



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

**Using the Performance Triad for Optimal TBI Recovery**

**Webinar Resources:**

The Defense and Veterans Brain Injury Center, a Defense Center of Excellence component center, developed the clinical suites: [Progressive Return to Activity Following Acute Concussion/Mild TBI: Guidance for the Primary Care Manager in Deployed and Non-Deployed Settings](#) (January 2014) and [Progressive Return to Activity Following Acute Concussion/Mild TBI: Guidance for the Rehabilitation Provider in Deployed and Non-Deployed Settings](#) (January 2014) to help primary care and rehabilitation providers manage service members' treatment following mild TBI. Each suite contains clinical recommendations, a clinical support tool, training slides, and an [educational brochure \(primary care\)](#) or a [patient education tool \(rehab provider\)](#).

The Veterans Health Administration, the health care system of the Veterans 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.

DVBIC's [Management of Sleep Disturbances Following Concussion/Mild TBI: Guidance for Primary Care Management in Deployed and Non-Deployed Settings](#) (June 2014) provides guidance to help primary care managers assess and manage sleep disturbances associated with mild TBI. The suite includes specific [clinical recommendations](#) for managing symptoms of insomnia, circadian rhythm sleep-wake disorder and obstructive sleep apnea as well as a [clinical support tool](#), [training slides](#) and [healthy sleep fact sheet](#). The [Warfighter Sleep Kit](#) is available separately and educates service members about the impact of sleep on mission effectiveness and the importance of obtaining adequate sleep after a mild TBI. The kit contains a sleep mask, earplugs and educational materials.

The [Warfighter Nutrition Guide](#) addresses a spectrum of nutritional needs for service member in order to optimize performance under the most rigorous conditions. The guide provides science-based nutritional strategies aimed at improving performance during operations and preserving health. (The 2009 version of [Warfighter Nutrition Guide](#) is currently available and is in the process of being updated as of 2016–2017.)

The Army's [The Performance Triad Challenge](#) provides modules to help guide individuals in the process of becoming a "professional soldier athlete." [The Performance Triad Guide](#) is a companion guide to [The Performance Triad Challenge](#) and provides detailed information about how to optimize the "professional soldier athlete."

**Additional supporting references:**

Chin, L. M. K., Keyser, R. E., Dsurney, J., & Chan, L. (2015). [Improved cognitive performance following aerobic exercise training in people with traumatic brain injury](#). *Archives of Physical Medicine and*



*Rehabilitation, 96(4), 754-759.*

Deuster, P. A., & Silverman, M. N. (2013). [Physical fitness: A pathway to health and resilience.](#) *The United States Army Medical Department Journal, Oct-Dec, 24-35.*

Erdman, J., Oria, M., & Pillsbury, L. (Eds.). (2011). [Nutrition and traumatic brain injury: Improving acute and subacute health outcomes in military personnel.](#) Washington, DC: Institute of Medicine (US) Committee on Nutrition, Trauma, and the Brain.

Silverberg, N. D., & Iverson, G. L. (2013). [Is rest after concussion “the best medicine?” Recommendations for activity resumption following concussion in athletes, civilians, and military service members.](#) *Journal of Head Trauma Rehabilitation, 28(4), 250-259.*

Viola-Saltzman, M. & Musleh, C. (2016). [Traumatic brain injury- induced sleep disorders.](#) *Neuropsychiatric Disease and Treatment, 12, 339-348.* Doi:10.2147/NDT.S69105.