



Defense Health Agency

**Webinar Resources for the Defense and Veterans Brain Injury Center  
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury  
April 2016**

**Management of Headache Following Concussion/Mild Traumatic Brain Injury:  
Guidance for Primary Care Management in Deployed and Non-Deployed Settings**

**Webinar Resources:**

The Defense and Veterans Brain Injury Center, a Defense Center of Excellence component center, developed the [Managing Headaches: Concussion/Mild Traumatic Brain Injury](#) and [Headache and Neck Pain: Concussion/Mild Traumatic Brain Injury](#) fact sheets to provide patients and health care professionals practical tips for managing headache symptoms associated with mild traumatic brain injury (mTBI).

DVBIC's Clinical Recommendations, [Management of Headache Following Concussion/Mild TBI: Guidance for Primary Care Management in Deployed and Non-Deployed Settings](#), released in February 2016, and [Progressive Return to Activity Following Acute Concussion/Mild TBI](#), guide health care providers through diagnosis, evaluation and treatment of patients following concussion/mTBI. Each Clinical Recommendation contains specific recommendations for health care providers to help manage treatment; a Clinical Support Tool, a pocket-sized reference card that details the algorithmic approach for providers to assess and manage treatment; training slides to educate health care providers about the intent of and how to use the suite; and patient education materials (fact sheets) which provide basic information about managing symptoms and care.

The Veterans Health Administration (VA), in collaboration with the Department of Defense (DoD), developed the [VA/DoD Management of Concussion-Mild Traumatic Brain Injury Clinical Practice Guideline](#), updated March 2016, to assist health care providers with improving patient outcomes and management of patients with concussion/mTBI.

The [National Center for Telehealth and Technology \(T2\)](#), a Defense Center of Excellence component center, develops telehealth and technology solutions for TBI and psychological health to improve the lives of warriors, veterans and their families. T2 resources relevant to this month's webinar topic are: [Concussion Coach](#), [LifeArmor](#), [CBT-i](#), [Mindfulness Coach](#), [Moving Forward](#), [Tactical Breather](#), and [Virtual Hope Box](#).

**Additional supporting references:**

Bell, K. R., Hoffman, J., & Watanabe, H. (2014). [Headaches after traumatic brain injury](#).

*Archives of Physical Medicine and Rehabilitation*, 95(4), 793-4.

Headache Classification Committee of the International Headache Society. (2013). [International classification of headache disorders, third edition \(beta version\)](#), *Cephalalgia*, 33(9), 629-808.



McCulloch, K. L., Goldman, S., Lowe, L., Radomski, M. V., Reynolds, J., Shapiro, R. & West, T. A. (2015).

Development of Clinical Recommendations for Progressive Return to Activity after Military Mild Traumatic Brain Injury: Guidance for Rehabilitation Providers. *Journal of Head Trauma Rehabilitation*, 30(1), 56-67.

National Headache Foundation. (2015). Coexisting migraine and tension-type headaches. Retrieved from:

<http://www.headaches.org/2007/10/25/coexisting-migraine-and-tension-type-headaches/>

Penzien, D. B., & Taylor, F. R. (2014). Headache toolbox: Behavioral and other nonpharmacologic treatments for headache. *Headache*, 54(5), 955-6.