It is my privilege to lead-off this 2014 annual report for the Department of Physical Medicine and Rehabilitation at Sinai Hospital of Baltimore, and for the Sinai Rehabilitation Center. The department was founded in 1965, and was the first full department of Rehabilitation Medicine in an acute care community hospital in the state of Maryland. Our first chairman, Dr. B. Stanley Cohen, established the principles upon which we continue to develop. The goals of the patients we serve create the framework for individualized treatment plans. Functional restoration is at the heart of our therapeutic approach. The department has provided a wide range of services, from consulting for the Baltimore Orioles to providing vocational retraining for the disabled. What is now the LifeBridge Health and Fitness Center (one of the premier fitness centers in the Baltimore region), and the VSP vocational services program, had their start in the PM&R department. Both became enormously successful and have been spun off as independent entities in our health system. Inpatient rehabilitation services and a residency training program were added in the 1980s. Under the leadership of Dr. Gerald Felsenthal during the 1990s, the department grew to include a broad array of inpatient and outpatient programs, many unique in the region. Our flagship programs include neurological rehabilitation and pain management and rehabilitation. As a tertiary teaching hospital (the third largest in the state), our vision has been to offer the broad continuum of care for these and other patients with complex needs. Sinai has been committed to the professional development of our staff since the collective expertise of the multi-disciplinary team is at the core of our treatment.

The opening of the our new state of the art inpatient Louis and Phyllis Friedman Neurological Rehabilitation Center in fall, 2012, has increased our inpatient census and improved patient outcomes. Despite the uncertainties in American health care, the Sinai Rehabilitation Center remains committed to providing the highest quality, expert, family centered care.
The Brain Injury Programs at Sinai Rehabilitation Center provide a full continuum of neurorehabilitation services to persons recovering from an acquired brain injury. These programs are designed to help restore individuals to their maximum level of cognitive, physical, emotional, and behavioral abilities.

2014 was a year of tremendous growth and accomplishment for SRC brain injury programs. In January, the Brain Injury Association of America (BIAA) designated LifeBridge Health as a Platinum member of ACBIS Alliance. ACBIS, the Academy of Certified Brain Injury Specialist is a practitioner certification administered by BIAA and Alliance is their recognition of high quality care for those with a brain injury. We are proud to be the only facility in Maryland to achieve this standard. Other notable accomplishments in 2014 include:

- MBIP staff conducted national webinar on concussion sponsored by the Brain Injury Association of America.
- LifeBridge Health achieves Platinum level for ACBIS Alliance
- Held Mild Brain Injury conference for professionals in Maryland
- Initiated use of Mayo-Portland Adaptability Inventory in RETURN! Program

The Louis and Phyllis Friedman Neurological Center

The Louis and Phyllis Friedman Neurological Center is the traditional entry point for LifeBridge Health’s brain injury continuum of care. The 20-bed, CARF-accredited Center provides acute rehabilitative care to those recovering from acquired brain injuries, including TBI and Stroke. It is one of two facilities in Maryland to be licensed for TBI inpatient rehabilitation and the only one located in an acute care hospital. Patient care is directed by a structured TBI care model called RESTORE, which clearly defines environmental and clinical approaches based on the patient’s stage of recovery. Led by physical medicine and rehabilitation physicians, the clinical team consisting of ACBIS-certified brain injury professionals provides care based on best practices in neurorehabilitation. Our brain injury continuum includes the RETURN! Community Reentry and RETURN!--To Work programs, meeting the long-term needs of persons with brain injury.

RETURN! Community Reentry Program

The RETURN! Community Reentry Program continues to provide the best in outpatient neurorehabilitative care to individuals with moderate to severe brain injuries. The comprehensive, CARF-accredited day program employs a multidisciplinary team approach in its provision of care. Intensive and integrated, RETURN! methodology is essential to client recovery. High functional outcomes and customer satisfaction continue to define the RETURN! experience. In 2014, RETURN! began using the Mayo-Portland Adaptability Inventory to track client progress, joining many other TBI programs across the U.S. This has been well-received by both staff and families. At discharge, a high majority of program clients are able to return to school, find gainful employment or successfully manage their home and community duties. Most importantly, they are well-equipped to advance and maintain their recovery. RETURN! graduates receive follow-up care via phone contact and the monthly MindMenders support group.
The Mild Brain Injury Program

The Mild Brain Injury program (MBIP) is a comprehensive, case-managed approach to the medical and rehabilitative treatment of mild traumatic brain injury. Providing a full-range of diagnostic services and relevant treatment modalities to meet the broad needs of this population, it remains the only program in Maryland that integrates physiatry, neurology, neuropsychology and rehabilitation therapies. The MBIP serves as a national model of excellence for this population and is the fastest growing of the LifeBridge brain injury programs.

RETURN! To Work Vocational Reentry Program

RETURN--To Work (RTW) provides the most comprehensive approach to reemployment after brain injury in the state of Maryland. A vocational case coordinator manages the various aspects of the program, including initial diagnostics to work preparedness to job coaching. The majority of referrals are from the Maryland Division of Rehabilitation Services and are beneficiaries of the Governor’s Brain Injury Reemployment Program. This program allows for intensive and long-term assistance to brain injury survivors returning to work, which ensures the best outcomes possible. A 2013 study by the University of Maryland demonstrated high reemployment rates for those in the Governor’s program, of which RTW was a leading provider.

Program Outcomes

RETURN! Community Reentry Program

Function Plus!

Sinai Rehabilitation Center’s Function Plus! Program uses and integrates, inpatient approach to manage intractable pain. It identifies and addresses the cause of chronic pain for patients in its care with the goal of functional improvement. Interventions are designed to improve the patient’s ability to engage in routine daily activities, to maintain psychological well-being and to live a full, productive life. The treatment team consists of a physiatrist, nurse, physical therapist, occupational therapist, psychologist and social worker. Individual assessments inform the team process, which creates a treatment approach targeting the cause of pain.
The Sinai Rehabilitation Center has been providing quality physical medicine and rehabilitative care to the Baltimore community for nearly 50 years! We treat patients of all ages, from infants to the elderly, across all medical disciplines so they may return to their community with competent, confident independence. The first rehabilitation facility in Maryland to become part of an acute care hospital, the Sinai Rehabilitation Center is focused on the following goals for its patients:

- to restore maximum physical and functional potential
- to address the psychological affects of the disability
- and to minimize the time it takes to return to daily activity.

We offer the full spectrum of acute and subacute rehabilitation care on both an inpatient and outpatient basis. Specific services include traumatic brain injury and neurological inpatient rehab; cardiac rehab; stroke rehab; pain management; aquatic, physical, occupational, and speech-language and swallow therapy; women's rehabilitation services; driving evaluations; RETURN! to work programs; and much more.

Brain Injury Programs Achieve Highest Honor

The Brain Injury Programs at LifeBridge Health have distinguished themselves on a national level. Our brain injury continuum of care has become the first entity in the State of Maryland to receive the coveted ACBIS Alliance-Platinum designation. ACBIS (Academy of Certified Brain Injury Specialists) is a practitioner certification administered by the Brain Injury Association of America (BIAA) and Alliance recognizes high-quality care in brain injury programs. This mark of distinction is shared by all programs across LifeBridge Health, including Sinai Rehabilitation Center, Levindale Specialty Hospital and the Berman Brain & Spine Institute. In its award letter, BIAA states, “We honor LifeBridge Health’s commitment to provide higher quality services to persons with brain injury, demonstrated by your support of the training and certification process.” Becoming the first Alliance member in Maryland underscores our efforts in the past five years to be the best educated and trained brain injury organization in the region. We acknowledge all LBH staff and administration members who have led the way in this great accomplishment.