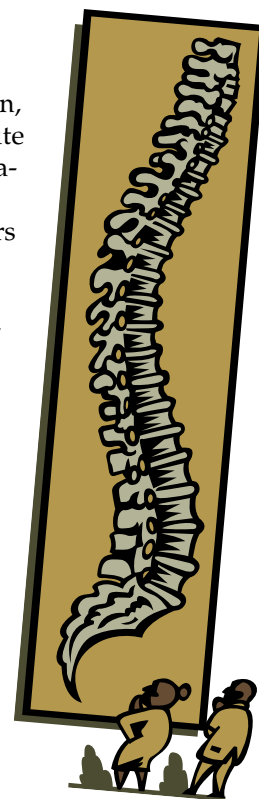
RRC secures major grant to study SCI

We are extremely pleased to announce that the Department of Education, Office of Special Education and Rehabilitative Services, National Institute on Disability and Rehabilitation Research (NIDRR) has funded the Rehabilitation Center at SCVMC for another five years as a **Spinal Cord Injury Model System of Care**. SCVMC joins 15 other rehabilitation centers across the United States for this grant cycle that extends from Oct. 1, 2000 to Sept. 30, 2005. The co-principal investigators for the grant are **Kazuko Shem, M.D.**, and **Tamara Bushnik, Ph.D.** Dr. Shem is an Associate Chief in the Department of PM&R and focuses her efforts in the Outpatient Clinic; Dr. Bushnik is Director of Rehabilitation Research and co-Project Director of the Traumatic Brain Injury Model System of Care at SCVMC.

The system of care at SCVMC that extends from the scene of the accident to community reintegration has been developed through a program encompassing services, teaching and demonstration, and clinical research activities. Throughout the SCI Model System grant history of over 20 years, the staff of both SCVMC and the SCI grant have collaborated to expand and refine the comprehensive SCI system of care in its northern and central California and Nevada catchment area. This effort continues to include community agency staff and consumers and has produced a network of services addressing the needs of individuals with SCI.

In this current proposal, input from many sources was sought and synthesized to create the research program. These sources included: consumers and their family members; community organizations; rehabilitation health professionals; and the rehabilitation literature. Input was gained through focus groups. In addition, a survey was disseminated to approximately 450 individuals with SCI. Based on these inputs, the research program will focus on:

- a. Further expanding our peer support network and groups through the use of the Internet, and quarterly education meetings which will focus on issues determined by the community;
- b. Determining if a regular exercise program can improve the quality of life, physical and psychosocial status, and community participation and integration of individuals with SCI;
- c. Examining the effect of high personal attendant turnover on the above mentioned community outcomes and whether an intervention can decrease that turnover and improve outcomes;
- d. Assessing SCI-specific education just before discharge and at several time points thereafter, and determining whether improving knowledge through information packets, the quarterly education series, and interactions with grant staff will improve outcomes.



STAFF SPOTLIGHT

Meet the New Spinal Cord Injury Project Director Kazuko Shem, M.D.



Kazuko Shem

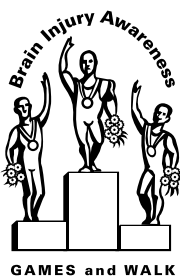
The Rehabilitation Research Center (RRC) would like to welcome our new Spinal Cord Injury (SCI) Project Director, **Kazuko Shem, M.D.** Dr. Shem is an Associate Chief in the Department of Physical Medicine and Rehabilitation (PM&R) in the Rehabilitation Outpatient Clinic at Santa Clara Valley Medical Center (SCVMC). She will be taking over the responsibilities of our SCI Projects from current Project Director, Peter Werner, M.D.

Dr. Shem's initial interest in rehabilitation started with her undergraduate degree in Bioengineering. She was interested in prosthetics and other devices that improve function for individuals with disabilities. Interest in how to continue to improve function led her into medicine. Dr. Shem gradu-

ated from the University of California, San Francisco School of Medicine. She is Board Certified in PM&R. Dr. Shem's areas of research interest are outpatient spinal cord injury including aging, health maintenance, social issues and women's issues, electromyography, and carpal tunnel syndrome. She is interested in the growing body of research in microsurgery, and hopes that it delivers on its promise to one day improve function in spinal cord injury cases.

As an outpatient physician, Dr. Shem gets a different perspective on SCI than inpatient physicians. One of the biggest clinical challenges has to do with the effects of decreasing rehabilitation stays. Because of these shortened stays, Dr. Shem is doing more work to continue the rehabilitation process in the community (in some cases as much as two years after the initial injury). Reinforcing and integrating educational material taught during the initial hospitalization is essential. As an outpatient physician, Dr. Shem is particularly excited about the community-oriented focus of our new SCI projects.

Dr. Shem's personal interests include gardening, and playing violin and piano.



It's in the BAG... Saturday, Oct. 7, 2000

BRAIN INJURY AWARENESS GAMES

Come join in the fun! Five brain injury organizations are teaming together to provide an afternoon of outdoor fun and brain injury resources.

Activities include: lawn games and walk, brain injury resource tables, BBQ lunch, silent auction, and music by Big Fun.

The event takes place Saturday, Oct. 7,

2000, from 10:30 a.m. to 1:30 p.m. at Almaden Lake Park in San Jose, CA. Proceeds will be used to help expand public awareness, education, and local services for brain injury.

For more information call Services for Brain Injury at (408) 295-4119 or visit the Brain Matters website at—

www.tbimatters.org/local.html

ANNOUNCEMENT

Spasticity Clinic at SCVMC

The Spasticity Clinic at the Physical Medicine & Rehabilitation Outpatient Clinic at Santa Clara Valley Medical Center is an interdisciplinary clinic aimed at evaluating and managing patients with spasticity due to neurological disorders. It is held monthly and is staffed by physicians, a physical therapist (PT), and an occupational therapist (OT).

After an assessment, patients are often recommended for further evaluations and treatment by PT or OT for gait training and equipment management. Patients may also be recommended for nerve blocks, Botox injections, and serial casting. A full interdisciplinary evaluation for intrathecal baclofen pump can also be done in this clinic.

Patients with difficult-to-manage spasticity due to spinal cord injury, traumatic brain injury, strokes, multiple sclerosis, and other neurological conditions may be referred to this clinic. For more information on this clinic please call (800) 314-4611.

Phone Extensions

The main number for the Rehabilitation Research Center for TBI & SCI is (408) 295-9896, x10.

Debra Burdsall	24
Tamara Bushnik	16
Mary Lou Gustafson	13
Laura Jamison	15
Dan Mayclin	19
Rich Patterson	12
Sherri Rogers	22
Valarie Viramontes	10
Janie Whiteford	42
Jerry Wright	20

INTERACT is brought to you by NIDRR grants H133A70018 and H133N50003. Address inquiries to **Jerry Wright**, Editor. PHONE (408) 295-9896 ext. 11; FAX: 295-9913. Design, Layout and Production: **Beryl Richardson**, Richardson Communications, (408) 938-0826.

Please recycle this newsletter: pass it on to a friend.

SUPPORT CORNER

TRAUMATIC BRAIN INJURY (TBI) SUPPORT GROUPS

- **Mild Brain Injury (MBI) Group**
For individuals in the community with brain injury, and friends and family. Meets the fourth Tuesday of each month at 7 P.M. at the Cypress Senior Center, 403 So. Cypress Ave., San Jose. Contact the TBI Peer Support Coordinator at (408) 295-9896, x19.
- **Very Important Patient (VIP) Group**
Includes inpatients, outpatients, individuals in the community with brain injury, and friends and family. Meets the fourth Wednesday of each month at 7 P.M. at Santa Clara Valley Medical Center, Rehabilitation Conference Room. Contact the TBI Peer Support Coordinator at (408) 295-9896, extension 19.

SPINAL CORD INJURY (SCI) SUPPORT GROUPS

- **SCI Support Group**
Includes individuals in the community with SCI, and friends and family. Meets the third Thursday of each month at 7 P.M. at the Cypress Senior Center. Contact **Richard Patterson**, (408) 295-9896, x12.
- **SCI Women's Peer Support Group**
Includes women in the community with SCI. Meets on the fourth Friday of the month from 12:00 P.M. to 2 P.M. Contact **Janie Whiteford**, (408) 295-9896, x42, for the location.
- **Family & Caregiver Support Group**
Includes family, caregivers and friends. Meets every other Thursday at 6:30 P.M. at Santa Clara Valley Medical Center, Rehabilitation Conference Room. Contact **Dan Mayclin** at (408) 860-7883 (pager).

PUBLICATIONS

Recent Publications by RRC Staff

Cifu DX, Kreutzer JS, Marwitz JH, Miller M, Hsu GM, Seel RT, Englander J, High WM, Zafonte R. Etiology and incidence of rehospitalization after traumatic brain injury: a multicenter analysis. *Arch Phys Med Rehabil* 1999;80:85-90.

Englander J, Bushnik T, Shem K. Women with TBI. Chapter to be included in *Women's Issues in Health Care*, Berkeley Planning Associates, October 1999.

Englander J, Cifu DX. The Older Adult with Traumatic Brain Injury. In *Rehabilitation of the Adult and Child with Traumatic Brain Injury*, 3rd ed., Rosenthal et al., editors. F.A. Davis Company, 1999.

Hall KM. Functional Assessment and Outcome Measurement. In *Rehabilitation of the Adult and Child with Traumatic Brain Injury*, 3rd ed., Rosenthal et al., editors. F.A. Davis Company, 1999.

Hall KM, Bushnik T, Lakisic-Kazacic B, Wright J, Cantagallo A. Comparisons among functional outcome measures for traumatic brain injury assessment in the community. Accepted for publication *Arch Phys Med Rehabil*.

Hall KM, Knudsen ST, Wright J, Charlifue SW, Graves DE, Werner P. Follow-up study of individuals with high tetraplegia (C1-C4) 14 to 24 years postinjury. *Arch Phys Med Rehabil* 1999;80:1507-1513.

Wright J, Bushnik T, O'Hare P. The Center on Outcome Measures in Brain Injury (COMBI): An Internet resource you should know about. *J Head Trauma Rehabil* 2000;15:734-738.

Yablon S, Meythaler J, Englander J. Practice parameter recommendations of The American Academy of Physical Medicine and Rehabilitation — Brain Injury Special Interest Group: Antiepileptic drug prophylaxis of late posttraumatic seizures. Submitted for publication.

Visit the RRC Websites

RRC Home

www.tbi-sci.org

TBIRD

www.tbi-sci.org/tbird

SCI-FYI

www.tbi-sci.org/scifyi

PM&R

www.tbi-sci.org/rehab

SCI Ring

www.tbi-sci.org/sciring

Project Enable

www.projectenable.org

Brain Matters

www.tbimatters.org

TBI Model Systems

www.tbims.org

COMBI

www.tbims.org/combi

Find out more about these websites by visiting www.tbi-sci.org/resources.html

Updated Resource Guide Takes Flight

The TBIRD

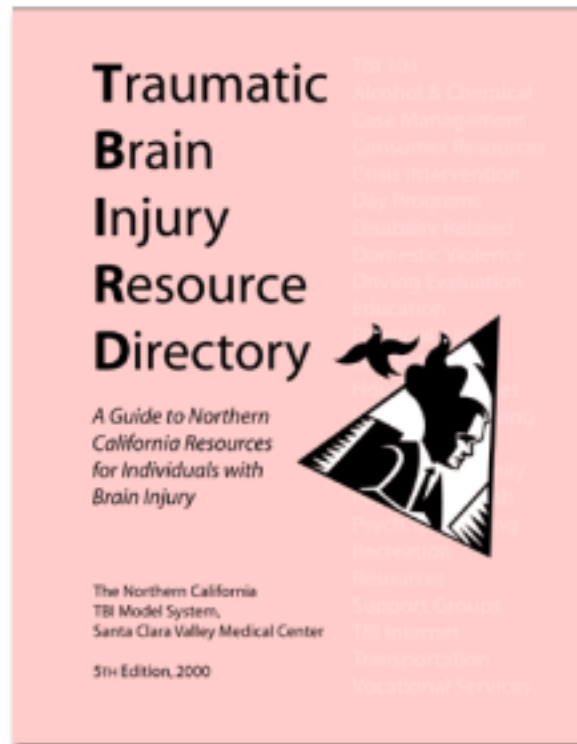
Our popular brain injury resource guide, the *Traumatic Brain Injury Resource Directory (TBIRD)*, has resurfaced in a new and completely updated edition. The fifth edition of our popular guide has been reorganized, sports a brand new look, and includes several new chapters.

Yes, it still covers hundreds of TBI related resources in its 25 resource chapters. Chapter topics include support groups, recreation, parenting, housing, legal, and education resources.

But you'll also find new chapters: TBI-101 (an introduction to brain injury), a chapter on how to use the directory; and a revamped Internet chapter covering the best of brain injury-related websites. Throw in an improved index (listed by agency and by city!) and you've got a TBIRD that really soars.

What would such a resource guide cost? The online version of the TBIRD is FREE! You can download the whole book, or only the chapter that interests you. The online version is identical to the printed version (only free). Visit the RRC website for more information—www.tbi-sci.org/tbird.

If you'd like a printed version of the TBIRD we can send you one for \$16 (printing and postage). Call (800) 352-1956, extension 10 to order.



Goodbye...

With the arrival of the new Spinal Cord Injury Grant we say goodbye to two of our favorite staff members, **Dr. Peter Werner** and **Mark Olson, MPH**.

We thank Dr. Werner, our current SCI Project Director, for his leadership and direction through the last five years. With the direction of the new SCI projects leaning more towards the community, **Dr. Kazuko Shem**, an outpatient physician, will be

taking over as new SCI Project Director. Dr. Werner will continue at Santa Clara Valley Medical Center directing the medical care of spinal cord-injured patients in the Rehabilitation Trauma Center.

Many of you may have talked with Mark Olson, Research Associate. For the last five years he has been responsible for many of the follow-up interviews for our SCI national database and other studies. Mark

was also responsible for setting up Project Enable, a project bringing the Internet to our patients. Mark and his family are relocating to a new and exciting locale.

To both of you, thank you for the work you have done with the RRC. You have helped to increase our knowledge of SCI and improved the lives of those you have touched. We wish you well in your new endeavors.

INTERACT

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