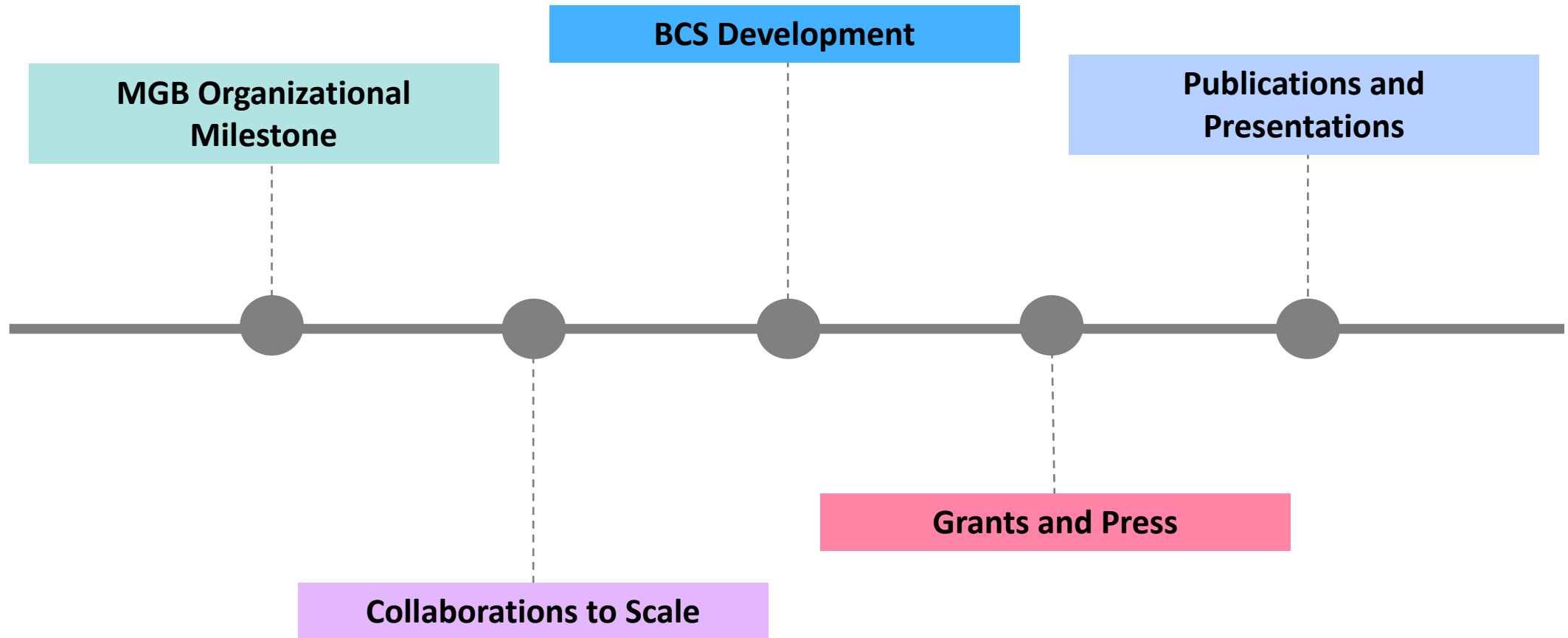


The Birth of the Brain Care Score

Jonathan Rosand, MD, MSc

The Birth of the Brain Care Score



2009-2014

JULY 2011

Dr Jonathan Rosand recruits Dr David Hwang: first studies of patient and family experience in the NeuroICU, describes high rates of post-discharge anxiety, depression and PTSD.



JANUARY 2014

Dr Rosand recruits Dr Ana-Maria Vranceanu to develop first ICU-based interventions to prevent anxiety depression and PTSD in survivors and their caregivers using a dyadic approach, pioneering primary prevention of brain disease in the NeuroICU.



APRIL 2014

Dr Anderson awarded NIH K23 award *Genetic Analyses of Lipids in Cerebral Hemorrhage and Small Vessel Disease*.

JULY 2012

Dr Chris Anderson joins the Brain Care Labs bringing expertise in data science, computational biology, genomics.



FEBRUARY 2014

Published *Consistency of Communication Among Intensive Care Unit Staff as Perceived by Family Members of Patients Surviving to Discharge* in Journal of Critical Care.

APRIL 2014

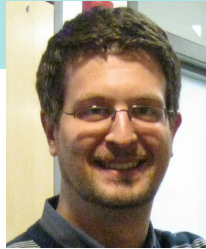
First brain health publication: *Anxiety and depression symptoms among families of adult intensive care unit survivors immediately following brief length of stay* in Journal of Critical Care.



2015-2016

JANUARY 2015

Dr Alessandro Biffi joins the Brain Care Labs bringing expertise in mental health, behavior, blood pressure, epidemiology.



JULY 2016

Dr Joel Salinas joins the Brain Care Labs, bringing expertise in social networks.



NOVEMBER 2016

Published *Mindfulness and Coping are Inversely Related to Psychiatric Symptoms in Patients and Informal Caregivers in the Neuroscience ICU: Implications for Clinical Care* in *Critical Care Medicine*.

Critical Care Medicine
SCCM JOURNALS

SEPTEMBER 2015

MGH Department of Neurology launches Institute for Brain Health Clinic (IBHC).

JULY 2016

Published *Psychosocial resiliency is associated with lower emotional distress among dyads of patients and their informal caregivers in the neuroscience intensive care unit* in *Journal of Critical Care*.



2017-2018

MARCH 2017

Ideal Brain Health Score (IBHS) developed and launched by Drs. Salinas, Biffi and Rosand.

JANUARY 2018

Published *Early Risk and Resiliency Factors Predict Chronic Posttraumatic Stress Disorder in Caregivers of Patients Admitted to a Neuroscience ICU* in Critical Care Medicine.

Critical Care Medicine

SCCM JOURNALS

JULY 2017

Dr. Rosand asked in the ICU “What can I do to take care of my brain so that I don’t end up like my mother?”

SEPTEMBER 2018

McCance Center for Brain Health (MCBH) launched; IBHS clinic becomes McCance Brain Health clinic.

JULY 2017

Dr. Rosand starts collecting patient feedback on the IBHS

JULY 2017

Dr Rosand and Neurology Department award NIH T32 Training Program in Recovery and Restoration of CNS health and function.

SEPTEMBER 2017

Dr Biffi receives NIH K23 Award: *Apathy and Depression following Intracerebral Hemorrhage*.



National Institute of Neurological Disorders and Stroke



2018 Cont.



AUGUST 2018

Dr. Salinas awarded NIH K23 award: *Quantitative Social Phenotyping in Alzheimer's Disease.*



NOVEMBER 2018

Published *Preventing Chronic Emotional Distress in Stroke Survivors and Their Informal Caregivers* in Neurocritical Care.

DECEMBER 2018

Dr. Rosand proposes changing the name from IBHS to Ideal Brain Care Score (IBCS) in response to patient feedback.

OCTOBER 2018

Dr. Joel Salinas recruited as first unit medical director of the MBHC.

NOVEMBER 2018

Dr. Zeina Chemali joins the MCBH clinic.



DECEMBER 2018

Dr. Vranceanu develops My Healthy Brain educational toolkit in collaboration with MCBH clinic.



2019-2020



The Chinese University of Hong Kong SHKP Kwok Brain Health Research Centre

JULY 2019

Chinese University of Hong Kong launches partner program in brain health, calling it a brain care program and implementing the BCS.

MARCH 2020

MCBH pivots to COVID-Brain Health care and research.

OCTOBER 2020

Published *Feasibility and Efficacy of a Resiliency Intervention on Chronic Emotional Distress Among Survivor-Caregiver Dyads Admitted to the Neuroscience Intensive Care Unit: A Pilot Randomized Trial* in JAMA Network Open.

JANUARY 2020

Published *The Impact of Resilience Factors and Anxiety During Hospital Admission on Longitudinal Anxiety Among Dyads of Neurocritical Care Patients Without Major Cognitive Impairment and Their Family Caregivers in Neurocritical Care.*

APRIL 2020

Dr. Chemali becomes unit director of the MCBH clinic.



2020-2021

JANUARY 2020

Brain Care Labs awarded \$5M to launch the American Stroke Association-Bugher Foundation Center for Excellence in Brain Health for Hemorrhagic Stroke.

JANUARY 2020

IBHS becomes the Ideal Brain Care Score in response to Dr. Rosand's patient feedback.

APRIL 2020

Dr. Amy Newhouse joins the MCBH clinic with a focus on COVID and brain health.



NOVEMBER 2020

REGARDS publications committee approves proposal titled *The Ideal brain care score and cognitive trajectory, stroke and depression*

DECEMBER 2020

Ideal Brain Health Score becomes McCance Brain Care Score, which is copywritten

July 2020

Dr. Dan Rubin joins the MCBH clinic.



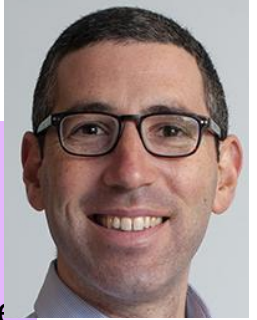
2021-2022

JULY 2021
Association of a Brain Care Score with Incident Cognitive Decline and Stroke submitted to JAMA.

NOVEMBER 2022
Dr. Sanjula Singh joins the Brain Care Labs bringing expertise in epidemiology.



MAY 2022
Dr. Jacob Mirsky launches Brain Care virtual group visits launched in MGH Primary Care Healthy Lifestyle Program.



JULY 2022
Dr. Nirupama Yechoor joins the Brain Care Labs bringing expertise in social determinants of health, qualitative and mixed methods research.

NOVEMBER 2022
First publication of the BCS: *Brain Health Begins with Brain Care* In Lancet Neurology.



JULY 2022
Dr. Marie Pasinski joins the MBHC.



2022 - 2023

JANUARY 2022

BCS published for public use on the MGB McCance Center website.

FEBRUARY 2023

University of Alabama implements the BCS in family practice clinics.



JUNE 2023

Brain Care Summit 2023 hosted at MGB.



JANUARY 2023

REACH-ICH National Kick-off Meeting, Los Angeles, USA.



APRIL 2023

REACH-ICH multi-site clinical trial network implements BCS.

SEPTEMBER 2023

BCS values articulated at UNGA Brain Health:
Dignity; Agency
Universal human experiences
Pandemic
Trust; Altruism
Scientific rigor
Meet people where they are at
Actionable knowledge/literacy
Access & Affordability

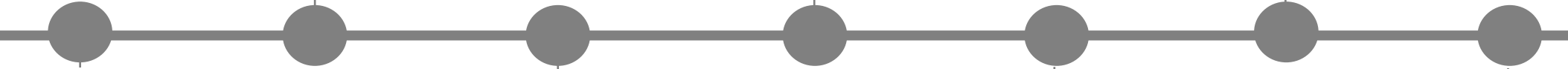


2023-2024

JULY 2023
Dr. Rosand and Neurology Department award renewal of NIH T32 *Training Program in Recovery and Restoration of CNS health and function.*

DECEMBER 2023
First validation of BCS for stroke and dementia: *The predictive validity of a Brain Care Score for dementia and stroke: data from the UK Biobank cohort* in *Frontiers Neurology.*

JANUARY 2024
Global Brain Care Coalition launched.

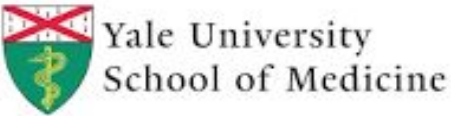


JULY 2023
ASA-Bugher Center at Yale University implements BCS.

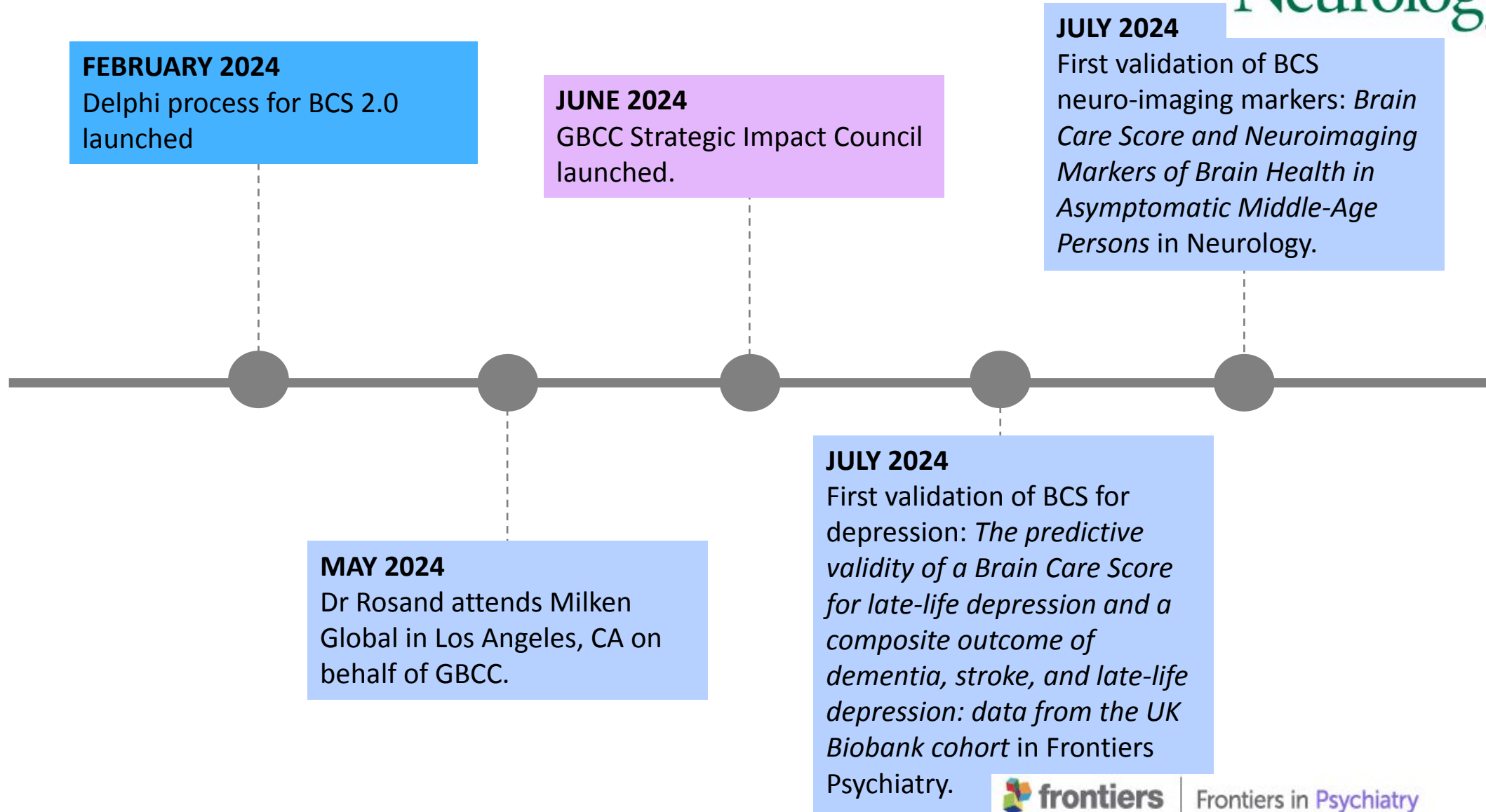
NOVEMBER 2023
Brain Care Score becomes available in Epic in the Notewriter format.

JANUARY 2024
International press coverage for for the first BCS paper, including the front page of the Boston Globe.

APRIL 2024
Engaged the Milken Institute, YARD NYC and Margin4Mission to assist in growing the GBCC.



2024 Cont.



2024 Cont.

SEPTEMBER 2024

The New York Times publishes an interactive piece about the BCS with over 1M visits in the first week alone.



OCTOBER 2024

Dr. Rochelle Walensky, former Director of the CDC joins the GBCC as Chair of Scientific Council



JULY 2024

International media coverage on CNN.com and outlets around the world.



SEPTEMBER 2024

The Brain Care Labs and five national and international GBCC collaborators apply for the MacArthur 100&Change Award.

OCTOBER 2024

European Stroke Organization Conference and World Stroke Congress devote invited sessions to Brain Care.



2024 Cont.

NOVEMBER 2024

First validation of BCS in individuals at high genetic risk: *Health-Related Behaviors and Risk of Common Age-Related Brain Diseases Across Severities of Genetic Risk in Neurology.*

Neurology®

NOVEMBER 2024

Dr. Rosand speaks at the Milken Future of Health Conference in Washington, DC.

NOVEMBER 2024

NPR story on BCS, featuring Drs Rosand and Anderson, as well as GBCC member, Dr. Kevin Sheth of Yale University.



DECEMBER 2024

Dr. Singh awarded 2025 Heitman Young Investigator Award





Mass General Brigham