



## **DCoE “Twitterview” Transcript**

**Date:** March 28, 2012

### **Speaker:**

- Ms. Katherine Helmick, Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury deputy director traumatic brain injury

**DCoEpage:** Are you ready? Get those questions out! #DCoE deputy director #TBI will answer your questions LIVE from 1-2pm TODAY. <http://goo.gl/TIs6X>

**DCoEpage:** Welcome to today’s LIVE Brain Injury Awareness Month #twitterview. Focus: tools for providers. Use #DCoE to follow along or ask a question.

**DCoEpage:** Katherine M. Helmick @DCoEpage Deputy Director of TBI will answer questions for the hour. Full bio: <http://goo.gl/TQSG4> #DCoE

**DCoEpage:** Let’s start with some of the basics before we answer your questions. #DCoE

**DCoEpage:** #TBI = traumatically induced structural injury or physiological disruption of brain function as a result of external force to the head #DCoE

**DCoEpage:** Severity (mild, moderate or severe) of #TBI is determined by an individual’s status at the time of injury #DCoE

**DCoEpage:** Majority of military TBIs happen OFF the battlefield and the most prevalent type of brain injury is mild #TBI, aka concussion #DCoE

**DCoEpage:** Early detection and treatment allows for the most positive functional outcomes #DCoE

**DCoEpage:** Undiagnosed/untreated concussion can affect operational readiness & risk of sustaining another concussion during the healing period #DCoE

**DCoEpage:** Positive #TBI screens are always followed up with a clinical interview/exam to confirm or negate suspected diagnosis #DCoE

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[www.dcoe.health.mil](http://www.dcoe.health.mil) ★ Outreach Center: 866-966-1020

**DCoEpage:** Treatment is based on the severity of the injury and management of mild #TBI is based on individual symptoms #DCoE

**DCoEpage:** Data shows that upwards of 85-90% of patients who sustain a mild TBI will fully recover w/ no long-term effects #DCoE

**DCoEpage:** #DCoE works with a collaborative network of #TBI subject matter experts to develop tools for #providers. <http://goo.gl/3uK2h>.

**DCoEpage:** Let's begin! Remember to use #DCoE to follow the conversation.

**@USAFHealth:** This is Twitter Doc, #USAF Medical Service, & I am excited to join this #TBI conversation on #DCoE #milhealth ^TD

**@vjhenderson:** @DCoEpage Where can you find descriptive definitions of the differences between mild TBIs and severe TBIs? #DCoE

**DCoEpage:** #DCoE @vjhenderson - You can find the definitions in the mild TBI Pocket Guide under #TBI basics. Download at <http://goo.gl/twRT7>

**@TheNatlGuard:** #DCoE - Some #NationalGuard members are diagnosed with both #TBI & #PTSD. Similar symptoms; different treatment. What do you suggest?

**DCoEpage:** . @NationalGuard: Co-occurring Conditions Toolkit: info 2 treat patients w/ both mild #TBI & psych health issues <http://goo.gl/OBOWg> #DCoE

**DCoEpage:** . @TheNatlGuard - prioritize symptom complaints and target treatment to hit top priorities when diagnosing on both #TBI & #PTSD #DCoE

**@afterdeployment:** @DCoEpage: Is there a good place for providers to go online to access #TBI resources & tools? #DCoE

**DCoEpage:** For provider resources on #TBI, please visit the #DCoE website at <http://goo.gl/twRT7> and DVbic at <http://www.dvbic.org> @afterdeployment

**@NavyMedicine:** How can providers continue to learn about TBI as new research is comes out? #DCoE

**DCoEpage:** . @NavyMedicine Updated clinical guidelines reflect findings from current research on #TBI. #DCoE keeps updated guidelines on the website.

**@vjhenderson:** @DCoEpage Where can you find good statistics on TBIs? #DCoE

**DCoEpage:** #DCoE @vjhenderson: visit the DVbic website @ <http://www.dvbic.org> for #TBI statistics. It's on the top right hand corner under DoD TBI #s

**@T2Health:** @DCoEPage: Co-occurring Conditions Toolkit (<http://bit.ly/GKrgoG>) has lots of info for providers; any tips on how to help implement it? #DCoE

**DCoEpage:** . @T2Health: #DCoE offers training videos on how to use the Co-occurring Toolkit at <http://goo.gl/Sp6n5>

**@NICoEPage:** @DCoEPage: What signs/symptoms should providers keep an eye out for to determine if a patient may have a #TBI? #DCoE

**DCoEpage:** . @NICoEPage The most common reported concussion symptoms are headache, memory problems, dizziness and sleep disturbances. #DCoE

**@joshuawick:** Has #DCoE partnered with any non-military orgs to help ID best practices? #BIAMonth2012

**DCoEpage:** . @joshuaWick: #DCoE collaborates w/ pro sports orgs, federal agencies, @DeptVetAffairs and academic institutions on #TBI best practices

**@healthdotmil:** .@DCoEPage: Are there any #mobileapps that are helpful for providers working with #TBI patients? #DCoE

**DCoEpage:** There are numerous #mobileapps for #TBI - go to <http://t2health.org/mobile-apps> to learn more. @healthdotmil

**@DoDCAP:** CAP may also be able to provide the assistive technology resources for #TBI patients <http://cap.mil/wsm/> #DCoE

**@DoDCAP:** Great #TBI information being provided by the @DCoEPage #Twitterinterview. Follow along at #DCoE

**@vjhenderson:** @DCoEPage Are there case managers that work with TBI patients? If so, how many do each case manager handle? #DCoE

**DCoEpage:** . @vjhenderson Yes, there are case managers in the #TBI programs with varying levels of caseloads. For more info: <http://goo.gl/Qrx50> #DCoE

**@NavyMedicine:** What efforts are being made at #DCoE to keep our newest military docs @USUHS up-to-date on current research? #BIAMonth2012

**DCoEpage:** . @NavyMedicine @USUHS A review and analysis of the DoD TBI research portfolio is occurring annually, last occurred Nov. 2011 #DCoE

**DCoEpage:** . @NavyMedicine @USUHS Also the DVBIC #TBI Summit occurs annually that presents research findings. Coming up Aug 21-24, 2012. #DCoE

**@vjhenderson:** @DCoEPage How many people or what % of the population will require services indefinitely? #DCoE

**@MDDisabilities:** How many people or what % will require indefinite svcs? #DCoE

**DCoEpage:** It's difficult to answer the % of #woundedwarriors w/ #TBI that will require services indefinitely, but majority do not. #DCoE @vjhenderson

**@vjhenderson:** @DCoEPage What is the average cost per person per year for the services? #DCoE

**@MDDisabilities:** What is average cost pp pyear for community based services? #DCoE

**DCoEpage:** @vjhenderson data on the cost for treating #TBI is variable related to the severity of brain injury. #DCoE

**@JTFCapMed:** @DCoEPage - What's the est. # of service members returning from IRQ/AFG with TBI or mTBI?

**DCoEpage:** 16% of all worldwide #TBI occurs in the deployed setting, 84% occur in the non-deployed setting. #DCoE @JTFCapMed

**DCoEpage:** There are a little over 229,000 service members diagnosed with a #TBI since the year 2000. #DCoE @JTFCapMed

**@JTFCapMed @DCoEPage -** What DoD/VA facilities treat Service members with TBI? Do these facilities also support family members?

**DCoEpage:** . @JTFCapMed There are over 60 @DeptofDefense TBI programs in the US. 11 programs in Afghanistan. #DCoE

**@DRCNH:** @DCoEPage What about states developing policies to help vets with TBI - any advice?

**DCoEpage:** @DRCNH Can you provide more information on policies? Related to benefits, care, etc.?

**@DRCNH:** @DCoEPage policies to ensure Vets with TBI get adequate treatment and support - on the state level.

**DCoEpage:** @DRCNH Consider vet & family treatment plan, positive expectation of recovery, comprehensive evaluations 4 other conditions as well as #TBI

**@NavyMedicine:** Is telemedicine having any role in the evaluation, treatment and follow-up care for #Sailors and #Marines effect by #TBI? #DCoE

**DCoEpage:** . @NavyMedicine Yes, telemedicine for #TBI has a role in both theater and in US. Theater through TBI.consult@us.army.mil #DCoE

**DCoEpage:** In the US, rural and underserved areas through leveraging technology (telemedicine) for face-to-face evaluations for #TBI. #DCoE

**@JTFCapMed:** @DCoEPage - How can friends & family help someone who they believe may have TBI, but the service member may be resistant to seeking help?

**DCoEpage:** Highlight to the service member that early detection and treatment allows for the most positive functional outcome w/ #TBI. @JTFCapMed #DCoE

**DCoEpage:** @JTFCapMed there is information for caregivers of moderate and severe #TBI patients. Visit the DVBIC website at <http://goo.gl/wrWiH>. #DCoE

**DCoEpage:** 10 minutes for last questions in the #DCoE #TBI #twitterview!

**@JTF CapMed:** @DCoEPage - What are some of the treatments that DCoE has found most effective in treatments?

**DCoEpage:** . @JTFCapMed For mild #TBI, rest and education with the positive expectation of recovery remain the evidence based treatments #DCoE

**@USAFHealth:** I attended the DVBIC #TBI Summit a few years ago. Excellent material and conference! #DCoE ^TD

**@JTFCapMed:** @DCoEPage - What are some of the treatments that DCoE has found most effective in treatments?

**DCoEpage:** Research emerging related to cog rehab, CAM & meds approved for other neurological conditions are being investigated for use mild TBI. #DCoE

**@NICoEPage:** @DCoEPage What's the most important #TBI focused tool that you feel providers should be aware of? #DCoE

**DCoEpage:** #Providers should definitely be aware of the mild Traumatic Brain Injury Pocket Guide - lots of tools embedded! <http://goo.gl/twRT7> #DCoE

**DCoEpage:** Future clinical resources will include recommendations for treating visual, vestibular, sleep disturbances after mild #TBI. Stay tuned #DCoE

**@JTFCapMed:** @DCoEPage - Is TBI like malaria in that it never fully goes away, or is it something that a Service member can eventually fully shake?

**DCoEpage:** Mild #TBI otherwise known as concussion is a treatable condition. #DCoE

**DCoEpage:** That's a wrap! If we didn't answer your question, we'll publish answers in the coming days. Thank you for your interest in #TBI! #DCoE

**@USAFHealth** Thank you, @DCoEPage ! I & other #health care providers learned a bunch about #TBI from #DCoE . Excellent Chat! #vets ^TD

**@NavyMedicine:** Thanks #DCoE for hosting this #BIAMonth2012 #twitterview ! #BravoZulu