

PROJECT NEWS

New Physiatrists at SCVMC

The Rehabilitation Research Center (RRC) would like to introduce two new physiatrists for Santa Clara Valley Medical Center (SCVMC):

THAO DUONG, MD

Dr. Duong received her M.D. at the University of California, Davis and completed her PM&R residency at Stanford University Hospital. Dr. Duong is Board Certified in Physical Medicine and Rehabilitation and is also Board Certified in Electrodiagnostic Medicine. Dr. Duong received the Golden Goniometer Award for outstanding teaching services from the Department of Rehabilitation Residency Training program at the University of Colorado in 1996. Dr. Duong served as Director of Rehabilitation Services at Denver Health Medical Center in Colorado from 1989-2000 and is currently an Associate Chief in the Department of Physical Medicine and Rehabilitation at Santa Clara Valley Medical Center on the Head Injury/General Rehabilitation Inpatient Service. While in Denver, Dr. Duong was involved in our multicenter study on seizures following brain injury. Her recreational interests include gourmet cooking, eating, and traveling.

ANDREA TOWNSON, MD

Dr. Townson graduated from Queen's University in Kingston, Ontario, Canada. She trained in Physical Medicine and Rehabilitation at the University of British Columbia in Vancouver, British Columbia. In addition to being Board Certified in PM&R, she is a Fellow of the Royal College of Physicians and Surgeons of Canada. Prior to joining the Spinal Cord Injury Program in the Department of PM&R at Santa Clara Valley Medical Center, she was on faculty at the University of British Columbia and on staff at the G.F. Strong Rehab Centre in Vancouver, British Columbia. Her professional interests include medical education and residency training. She is an avid skier, snowboarder and mountain biker.

inter@ct

Rehabilitation Research Center for TBI and SCI

Spring 2001

Talking Heads

A Community Based Brain Injury Newsletter

Talking Heads, a San Jose based newsletter dealing with brain injury issues, was an unqualified success. The quarterly newsletter was oriented towards issues that individuals with brain injuries and their families and friends would find important and interesting. Besides its

focus on local agencies and resources, it featured a 3-month calendar of events and information on local support groups. To the roughly 1000 or so individuals that received it, the publication filled an important niche.

But *Talking Heads* was in trouble. After six years and 23 issues, the editor of *Talking Heads*, **Gerard Manuel**, of the Office of Therapeutic Services (OTS), was promoted to a new (non brain-injury-oriented) position. With no editor or production staff, *Talking Heads* went into hibernation. But not for too long. A collaborative agreement was reached to produce future issues of *Talking Heads*.

Jerry Wright from the Rehabilitation Research Center (RRC) for TBI & SCI at Santa Clara Valley Medical Center has agreed to edit and produce future issues. Jerry also edits two other brain injury related newsletters: *Inter@ct*, the newsletter of the RRC, and *Outcome Oriented*, a newsletter that examines brain injury outcome and assessment measures. The future production of *Talking Heads* content will be a collaborative effort of the Office of Therapeutic Services, Services for Brain Injury (SBI), and the RRC (formerly named the Traumatic Brain Injury Project). SBI coordinates the mailing, and **Chuck Walter** maintains the mailing list. Funding for *Talking Heads* printing and postage comes from the annual Brain Injury Awareness Games and Walk.

So what can you expect from the new *Talking Heads*?

- Event Minder—listing upcoming brain injury related events
- BrainWaves—highlighting TBI Internet resources
- Listings of local support groups
- 3-month calendar of events
- Focus on community resources, agencies, and outstanding individuals

Talking Heads is available online as well! Visit the Brain Matters website at www.tbimatters.org for the last two issues of *Talking Heads*.

For more information on *Talking Heads* contact Jerry Wright at (408) 295-9896 ext 20 or jwright@tbi-sci.org



Brain Matters

Free Educational Events and More!

Over 700 people have attended five Brain Matters community educational events since February, 1999. If you haven't been part of them, you've been missing out. These events are presented by the Rehabilitation Research Center (RRC) for TBI, Santa Clara Valley Medical Center.

These highly successful events are held approximately every three months and are designed to inform and educate the entire TBI community including TBI survivors, caregivers, family members, and rehabilitation professionals. The mission is to promote community awareness of the psychosocial and medical complications associated with brain injury, to provide resources to assist in the rehabilitation and community integration of the affected individual, and to provide support for family members and caregivers.

At the last meeting, which was held on January 31, 2001, the 120 people who attended listened to a panel of caregivers and persons with traumatic brain injury share their experiences as they dealt with medical issues, memory loss, disorganization, and anger. Following this, the group divided into separate groups led by professionals to discuss these issues further.

The latest Brain Matters workshop is entitled "Shattered Dreams... Renewed Hope" on May 30, 2001 from 5:30 to 8:00 p.m. at the Del Mar High School located at 1224 Del Mar Avenue, San Jose, California. The focus will be on the positive aspects following a traumatic brain injury. Speakers and group leaders will include **Dan Mayclin, Ph.D.**, **John Becker, Ph.D.**, **Dave Masucci, Ph.D.**, and **Rich Patterson, M.S.** Admission is free, but reservations are requested. Call (800) 352-1956 x 18 or email marylou@tbimatters.org. A flyer and

STAFF SPOTLIGHT

Research and Resident Triathlete

Kathy Miller



Kathy Miller

that extend our knowledge of SCI. Kathy is also involved with a study looking at the efficacy of patient education programs.

Kathy is a Chicago native, but a California transplant (she wilts in the cold). She completed her Bachelors in Biology at the University of California at Santa Cruz. Kathy used to be an Emergency Medical Technician, but doesn't race through many intersections anymore. Before coming to the RRC, Kathy also worked at the Parkinson's Institute. She was involved in research projects relating to the neuroprotective effects of nicotine and the role of alpha-synuclein in Parkinson's disease. Kathy's recreational interests include triathlons (whew!), travel, backpacking, and scuba diving.

When asked about her work, Kathy said, "the challenge is introducing the importance of this kind of research to patients and families, especially soon after the injury. The rewards are being able to provide resources and helping out. Many people don't know that when we call them for an interview, we also have a lot of information to share."

For "Facts and Figures" from the SCI National Database go to www.spinalcord.uab.edu

For SCI Resources go to www.tbi-sci.org/resources.html

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Brain Matters continued

map are available for downloading at www.tbimatters.org/local.html

We hope to see you there.

Brain Matters also has a website you should know about (www.tbimatters.org). The website includes a calendar of local events, resource information, a bulletin board, and back issues of the newsletter *Talking Heads*. Check it out!

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 second and fourth Tuesday of each month at 7 p.m. at the Cypress Senior Center, 403 So. Cypress Ave., San Jose. Contact **Richard Patterson** at (408) 295-9896, x12.
- **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 **Richard Patterson** at (408) 295-9896, x12.

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).

RESEARCH BRIEF

Motor Deficits and Outcome after TBI

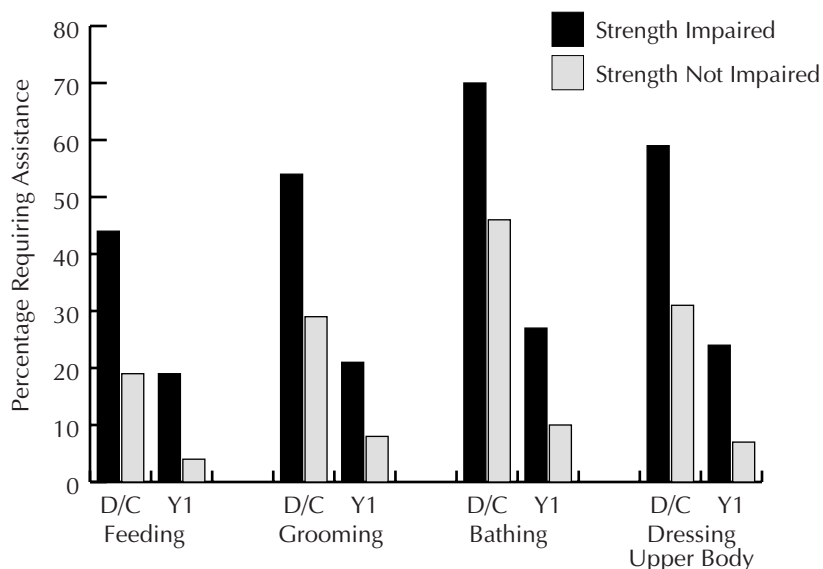
This study looked at the relationship between early motor problems (strength, balance, coordination) and later functional outcomes in individuals with traumatic brain injury. Results from early physical assessments (done at admission to rehabilitation) were compared with different outcome (ambulation, dressing, bathing, etc) measures at hospital discharge and at one year post injury. Why were clinicians interested? If there was a strong relationship (if people that had early motor problems wound up with more functional issues) these individuals could be identified early on and receive additional/appropriate treatment. The study was specifically geared towards trying to identify individuals who would need supervision or physical assistance with important activities at rehabilitation discharge and at one year post-injury. Findings might also help describe to patients and families what they might expect for longer term outcomes.

This study uses data from the TBI National Database. There were 1100 individuals who had early physical evaluations and one year post injury functional assessments. The data was collected from 17 centers across the US. Functional assessments were done by trained rater/interviewers who collected data in clinical settings and also over the phone. At the Rehabilitation Research Center, **Mary Lou Gustafson** and **Laura Jamison** conduct most of these assessments.

The study found that early motor difficulties did indeed have a strong relationship with functional performance at one year. Some examples of the findings: Individuals with early lower extremity strength deficits were over three times more likely to require supervision/assistance with ambulation (19% vs. 6% of the individuals had difficulty ambulating) at one year. Individuals with early upper extremity strength deficits were over three times more likely to require supervision/assistance with dressing (24% vs. 7%) at one year. Individuals with early balance problems were over eight times more likely to require supervision/assistance with transfers (25% vs. 3%) at one year.

Complete findings from this study will be published at a later date.

Early Upper Strength Deficits Impact Later Functional Outcome



D/C = Rehab Discharge, Y1= One year after injury

SCI-FYI Spotted in California

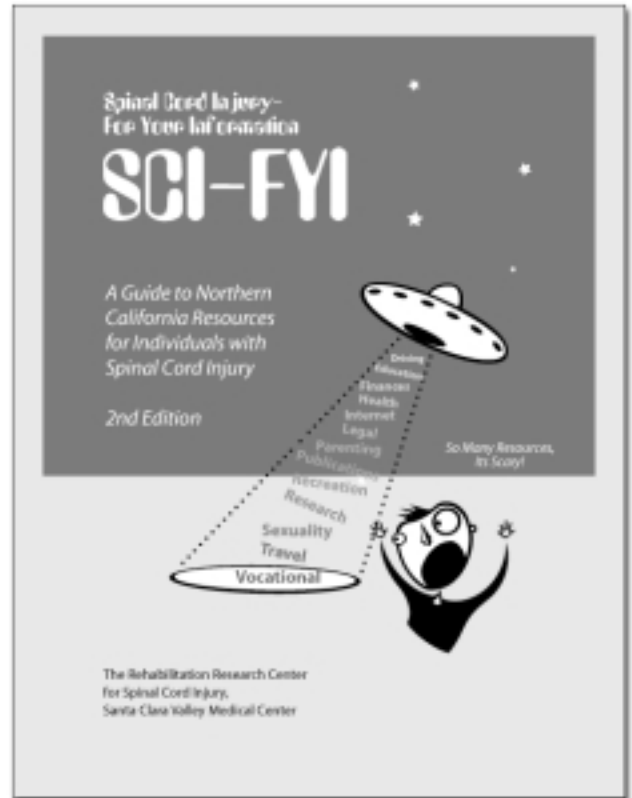
So many resources its *scary!* Definite sightings have been confirmed. The SCI-FYI (*Spinal Cord Injury - For Your Information Resource Guide*) is available in a new and completely updated post-millennium edition. The second edition of the SCI-FYI has been reorganized, sports a brand new look, and includes several new chapters. Did we mention that its radioactive green in color (so you'll never lose it).

It still covers hundreds of SCI-related resources in its 26 resource chapters (the SCI group wanted to make sure that it had one more chapter than the *Traumatic Brain Injury Resource Directory* or TBIRD). Chapter topics include support groups, recreation, parenting, housing, legal, and education resources.

But you'll also find new chapters: our Top Ten Resource list, a chapter on how to use the directory, new chapters on attendant care resources, SCI Internet resources, and regeneration and curative research. We've also improved the index (now listed by agency and city!). The new SCI-FYI is truly stellar.

But hey, don't take my word for it, check it out for yourself. You can view or download the entire 330 page resource guide for free on the Internet (www.tbi-sci.org/scifyi). Or just download the chapter that interests you.

If you'd like a printed version of the SCI-FYI we can send you one for \$16 (printing and postage). Call (800) 352-1956, extension 10 to order. *The resources are out there! Tell everybody!*



Redesign and Resources at the RRC Website

If you haven't been to the RRC website (www.tbi-sci.org) in a while, it's definitely time for a repeat visit. The website has been redesigned with an updated look, easier navigation, and most importantly new and improved content. Not only can you find out more information about the RRC's research and community projects, but you can also download, view, or print many of our resources and products. Newly revised resource guides, including the *Traumatic Brain Injury Resource Directory* (TBIRD) and the *Spinal Cord Injury - For Your Information Guide* (SCI-FYI) are yours for the taking. Peruse through our informational brochures, check out the back issues of *Inter@ct*, even download the RRC cookbook, *Your Dish is Granted*. See you in cyberspace.

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