MONASH-EPWORTH REHABILITATION RESEARCH CENTRE

At MERRC, we are trialing two forms of therapy via tele-health to treat sleep disturbance and fatigue following acquired brain injury, including traumatic brain injury and stroke.

The researchers are Professor Jennie Ponsford, Dr Adam McKay, Dr Dana Wong, Dr Dean McKenzie, Prof Sean Drummond, Prof Shantha Rajaratnam and A/Prof Duncan Mortimer.

The trial coordinator is Lucy Ymer, a Doctoral Candidate from Monash University.

MONASH EPWORTH RehabilitationResearchCentre

CONTACT US

If you would like more information or are interested in being a part of this research, you can:

Contact Lucy Ymer (trial coordinator) on 03 9426 8923

OR

Give your treating clinician permission to refer you to the study and the trial coordinator will call you.

MONASH University
Medicine, Nursing and Health Sciences

MANAGING SLEEP DISTURBANCE AND FATIGUE FOLLOWING ABI VIA TELE-HEALTH

Monash University

SLEEP AND FATIGUE FOLLOWING ABI

Up to 70% of people with an acquired brain injury, such as traumatic brain injury or stroke, will experience difficulties with sleep and/or fatigue.

Sleep problems may include difficulty falling asleep, frequent awakenings overnight, difficulty waking up in the morning or trouble staying awake during the day. Fatigue can occur with mental activity and/or physical activity.

Sleep and fatigue difficulties can persist for years following a brain injury and can significantly impact on a person's ability to engage in day-to-day activities, and may lead to a poorer quality of life.

TREATMENT

The current research will compare Cognitive Behaviour Therapy (CBT) and Health Education therapy (INFO).
CBT focuses on strategies to improve symptoms, whereas INFO focuses on education for all aspects of health related to sleep and fatigue.

If you have had an acquired brain injury, are currently experiencing problems with sleep and fatigue and are aged 16 or above, we invite you to participate in this study.

The benefits of engaging in the study may include improved sleep and reduced fatigue, possibly leading to increased performance, energy and mood.

PARTICIPATION

The main component of this study is engaging in 8 sessions of therapy with a neuropsychologist via a videoconferencing program called "Zoom". Zoom is a free program that can be used with any device that has a front-facing camera (e.g. laptop, iPad)

To monitor the effects of the therapy, there will also be 4 Zoom sessions with a researcher.

The sessions will occur prior to therapy, immediately after therapy and 2 and 4 months after therapy (total 6 months).