

# Military TBI Case Management Quarterly Newsletter

## TBI Case Management Community of Interest

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### Quarterly Highlight

## Center for Neuroscience and Regenerative Medicine Research Studies

By Carol V. Roos, MPS, Communications and Outreach Manager, Center for Neuroscience and Regenerative Medicine (CNRM) Uniformed Services University of the Health Sciences (USUHS)



The Center for Neuroscience and Regenerative Medicine (CNRM) is a federal intramural medical research program established through the collaboration of the Uniformed Services University (USU), the National Institutes of Health (NIH) and the Walter Reed National Military Medical Center (WRNMMC). Congress established the CNRM to bring together the expertise of physicians and scientists at these collaborating institutions to develop innovative approaches to brain injury diagnosis and treatment. Our studies are focused on identifying the best ways to improve the diagnosis and treatment of conditions related to brain injury and the stresses of the battlefield.

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*Views expressed are not necessarily those of the Department of Defense. The appearance of external hyperlinks does not constitute endorsement by the Department of Defense of the linked websites, or the information, products or services contained therein.*

### About the Quarterly Newsletter

The Military TBI Case Management Quarterly Newsletter is published by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE). The quarterly newsletter is intended for case managers and other providers who support warriors with traumatic brain injury (TBI) and their families. Additionally, this quarterly newsletter is intended to offer a means to share ideas, best practices and resources among the military TBI case management community.

The content will speak to the very best of TBI case management with the hopes of identifying and sharing best practices across the military.

Content suggestions, thoughts and ideas for future editions of quarterly newsletter can be sent to [TBICM.Newsletter@tma.osd.mil](mailto:TBICM.Newsletter@tma.osd.mil).



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# Military TBI Case Management Quarterly Newsletter

TBI Case Management Community of Interest

## Letter from the Editor: A Word about TBI Waivers

Greetings Military TBI Case Management Community of Interest Colleagues.

In this issue you will find information about a wonderful TBI program at Camp Lejeune, new clinical recommendations, resources and much more. For the active duty service member or those separated from service with disability, resources are available to assist with care. However, depending on the level of disability, the type of discharge from service, and whether or not there is still health insurance, obtaining care can be costly and problematic. For the population of service members who sustained mild traumatic brain injuries, ongoing issues with cognition, behavior and memory may act as a barrier to gainful employment. Resources for mild TBI in the community setting can be limited. For more severe TBI, one community resource available is the “TBI Waiver” available in many states. Some states call these waiver programs by other titles, such as “Home and Community Based Care” or “TBI Funds”. While they exist in some states, they have restrictions, qualifying criteria and less than ample funding. They typically target the severe TBI population that might need skilled nursing home care, but elect to receive care at home. TBI Waiver funds can help pay for care rendered at home in lieu of a skilled facility. Finding resources for all levels of TBI can be challenging. The [TBI Case Management Resource Guides](#) lists those states that have some type of TBI Waiver program, as well as resources available at military treatment facilities (MTF) across the military.

Very respectfully,  
*Sue Kennedy, RN BSN CCM*  
*Editor*

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Quarterly Highlight

## Center for Neuroscience and Regenerative Medicine Research Studies

### **Here is a listing of some of the current studies available related to Traumatic Brain Injury:**

- Long Term Clinical Correlates of TBI: Imaging, Biomarkers, Clinical Phenotyping

Purpose: Improve our understanding of brain injury. More advanced testing and scans may identify affected brain areas, problems or difficulties that were not detected by routine testing, which could lead to better care for TBI-related problems.

- Effect of Aerobic Exercise Training on Cardiorespiratory Function in Patients with TBI

Purpose: Find out if exercising on a treadmill can improve physical fitness in people who have TBI and effect of exercise training on fatigue and mood. Possible benefits include heart and lung fitness, reduction of fatigue, and improved mood and overall well-being.

- Effects of Rapid-Resisted Exercise on Ambulatory Adults with TBI

Purpose: To better understand how head injuries affect the brain and whether exercise can help some of the more common symptoms in people with brain injury, such as memory problems, depression or anxiety, and balance and movement difficulties. Through this study, balance and endurance for exercise may improve, as well as improved mood and the ability to think more clearly.

- Sildenafil for the Treatment of Cerebrovascular Dysfunction during the Chronic Stage after Traumatic Brain Injury (TBI)

Purpose: To see whether Sildenafil (Viagra) can help to improve blood flow in the brain of someone who has TBI.

- Exploring the Natural History of Traumatic Brain Injury within a Military Cohort – A Longitudinal Database and Blood Banking Study – 15 yr. study in collaboration with Defense and Veterans Brain Injury Center

Purpose: The purpose of this study is to improve understanding of TBI within a military cohort by examining the natural history of the condition – it refers to the recovery from TBI over a period of time. The goal is to generate information that policymakers can use to improve the care of service. Through this study, you will receive more assessments than normal. The study will follow progress for up to 15 years, facilitating the gathering of more detailed information about health over time. This may ultimately aid in developing better treatments and improved healthcare.

The studies are located in the national capital area and are open for enrollment to military service members, veterans and the general public. Please contact Ms. Joshi for more information at 1-855-824-2676.

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## Visual Disturbances: Clinical Recommendations

By CAPT Rita Shapiro, Division Chief, Clinical Recommendations, Defense and Veterans Brain Injury Center

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) in collaboration with Defense and Veterans Brain Injury Center (DVBIC) and the Vision Center of Excellence have just released the following new resource for treatment of visual disturbances following mild traumatic brain injury (mTBI).

Visual dysfunction as a result of trauma to the eye and orbit and from neurologic injury is a common symptom following mild traumatic brain injury (mTBI). The human visual system is highly complex and vulnerable to concussive events. The Assessment and Management of Visual Dysfunction Associated with Mild TBI reference card and clinical recommendation provide an approach for primary care providers to identify patients with mTBI who may benefit from further eye or vision evaluation and care.

### Features:

- A clinical algorithm to assess basic vision, evaluate “red flag” and “yellow flag” symptoms, and identify comorbidities
- Pathways for specialty referrals for patients complaining of visual disturbance following mTBI
- Support throughout the diagnostic process

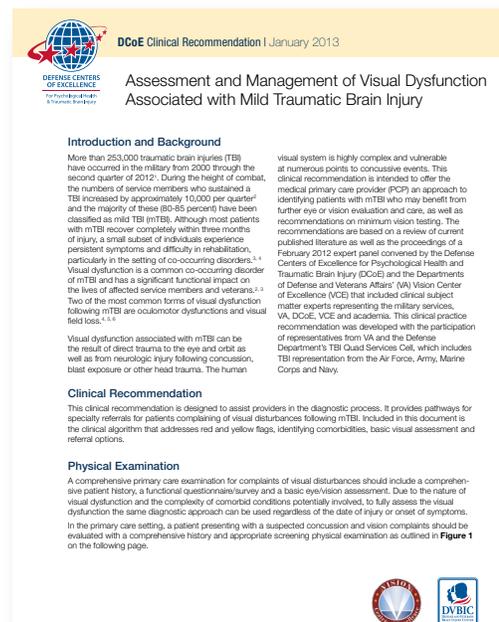
### How to order:

Electronic versions of the reference card, clinical recommendation and provider training slides are available from the DVBIC website at [dvbic.org](http://dvbic.org) and the DCoE website at [dcoe.health.mil](http://dcoe.health.mil)

Order hard copies in one of two ways:

Email [usarmy.ncr.medcom-usamrmc-dcoe.mbx.dcoe-products@mail.mil](mailto:usarmy.ncr.medcom-usamrmc-dcoe.mbx.dcoe-products@mail.mil)

Download the PDF, or order hard copies:  
[http://www.dcoe.health.mil/TraumaticBrainInjury/TBI\\_Information.aspx](http://www.dcoe.health.mil/TraumaticBrainInjury/TBI_Information.aspx)



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# T2WRL: Telehealth and Technology



## T2WRL

Resource Locator for  
Military TBI Case  
Managers.



By Sue Kennedy, RN BSN CCM Case Management Consultant supporting DVBIC, T2WRL Project Lead

In collaboration with the National Center for Telehealth and Technology DVBIC is pleased to announce the launching of the new “Telehealth and Technology Web Resource Locator”, or “T2WRL” (pronounced “twirl”). While other excellent TBI web-based resources exist, including DVBIC’s own Brainline.org and BrainlineMilitary.org, none are designed specifically with case management discharge and transition needs in mind. Case managers in both Veterans Affairs Medical Centers (VAMCs) and at MTFs are responsible for ensuring seamless transitions of care, which can be challenging given the frequency of change of duty stations or location of the service member or veteran. T2WRL delves into the details of the various resources available to all service branches, including MTFs, insurance, benefits, VAMCs and clinics and civilian TBI resources. Details include phone numbers to TBI-related services and departments. There is a word search option, a mapping search function and a list of commonly sought after resources. Additional features of the T2WRL program include password access and quick resource additions or updates. Resources can be added or updated almost immediately via the online “Suggest a resource” feature. Information can be printed out and provided to service members as needed.

Instructions are provided on the DCoE and DVBIC websites, and the program is very user friendly.

It is our fervent hope that this resource will be of great value to all military TBI and VA case managers as well as other TBI care professionals. To begin your profile and access process to T2WRL, click on <https://ttwrl.t2health.org/>

There is an Interactive Customer Evaluation (ICE) tool provided on T2WRL to give feedback about your experience with T2WRL!

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## Upcoming Conferences

### Military Child Education Coalition 15th National Training Seminar:

Where: Gaylord National Hotel & Convention Center, National Harbor, Maryland

When: July 8 - 9 2013

### American Psychological Association Conference

Where: Honolulu, Hawaii

When: July 31 - August 4, 2013

### TBI eLearning Opportunities - All webinars offer CEs, unless noted otherwise

- **DCoE Webinar:** 27 June 2013 - Violence Risk Assessment Event Information - [http://www.dcoe.health.mil/Training/Monthly\\_Webinars.aspx](http://www.dcoe.health.mil/Training/Monthly_Webinars.aspx)
- **DVBIC Webinars:** -
  - 19 June 2013 - Advancing TBI Care for Veterans: Updates from the Polytrauma System of Care presented by Dr. Treven Pickett and Dr. Alison Cernich
  - 17 July 2013 - Maximizing Clinical Impact: Assessment of Effort and Validity in Neuropsychological Testing presented by Dr. Wesley Cole and Dr. Richard Stegman

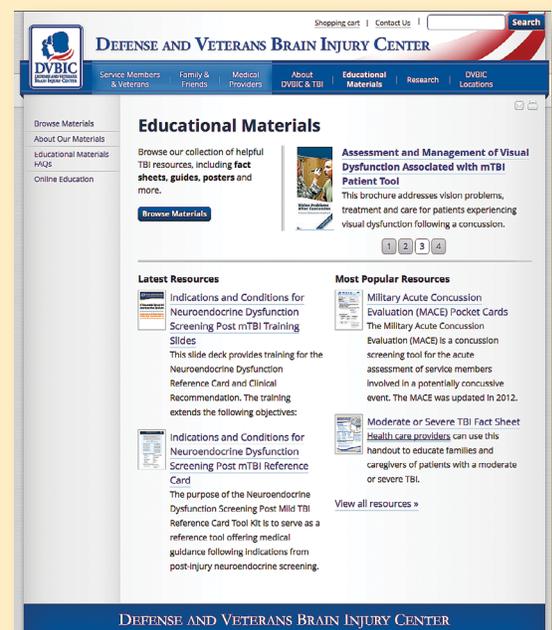
## SHOP ONLINE

### Defense and Veterans Brain Injury Center—Shop online for (FREE!) TBI Resources

By Sue Kennedy, RN BSN CCM

Knowledge of available resources is the bread and butter of successful case management. DVBIC provides a wealth of online, and hard copy resources on TBI subject matter for medical providers, patients, service members and families. There is a helpful “shopping cart” feature so that a variety of materials can be ordered at one time. Items are available at no charge.

Check out all of the educational materials that DVBIC has to offer at <http://www.dvbic.org/resources/browse/>



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## Helpful Links

- [www.dcoe.health.mil](http://www.dcoe.health.mil)
- [www.dvbic.org](http://www.dvbic.org)
- [www.afterdeployment.org](http://www.afterdeployment.org)
- [www.Brainlinemilitary.org](http://www.Brainlinemilitary.org)

## Latest TBI Numbers

Latest TBI numbers courtesy of DVBIC.

