



Resources for the DVBIC December 2013 Webinar

The Role of Integrative Medicine in the Treatment of TBI

1. The [National Institutes of Health National Center for Complementary and Alternative Medicine](#) defines, through rigorous scientific investigation, the usefulness and safety of complementary and alternative medicine interventions, and their roles in improving health and health care.
2. The [Complementary and Alternative Medicines \(CAM\), Modalities and Interventions fact sheet](#) defines CAM and includes classifications of CAM modalities and their clinical use in the Department of Veterans Affairs and the Military Health System.
3. The [National Intrepid Center of Excellence Clinical Care Model](#) pulls from the best of western medicine, complementary and alternative approaches and mind-body skills. Individualized treatment plans aim to suit the needs and preferences of the service member while giving them the skills for self-management.
4. The [VHA Pain Outcomes Toolkit](#), developed as part of the Veterans Health Administration's National Pain Management Strategy, was designed to assist health care providers and facilities devise methods and implement processes to measure pain treatment outcomes.
5. The [West Haven-Yale Multidimensional Pain Inventory](#) is a brief, psychometrically-sound measure of several important aspects of the chronic pain experience.
6. The [Pain Disability Index](#) is a simple and rapid instrument for measuring the impact pain has on the ability of a person to participate in essential life activities. It can be used to evaluate patients initially, to monitor them over time and to judge the effectiveness of interventions.
7. The [Tampa Scale of Kinesiophobia](#) is a 17-item instrument to assess pain-related fear of movement or of pain sensations due to concerns about injury or reinjury.
8. The [Beck Depression Inventory](#) is a 21-item measure of depressive symptoms and complaints.