



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

Promotional Video Audio Description

The words “Traumatic Brain Injury statistics are staggering” appear on the screen in dark blue text on a white background. The whole sentence moves to the left and the camera zooms into the period at the end of the sentence, revealing a spinning white globe on a dark blue background.

The globe continues to spin as white text reading “347,962” appears to the left of the globe and “Number of medical TBI diagnoses worldwide” appears to the right. There is a footnote at the right hand bottom on the screen in white reading “Number of active-duty service members with a first-time TBI diagnosis between 2000 and 2016”.

The globe spins fast and the continents disappear leaving a white ellipse and a brain made of small dark blue dots appears. White text reading “84%” appears to the left of the brain graphic and “Proportion of brain injuries classified as mild (known as a concussion)” appears centered underneath the brain graphic.

The brain graphic transforms into white circle with a person, from the waist up, made of dark blue dots and connected lines inside the ellipse. White text reading “You can access state-of-the-science resources to help heal this unique, invisible wound that impacts service members, veterans and their families” appears above the circular graphic. Four persons outlined by white dots and connected lines appear, two to the left and two to the right, connected by lines spouting out from the circular graphic. Around their heads, a pulsing red glow appears.

The four people disappear off of the screen and the circular graphic scales down to a small single dot, which expands and disperses into hundreds of white dots in various sizes that are connected by white lines. The acronym “DVBIC” appears in white text at the top center of the screen and expands to read “The Defense and Veterans Brain Injury Center”. White text appears below to read “offers 90+ state-of-the-science resources to treat post-injury symptoms” as four blurry TBI product titles appear in white in the background and a footnote of white text enters the bottom right of the screen reading “To access DVBIC resources, visit dvbic.dcoe.mil/headache”.

The camera pans to the first product title in the top left corner and becomes focused text reading “Assessment and Management of Dizziness Associated with Mild TBI”. The camera pans down to right to reveal the text “Progressive Return to Activity Following Acute Concussion/Mild TBI”. The camera pans straight up to the top to reveal the text “Management of Sleep Disturbances Following Concussion/Mild TBI”. The camera pans

to the bottom left to reveal the text “Management of Headache Following Concussion/Mild TBI”.

All of the words on screen disappear except the word “Headache” and the word moves to the left as the dark blue background changes to a medium blue background. A side profile of a brain made of white dots enters the screen from the right and travels fast to the left, colliding with a straight vertical line that appears to the right of the word “Headache”. On impact, the brain shakes and parts of it turn red. The word “Headache” is followed by words in white text that phase into the screen to complete a sentence reading “Headache is the most common symptom reported following a mild TBI”.

The sentence and line disappear as the brain turns from a side profile to the bottom and moves into the right side of the screen. Two rows of ten persons in each row appear to the left of the brain graphic, each person outlined in white dots with connected white lines. The text “In a study of Operation Enduring Freedom/Operation Iraqi Freedom veterans, 74% reported post-traumatic headaches occurring within 30 days of sustaining a concussion” appears in white at the top center. On top of the brain graphic on the right, a percentage in white text increases from 0% to 74% with a pulsing red glow around 74% of the brains on the two rows of people.

Everything on screen disappears except the brain, which moves to the center. Above the brain, white text reading “18 – 33% of post-traumatic headaches persist beyond one year” appears. The brain spins and lands at a side profile view pointing in the right direction. White text appears to the right of the brain reading “Classification” and then “Migraine, tension-type, cervicogenic and neuropathic” that appears to the right of the brain graphic. The brain spins and points in the left direction and white text, to the left, reads “Characteristics” followed by “Inciting events, prodromal signs or symptoms, pain and visual or sensory symptoms”. The brain spins again and lands in the front view, revealing white text reading “Treatment” and “Pharmacologic (e.g., over the counter medications) and non-pharmacologic (e.g., lifestyle changes)” to the right.

All text on screen disappears and the medium blue background changes to a light blue background as the camera zooms out and the brain disappears into a person (waist-up) is outlined by white dots and connected lines. White text reading “DVBIC resources can help you manage TBI symptoms and return a patient to pre-injury duty” appear at the top center. The person and text on screen disappear, revealing three TBI products center-screen with white text below reading “Access Management of Headaches Following Concussion/Mild TBI products and other clinical suites today to aid TBI recovery”.

All text and graphics fade out. White text appears at the top center of the screen, reading “For more information, please access the DVBIC website via: dvbic.dcoe.mil/headache” and the MHS and DHA logos appear in the center of the screen, next to each other. Below the logos, white text in the center reads “About DVBIC and its Partners: DVBIC is a part of Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury and collaborates with the DoD TBI

Quad Services – U.S. Army, Navy, Marine Corps and Air Force – as well as the U.S. Army Medical Research and Materiel Command; Joint Trauma Analysis and Prevention of Injury in Combat Program; National Intrepid Center of Excellence; U.S. Central Command; Readiness Division of the Defense Health Agency; the Coast Guard; and the Department of Veterans Affairs”.