



**DEFENSE CENTERS OF EXCELLENCE**  
For Psychological Health & Traumatic Brain Injury

**Today's webinar is:**

**TBI Global Synapse Town Hall:  
Your TBI Information Connection**

**Nov. 20, 2013, 2:30-4 p.m. (EST)**

**Moderator: Alison Cernich, Ph.D., ABPP**  
Deputy Director

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury



# Webinar Details

- Live closed captioning is available through federal relay conference captioning (see the “Closed Captioning” pod)
- Webinar audio is **not** provided through Defense Connect Online
  - Dial: CONUS **800-857-1133**; International **773-681-5904**
  - Use participant pass code: **DCOE**
- Webinar information
  - Visit **[dvbic.org/online-education](http://dvbic.org/online-education)**
- Question-and-answer session
  - Submit questions via the Defense Connect Online question box

# Continuing Education Details

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Continuing education credit is not available for this event.

# TBI Global Synapse Town Hall: Your TBI Information Connection

In August 2013, DVBIC presented “Traumatic Brain Injury (TBI) Global Synapse: A Summit without Borders,” a ground-breaking, virtual multidisciplinary training event for the Departments of Defense and Veterans Affairs and Military Health System health care providers. In this webinar, a panel of presenters will answer selected questions, plus additional questions submitted during the webinar relating to the assessment and screening of TBI; symptom management – pain, headache, sleep disturbance; management of the complex patient; and the role of rehabilitation therapy.

Webinar participants will learn to:

- Articulate the incidence of mild TBI and persistent post-concussion symptoms
- Identify evidence-based strategies for symptom management in various clinical settings
- Discuss resources and education tools used to develop an interdisciplinary treatment plan
- Explain strategies for patients to overcome obstacles to successful reintegration
- Promote the expectation of recovery in the acute phase of recovery from concussion

# Panel Presenters

**Col. Sidney R. Hinds, M.D., M.C., U.S. Army**

National Director

Defense and Veterans Brain Injury Center

Silver Spring, Md.

**Lt. Cmdr. Cathleen Shields, M.S., CCC-SLP/CBIS, U.S. Public Health Service**

Acting Director of Education

Defense and Veterans Brain Injury Center

Silver Spring, Md.

**Stephanie N. Maxfield Panker, P.T., Ph.D., DPT, OCS**

TBI Program Director (Acting)

Office of the Army Surgeon General, Rehabilitation and Reintegration Division

Defense Health Headquarters

Falls Church, Va.

# Panel Presenter: Col. Sidney Hinds

- National Director at the Defense and Veterans Brain Injury Center (DVBIC)
- Oversees all aspects of DVBIC's mission, which is to serve active duty military and veterans with traumatic brain injury (TBI) through state-of-the-art medical care and care coordination, and innovative clinical research and educational programs
- Board certified in neurology and nuclear medicine
- Previous assignments include:
  - Deputy director of the Armed Forces Radiobiology Research Institute for Military Medical Operations
  - In-theater neurologist in Afghanistan
  - Chief of Nuclear Medicine Services at Walter Reed National Military Medical Center
  - Nuclear medicine integration chief for the Base Realignment and Closure process that combined the former Walter Reed Army Medical Center and National Naval Medical Center



**Col. Sidney Hinds**

# Panel Presenter: Lt. Cmdr. Cathleen Shields

- Acting Director of Education, DVBIC
- Received a Bachelor of Science in Communication Disorders and a Master of Science in Speech-Language Pathology from Pennsylvania State University
- Certified brain injury specialist and clinical specialist for adult dysphagia and neurological diseases
- Developed a variety of clinical, management and administrative experiences in hospitals, home health and skilled nursing facilities



**Lt. Cmdr. Cathleen Shields**

# Panel Presenter: Dr. Stephanie Maxfield Panker

- TBI Program Director (Acting) of the Rehabilitation and Reintegration Division, Office of the Army Surgeon General, Defense Health Headquarters
- Expertise in program management and policy related to concussion care
- Received a Ph.D. in neuroscience from Georgetown University and a Doctorate in physical therapy from Baylor University
- Board certified as an Orthopedic Clinical Specialist and has practiced orthopedic physical therapy
- Conducted her dissertation research on motor learning, motor control, and rehabilitation of stroke using robotics and non-invasive brain stimulation at the National Institutes of Neurological Disorders and Stroke and the National Institutes of Health



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# TBI Global Synapse Town Hall: Your TBI Information Connection



# TBI Administrative

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What is the source of the TBI injury statistics presented, and how are they collected?

# TBI Administrative

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Are Military Acute Concussion Evaluation (MACE) results placed in a database?

# TBI Rehabilitation

Is there an ideal number of visits for the speech pathologist per week with the service member who is ready to address all the cognitive issues that usually accompany persistent mild TBI (mTBI) sequelae?

# TBI Administrative

How can Department of Veterans Affairs (VA) staff/researchers access Automated Neuropsychological Assessment Metrics (ANAM) scores for clinical research purposes?

# TBI Symptom Management

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Is it important to incorporate family members or coworkers in the treatment of TBI?

# TBI Symptom Management

Some providers seem quick to dismiss post-concussive symptoms and put every patient into the posttraumatic stress disorder (PTSD) category. How common is it for both to occur at the same time?

# TBI Administrative

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What do we know about the natural history of deployment-related concussions? Of all military TBIs, what proportion are mild?

# TBI Assessment and Screening

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When someone reports only "seeing stars"  
is this sufficient to diagnose concussion?

# TBI Rehabilitation

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How do common symptoms following concussion interfere with successful reintegration such as school, work or day-to-day activities?

What are some strategies you give patients to overcome these obstacles?

# TBI Symptom Management

I am a provider in a clinic treating active-duty soldiers who deployed one to three times. Many have longstanding sleep, pain and/or behavioral health issues that have been only marginally addressed. What is the best way for a provider to develop a concise, yet effective plan to "catch up" on their needed care?

# TBI Administrative

What are the efforts for us to communicate with service members and veterans to let them know what we are doing to help them with cognitive impairment, resources and support?

# TBI Assessment and Screening

Because of cognitive deficits the patient is sometimes unable to rate pain using methods such as visual analog scale (VAS). What are suggested methods to track or rate pain levels?

# TBI Symptom Management

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How would you handle the complex patient who comes to you post-deployment with a history of concussions that will be moving to a new unit in one to two months? He may not be available for multiple medical visits.

# TBI Symptom Management

Post concussive tinnitus seems to get worse with fatigue; are there any treatment recommendations for managing tinnitus?

# TBI Symptom Management

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Have you noted any link with sleep disturbance and concussion?

# TBI Symptom Management

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Could you please provide headache treatment and prevention recommendations post mTBI/concussion?

# TBI Rehabilitation

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What are the unique characteristics of blast injury, compared to non-blast concussion?

# TBI Symptom Management

What other post-concussive symptoms do you see long term, such as behavioral or cognitive functioning deficits?

# TBI Symptom Management

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Do you use cranial electrical stimulation to help with post-concussive insomnia and other sleep issues?

# TBI Administrative

How do medical providers access the information in the Combined Information Data Network Exchange (CIDNE)/Blast Exposure Concussion Incident Report (BECIR)?

# TBI Symptom Management

In the case of pain management for sub-acute and chronic stages of TBI, should providers stay away from certain drugs (narcotic or non-narcotic) that are known to interfere with brain recovery?

# TBI Coding

What are the plans to train providers to code for TBI once International Classification of Diseases, 10th Revision, Clinical Modification (ICD-10-CM) is adapted in 2014?

# TBI Assessment and Screening

I am an occupational therapist that uses the Canadian Occupational Performance Measure to address goal areas and rate perceived performance and satisfaction. This has been an effective tool. What tools do you use?

# TBI Administrative

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What are the TBI resources in the Department of Defense or VA you feel are helpful in your work with service members, veterans and their families?

# National Intrepid Center of Excellence

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At what point should we try to refer a patient to the National Intrepid Center of Excellence (NICoE)?

Is there a time limit as to how distant an injury occurred in relation to when the patient can be evaluated at NICoE?

# TBI Imaging

With the additional information that can be gained from an magnetic resonance imaging (MRI) following a traumatic event to the brain and the number of times we have an active duty service member with a negative computed tomography (CT) but with significant post-concussive symptoms, why not do MRIs instead of CTs?

# TBI Rehabilitation

What are the major changes between Diagnostic and Statistical Manual of Mental Disorders IV Text Revised (DSM-IV-TR) and DSM-5 in the diagnosis of concussion and post-concussion syndrome?

# TBI Symptom Management

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Would you recommend a sleep study as a routine test for a TBI patient with sleep disturbance?

# TBI Symptom Management

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Some literature suggests a causative link between sleep apnea and TBI. Can you please comment?

# TBI Administrative

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Are there any strategic initiatives related to TBI care, research or education ongoing at this time?

# TBI Symptom Management

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Are there any complementary or alternative treatments, such as acupuncture, for approaching TBI care?

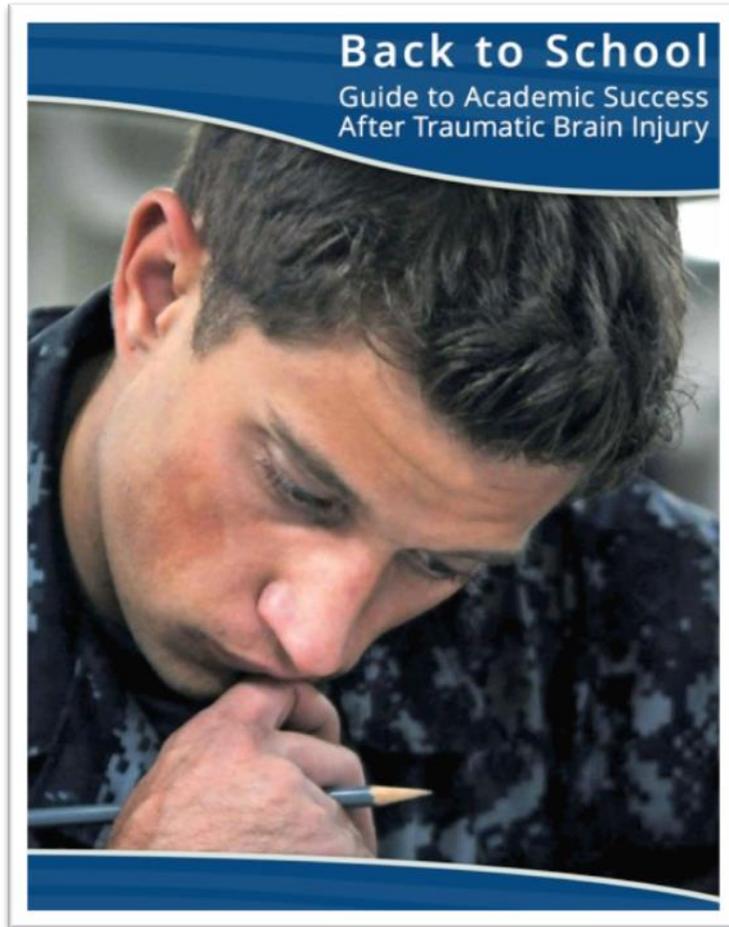
# TBI Rehabilitation

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How do you suggest that providers promote an expectation of recovery in the acute phase of recovery from concussion?

How does that expectation of recovery change with chronic symptom presentation?

# Back to School Guide



## **Primary target audience:**

Service members and veterans who have ongoing symptoms from a traumatic brain injury (TBI)

This guide will help them:

- navigate campus life
- manage ongoing symptoms
- learn strategies for success
- ease the transition to a civilian setting

## **Secondary target audience:**

Providers can use this guide as a teaching tool to help patients do the following:

- build a list of helpful contacts
- track their progress
- create a detailed schedule to manage their time

Visit [dvbic.org](http://dvbic.org) to download the Back to School Guide!

# Thank you, questions?

- Submit questions via the Defense Connect Online question box located on the screen.
- The question box is monitored and questions will be forwarded to our presenter for response.
- We will respond to as many questions as time permits.



# Webinar Evaluation/Feedback

We want your feedback!

- Please take the [Interactive Customer Evaluation](#) found on the Online Education section of the DVBIC website
- Or send comments to [usarmy.ncr.medcom-usamrmc-dcoe.mbx.dcoe-monthly@mail.mil](mailto:usarmy.ncr.medcom-usamrmc-dcoe.mbx.dcoe-monthly@mail.mil)

# Save the Date

Next webinar:

The Role of Integrative  
Medicine in the Treatment  
of Traumatic Brain Injury

Dec. 18, 2013  
1-2:30 p.m. (EST)

December						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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