Research Study Highlight

MANAGEMENT OF POST-TBI FATIGUE WITH LIGHT EXPOSURE

Many patients who have sustained a TBI experience fatigue and trouble getting a sufficient amount of sleep. This particular study is for people who have had a traumatic brain injury (TBI) and are experiencing fatigue that comes from sustaining a TBI.

We are trying to see if two different types of light, red and white, can improve people’s fatigue, sleep, mood, and thinking abilities.

If you are interested, please call Michelle Urman at (212)-241-8119 or email her at michelle.urman@mountsinai.org.

Resources for People with TBI & their Friends and Family

COGNITIVE PROBLEMS AFTER TBI
After a TBI, it is common for people to have cognitive problems. Cognition is the act of knowing or thinking. It includes the ability to choose, understand, remember and use information.

Problems in cognition include deficits in memory; processing and understanding information; reasoning, problem solving, decision making, and judgment; controlling impulses and desires and being patient; planning, organizing, and assembling; attention and concentration; and communication.

Read more here about how you and your friends and family members can help deal with your cognitive problem.
FAQs ABOUT TBI
Want to know more about traumatic brain injury? Wondering whether you or somebody you know has a traumatic brain injury? Learn more about TBI and explore some frequently asked questions.

Resources for Healthcare Professionals

THE EFFECTIVENESS OF COGNITIVE REHABILITATION
Cognitive skills can be relearned with a structured rehab plan of strategies and repetition. Listen to Dr. Wayne Gordon, PhD ABPP/Cn, talk about the effectiveness of cognitive rehabilitation and learn more here.

DIAGNOSIS, MANAGEMENT & TREATMENT OF CONCUSSION IN CHILDREN AND ADOLESCENTS
In 2012, New York State enacted a concussion law mandating that all children concussed in school sports be removed from play for at least 24 hours and return to play and to school be determined by a physician. Concussion is an area where public policy rather than science is leading decision-making.

A workshop held in September at the Icahn School of Medicine at Mount Sinai, sponsored by the Department of Rehabilitation Medicine and the Department of Pediatrics – School-Based Health Center Program, reviewed the signs and symptoms of concussion, the neurophysiology of concussion, methods of identification, assessment and diagnosis and reviewed current best practices with regard to decision making about return to play and to learn. The slides used in the presentations at the workshop are available here.

Publication Highlight

This study investigated whether lifetime history of traumatic brain injury with loss of consciousness (TBI with LOC) is associated with increased risk for subsequent TBI with LOC in older adulthood, Alzheimer’s disease and other dementias, and death in a large community-based sample.

To read more, access the full paper by clicking here.
RESOURCES FOR HEALTHCARE PROFESSIONALS

COGNITIVE PROBLEMS AFTER TBI
• www.msktc.org/lib/docs/Factsheets/TBI_Cognitive_Problems_and_TBI.pdf

FAQS ABOUT TBI
• www.braininterrupted.org/tbi/index.html
• icahn.mssm.edu/research/centers/brain-injury-research-center-of-mount-sinai/resources/faq

RESOURCES FOR HEALTHCARE PROFESSIONALS

THE EFFECTIVENESS OF COGNITIVE REHABILITATION
• https://www.youtube.com/watch?v=stJyFeao1m0

DIAGNOSIS, MANAGEMENT & TREATMENT OF CONCUSSION IN CHILDREN AND ADOLESCENTS

RESEARCH STUDY HIGHLIGHTS
More information about this and our other research studies can be found at:
• http://icahn.mssm.edu/research/centers/brain-injury-research-center-of-mount-sinai/clinical-trials

PUBLICATION HIGHLIGHT
• http://jnnp.bmj.com/content/84/2/177.full.pdf+html

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