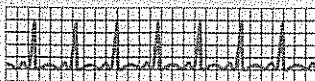


# Team helps patients fight back from brain injuries

BY ADRIENNE B. RUMPH AND DR. F. DON NIDIFFER

## Vital Signs



### THE COLUMN

Vital Signs is a community health promotion column sponsored by Martha Jefferson Hospital, Region Ten, Thomas Jefferson Health District and the University of Virginia Health System.

consciousness or amnesia after the injury. A TBI can result in short or long-term problems with independent function.

Symptoms of mild TBI (concussion):

- Headaches.
- Dizziness.
- Excessive fatigue.
- Concentration problems.

- Forgetting things.
- Irritability.
- Sleep problems.
- Balance problems.
- Ringing in the ears.
- Vision change.

Symptoms of mild TBI (concussion) often resolve within hours to days and almost always improve over one to three months. However, if symptoms persist without improvement, medical treatment should be sought.

As part of the Defense and Veterans Brain Injury Center ([www.dvbic.org](http://www.dvbic.org)), Lakeview Virginia NeuroCare in

Charlottesville provides a community-integrated brain injury rehabilitation program, comprehensive evaluations, an outpatient therapy clinic, vocational training and innovative community re-entry services for military and civilians with brain injury.

LVN serves as a model program for the development of TBI treatment mod-

ules for community reintegration and the evolving use of technology aides.

A full complement of therapists is available, including an internal medicine physician, occupational therapists, a physical therapist, a clinical behavioral psychologist, neuropsychologists, a speech and language pathologist, case manager, substance abuse counselor, vocational specialist and community outreach educational coordinator.

As part of the DVBIC, Lakeview Virginia NeuroCare provides education to improve care for TBI patients, support families, increase public awareness of the effects of TBI. Additional missions include conducting IRB approved research projects and helping to track returning wounded military personnel from Iraq and Afghanistan as part of the overall DVBIC. Congressionally mandated surveillance efforts.

The Lakeview residential

program, is embedded in the community and is comprised of neighborhood apartments and the Grove House, a 24-hour supervised, family style home on Grove Avenue, near the Lakeview Therapy Center.

Lakeview Virginia NeuroCare programs also focus on skill acquisition as a foundation of independent living, community engagement and work re-entry. Treatment occurs in the Grove house, the Therapy Center on the corner of Grove Avenue and East High Street and "real-world" environments in the community to facilitate transfer of learning and optimize life potential.

The program addresses real-life goals in the home, community and school or in one of 27 cooperative vocational settings in the Charlottesville area with local organizations that generously have agreed to work with the wounded servicemen. The interdisciplinary

team of rehabilitation professionals works in partnership with each program participant to establish individual service plans that enable self-efficacy and independence in rebuilding a fulfilling life after their injury.

The goal is hopefully to help the military personnel to return to duty or otherwise engage in gainful employment if their wounds do not allow them to return to their prior military duties.

Please refer anyone who may have experienced a traumatic brain injury, whether injured during their military service or otherwise, to the administrative offices at 984-5218.

### THE WRITERS

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