The Mild Brain Injury Program (MBIP) at Sinai Rehabilitation Center/Berman Brain & Spine Institute is a comprehensive, case-managed approach to the medical and rehabilitative treatment of acquired mild brain injury. It provides a full range of diagnostic services and relevant treatment modalities to meet the broad needs of this patient population. MBIP received 575 referrals in CY13, up from 339 in CY12.

518 of these persons met admission criteria, resulting in referrals to medicine and rehabilitation therapies. The 90% referral-to-admission conversion rate is an increase over the historical program rate of 88%. Education to community referral sources, improved societal awareness of concussion, and MBIP’s ability to quickly serve acute cases have led to these increases. The primary increase in referrals is a result of a significant influx of “acute” injuries (those occurring within 4 weeks of referral). Of those patients admitted to MBIP, 140 cases were seen by Physiatry (Physical Medicine and Rehabilitation physicians), and 382 were seen by Neurology.

57 of the 575 referrals were not taken under service. Reasons for exclusion included non-par funding source, symptom resolution prior to program start, choice of another community provider, and lack of patient follow-through for treatment. No specific trends were noted. Initial referrals generated 300+ downstream multidisciplinary evaluations.
All referrals are tracked to identify key referral and payor sources. The largest referral source continues to be the LifeBridge Health System, including Primary Care/Clinical Associates. A primary change in the delivery of services involved the shifting of patient flow from neurology to physiatry. Non-sports injuries are now the primary domain of physiatry, with neurology serving a consultant role when needed.

The program experienced a significant increase in referrals from community neurologists and self-referrals via media, internet, and word-of-mouth sources. The resultant geographic expansion of service area for MBIP presented some challenges to our case management system, especially in finding appropriate resources in the broader community. Locating physical therapists with strong vestibular specialization and securing psychological and psychiatric services have been particularly difficult. Individuals who suffer mild traumatic brain injury (mTBI) have a higher risk of psychological complications and need access to relevant care, regardless of funding source.

“...was lost before being connected with the program. Prior doctor visits were extremely frustrating and disheartening. The care I received at Sinai was top notch and well coordinated. I have shared the MBIP web site with the traumatic brain injury support group I am a member of and have already been told that it has been extremely helpful to others.”
The Mild Brain Injury Program at LifeBridge Health is a proud sponsor of the Brain Injury Association of Maryland

March is Brain Injury Awareness Month