

2023 Newsletter

NEUROPSYCHOLOGICAL REHABILITATION (NR-SIG)

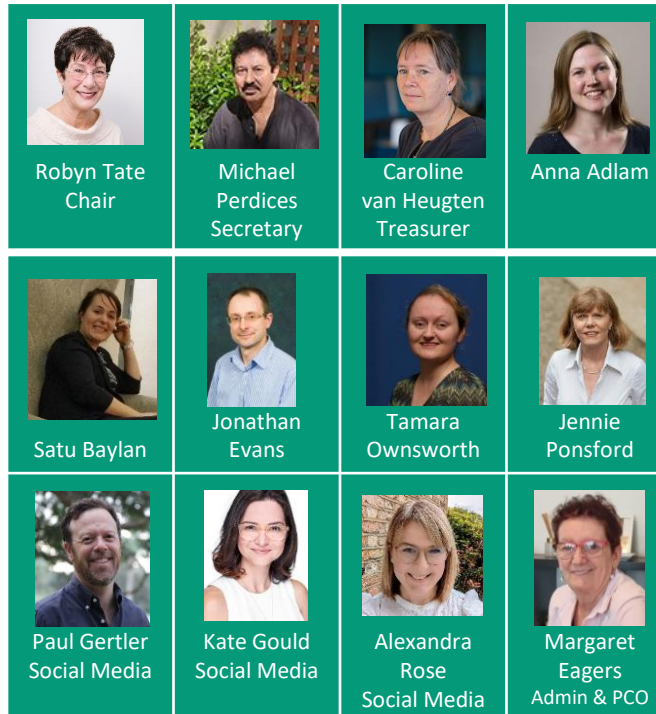
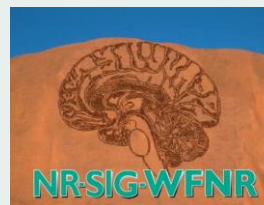
Dear members and colleagues,

Welcome to the 2023 Newsletter of the NR-SIG of the WFNR, in which I bring you up-to-date with our recent activities and developments. This year the Newsletter also presents two Researcher Spotlights on pages 3-4, featuring the co-convenors for the upcoming NR-SIG conference: A/Professor Anna Adlam from Exeter, UK and Dr Jessica Fish from Glasgow, UK.

This year's conference of the NR-SIG is a milestone event. It will be the 20th meeting since our very first conference in 2004 in Uluru, Australia (from whence the NR-SIG logo is derived). The conference will be held from 7-9 June, 2023 in Glasgow (see <https://mers.cventevents.com/20th-NRSIGWFNR>). In addition to the usual high quality scientific programme from researchers and clinicians from around the world, the meeting presents a key opportunity to network and develop collaborations. And what better place to do this than the social programme with the Civic Hall reception on the Thursday evening, followed by the conference dinner. Two highlights at the conference dinner include BPM Rehab showcasing the DJ talents of young people who have had an acquired brain injury and our esteemed neuropsychology colleague, Dr Tom Manly, Programme Leader at the MRC Cognition and Brain Sciences Unit, Cambridge, who also happens to do stand-up comedy. Tom will give a special performance that is sure to entertain and delight us.

At the Glasgow conference we will also be celebrating the 20th anniversary of the University of Glasgow Clinical Neuropsychology training programme. The programme was developed by Professor Tom McMillan and commenced in 2003. Programme Director Professor Jon Evans, together with Clinical Practice Director Dr Jean McFarlane and Research Director Dr Jessica Fish will lead the celebrations on Wednesday, with keynote lectures from Prof McMillan, Prof Evans and special guest, Prof Julie Snowden, followed by a reception to welcome both alumni of the course and all NR-SIG delegates to Glasgow.

Last year's 19th NR-SIG conference was held as a hybrid meeting in Maastricht, The Netherlands on 12-13 October 2022, and was convened by Professor Caroline van Heugten. There were 156 delegates (93 live; 63 online), with a rich programme of 83 presentations, which included 26 platform presentations, 27 datablitz presentations, and 30 poster presentations. Two travel bursaries and two student assistant bursaries were awarded for the meeting.



Robyn Tate
Chair



Michael
Perdices
Secretary



Caroline
van Heugten
Treasurer



Anna Adlam



Satu Baylan



Jonathan
Evans



Tamara
Ownsworth



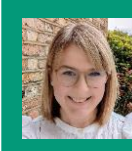
Jennie
Ponsford



Paul Gertler
Social Media



Kate Gould
Social Media



Alexandra
Rose
Social Media



Margaret
Eagers
Admin & PCO

Upcoming events

20th Annual NR-SIG Conference

6-9 June, 2023, Glasgow, Scotland

<https://mers.cventevents.com/20th-NRSIGWFNR>

46th Annual Conference of the Australasian Society for the Study of Brain Impairment

4-6 May 2023, Darwin, Australia

<https://mers.cventevents.com/assbi2023>

International Neuropsychological Society

6-8 July 2023, Taipei, Taiwan

<https://www.instaiwan2023.org/#/>

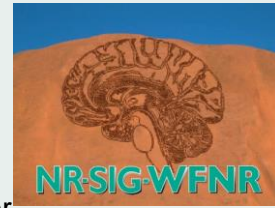
13th World Congress for Neurorehabilitation

22 May 2024 - 25 May 2024, Vancouver, Canada

<https://wfnr-congress.org/>

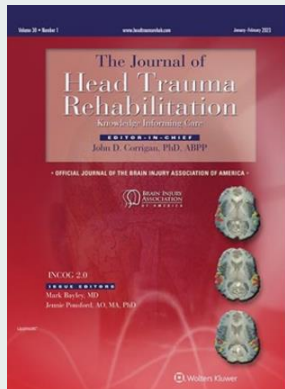
During 2022, the NR-SIG responded to several requests from the WFNR, including:

- Professor Robyn Tate was a WFNR representative on the World Health Organization initiative on developing the Package of Interventions for Rehabilitation (PIR) as a member of the peer review group for traumatic brain injury.
- The NR-SIG sponsored a symposium at the 12th world congress of the WFNR in Vienna in December 2022 chaired by Professor Tamara Ownsworth on Impaired self-awareness and psychosocial outcomes. During the congress Prof Tate delivered an invited lecture on the topic of memory and memory impairment at the Young Clinicians Teaching Day and she and Dr Paul Gertler presented on NeuroBITE (www.neuro-bite.com): an evidence-based resource you should know and use, at the NR-SIG AGM and business meeting held during the congress.

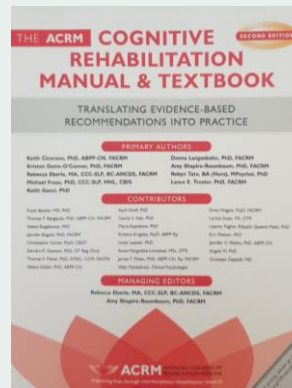


The social media arm of the NR-SIG was initiated at the 2021 annual conference, which was held in Lorne, Australia, and the team started work in earnest in January 2022. The goals of the social media team are to increase NR-SIG membership, build up followers on social media (especially Twitter; @nrsigwfnr), promote our conferences, and disseminate information on research and neurorehabilitation issues. The team of three had a very successful first year, including efforts to promote the 2022 Maastricht conference before and during the event, reaching 1.265 M impressions, and achieving 952 followers on Twitter. Drs Paul Gertler and Kate Gould, along with the NR-SIG Committee, thank Dr Annemarie Stiekema from The Netherlands, for her contributions to the social media team during 2022, and with her departure welcome Dr Alexandra Rose from the UK. The social media team would like to further increase their capacity and so we welcome your enquiry (please email robyn.tate@sydney.edu.au) to register your interest in joining the team.

As usual, many members of the NR-SIG published a large number of scientific articles during the past year but no specific publications related to WFNR/NR-SIG activities. Recently, the field of neuropsychological rehabilitation has seen two important sets of publications in implementation science, relating to the development of practice guidelines for cognitive rehabilitation. NR-SIG members contributed to both endeavours:



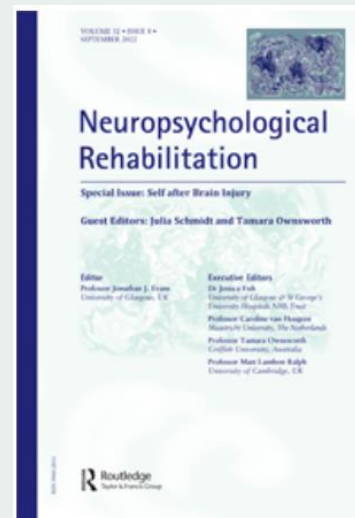
Professor Jennie Ponsford was a co-editor of the updated INCOG guidelines for cognitive rehabilitation after traumatic brain injury, published in a special issue of *The Journal of Head Trauma Rehabilitation* (2023, 38, 1)



Professor Robyn Tate was a primary author on the 2022 second edition of the *Cognitive Rehabilitation Manual and Textbook*, focusing on stroke and traumatic brain injury, and published by the American Congress of Rehabilitation Medicine

We congratulate Professor Jonathan Evans, not only for his presidency of the International Neuropsychological Society in 2023, but also his taking over the editorship of our discipline's flagship journal, *Neuropsychological Rehabilitation* (founded in 1991 by the first Chair of the NR-SIG, Professor Barbara Wilson). An important publication was last year's special issue of *Neuropsychological Rehabilitation on Self after Brain Injury* (2022, 32,8), co-edited by Professor Tamara Ownsworth. The NR-SIG is always keen to know about news events and publications from its members, so please send your information to us.

My best wishes to you all,
Robyn Tate, Chair, NR-SIG-WFNR (robyn.tate@sydney.edu.au)



Researcher Spotlight: Associate Professor Anna Adlam



Associate Professor and Clinical Psychologist
Faculty of Health and Life Sciences,
Department of Psychology
University of Exeter, Exeter, EX4 4N,
United Kingdom

Director of Research, CEDAR & Child and Adolescent Neuropsychology Group

Advisor to Eden Dora Trust for children with encephalitis
(<https://edendoratrust.org/>)

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Key Research Interests

My primary research area focuses on developing and evaluating neuropsychological interventions to support children and young people who have neurological (e.g., acquired brain injury, ABI; epilepsy) or neurodevelopmental (e.g., autism) conditions. The interventions focus on attention and working memory, executive function, and mental health, with the aim to improve meaningful activity and quality of life.

I very much value the involvement of young people and their parents in the lifecycle of the research process - from the development of the initial idea through to the dissemination of the research findings - and use co-production methods in all of my research studies. Co-production methods (e.g., Intervention Mapping) fit with my values as a clinician and researcher as they provide scientific rigour, whilst ensuring that the voices of key stakeholders are included in the research. I also use qualitative approaches, single case experimental designs, randomised controlled trials, and more recently, implementation and workforce evaluation approaches.

Summary of recent research

Due to the limited availability of paediatric neuropsychology rehabilitation services in the UK (and internationally), my main research goal is to build the evidence-base for effective, low-cost, and highly-accessible, neuropsychological interventions to support children and young people. My recent research has focused on adapting and evaluating Teen Online Problem-Solving (TOPS) with children and young people who have had an ABI, in collaboration with Professor Shari Wade (Cincinnati Children's Hospital, Ohio, USA), Dr Jenny Limond (University of Exeter, UK), our international research group, and our National Health Services (NHS) and charity partners. This research has been funded by the National Institute of Health Research (NIHR) and the British Academy and, with the help of young people and their families, we have established that the TOPS is acceptable and effective. We are very excited to start our next phase of work in the UK - we have recently secured funding to implement the TOPS intervention for young people with ABI, and we will be evaluating the effectiveness of the intervention when delivered in clinical practice. We have also been working with younger children (aged 9-12 years), their families, and healthcare and education providers to adapt TOPS to meet the needs of younger children.

In addition to my intervention research, in collaboration with Associate Professor Brad Kurowski (Cincinnati Children's Hospital, Ohio, USA), we have recently completed a study focused on understanding the genetic and environmental factors influencing outcomes following paediatric ABI. Having a better understanding of the factors that contribute to the variability in outcomes following paediatric ABI will enable us to better tailor interventions to individual needs. You can find out more about my research here: https://psychology.exeter.ac.uk/staff/profile/index.php?web_id=Anna_Adlam

What next?

The next steps for our TOPS research are to: develop a transdiagnostic and person-centred version of TOPS; continue with our work to adapt TOPS to meet the needs of younger children; and develop workforce training to deliver TOPS in collaboration with the University of Exeter, CEDAR (<https://cedar.exeter.ac.uk/>). We are also planning to extend our research into the genetic and environmental influences on neurobehavioural outcomes following paediatric brain injury, by examining the influence of epigenetic factors (using DNA methylation techniques available at the University of Exeter) to enhance prognostic models and guide personalised care.

Researcher Spotlight: Dr Jessica Fish



Lecturer in Clinical Psychology, Research Director for Applied/Clinical Neuropsychology, School of Health & Wellbeing, University of Glasgow, UK.

Clinical Psychologist, St George's University Hospitals NHS Foundation Trust

Jessica.Fish@glasgow.ac.uk,
Twitter: [@jessfish](https://twitter.com/jessfish)

Summary of recent research

For the last four years my primary role has been teaching on the clinical psychology and applied/clinical neuropsychology programmes at the University of Glasgow. I like to support students to develop their own interests and clinicians to incorporate research in their roles. Recent projects include studies on remote cognitive assessment, development and/or adaptation of cognitive tests, and psychological formulation in older adult mental health services, alongside systematic reviews on the effects of menopause on cognition, and the efficacy of culturally-adapted cognitive stimulation therapy for people with dementia.

I have worked with a team of NR-SIG WFNR stalwarts led by Fergus Gracey on the Assisted Intention Monitoring (AIM) trial, evaluating brief Goal Management Training with text message alerting in adults with acquired brain injury. With colleagues at King's College London I helped conduct a proof-of-concept trial of the effects of cognitive remediation therapy in people with bipolar disorder. The findings were encouraging and I now sit on the steering committee of the subsequent and definitive multi-centre trial. I am also a co-investigator on a large-scale trial evaluating a co-produced intervention to support self-management in people with long COVID with colleagues at St George's University of London and University of Cardiff. A collaboration with Caroline van Heugten and team explored client perspectives on neuropsychological rehabilitation in the long term after formal intervention.

Beyond my research activity, I am an advisor to the fantastic charity the Encephalitis Society (www.encephalitis.info), and am an active committee member for the British Psychological Society Division of Neuropsychology (DoN). I edit the DoN publication *The Neuropsychologist*, am an Executive Editor of *Neuropsychological Rehabilitation*, and have recently joined the Editorial Board of *Brain Impairment*.

What next?

I retain a clinical appointment at St George's Hospital, where neuropsychology is under the leadership of Shai Betteridge. Shai is an innovative practitioner who has successfully applied many of the principles of holistic neuropsychological rehabilitation in more acute settings and developed helpful methods of managing challenging behaviour in the community. We have evaluated some of these innovations together with our colleague Jaq McIntosh, and plan further such work. I am also excited about two new research collaborations. The first is with Matt Jamieson and Jon Evans and the rehabilitation technology startup Neumind, under the direction of Ellis Parry (see <https://www.neumind.co.uk/>). The second, with Pieter du Toit, involves collaborating with Ana Rita Silva at the University of Coimbra, Portugal, developing group interventions for people with brain injury.

Key Research Interests

As a clinician and researcher, my areas of research are fairly broad as I am interested in all aspects of clinical neuropsychology from diagnostic assessment to rehabilitation and psychological interventions .

The key topics in which I am most interested include:

- the assessment of attention, memory and executive function
- neuropsychological rehabilitation for the interacting cognitive and emotional consequences of brain injury
- psychological therapies for people with neurological conditions.

Following on from my PhD and post-doctoral studies, I am particularly interested in prospective memory. I found what I had learned from studying prospective memory transferred well to my later clinical work – the value of breaking an issue down to understand its components whilst being aware that the whole can be greater than the sum of those parts (and that things can be different in practice than in principle).