



DEFENSE CENTERS  
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For Psychological Health  
& Traumatic Brain Injury

# Introduction: Brain Injury Awareness Month

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# Brain Injury Awareness Month



- Sponsored by Brain Injury Association of America (BIAA)
- Timeline
  - Oct 2002
    - Prevention of intentional brain injury
  - Oct 2003
    - “I.M. Brainy” campaign
  - Oct 2004
    - Living with brain injury





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- Mar 2005
  - Living with brain injury
- Mar 2006
  - Living with brain injury/Resources for brain injury
- Mar 2007
  - Brain injury diversity
- Mar 2008
  - “Celebrate brain injury- live better, longer”
- Mar 2009
  - Sports and concussion



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# Brain Injury Awareness Month

On February 4, 2009, Representative Bill Pascrell, Jr. (D-NJ), Co-chair of the Congressional Brain Injury Task Force, introduced legislation that would designate March as "Brain Injury Awareness" month (H.Con.Res.40).



# 2009

## Focus on Sports and Concussion

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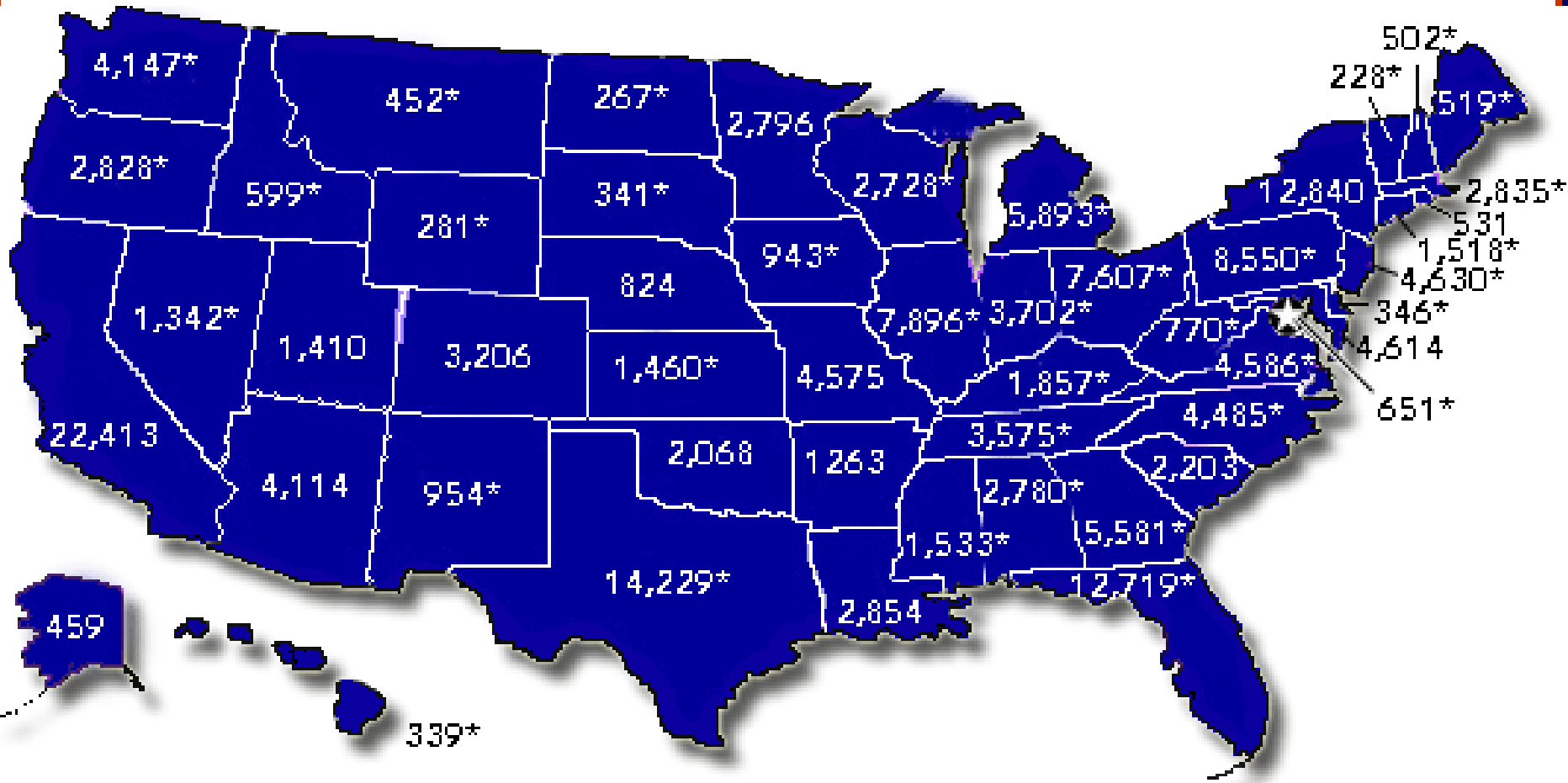
- Educational intervention
- Work by Dr J Ponsford (2002)
  - Set positive expectations of recovery
    - Decreases symptom reporting
    - Better patient recovery and outcomes
- Educational products reflect this research finding
  - New deployed guidelines for mTBI/concussion stress positive recovery expectations
  - Ponsford J, Willmott C, Rothwell A, et al. Impact of early intervention on outcome following mild head injury in adults. *J Neurol Neurosurg Psychiatry* 2002;73(3):330-332.



# TBI Incidence by State (1998)



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<http://www.cdc.gov/TraumaticInjury/overview.html>  
Hospitalized cases for 1998/ No denominator given

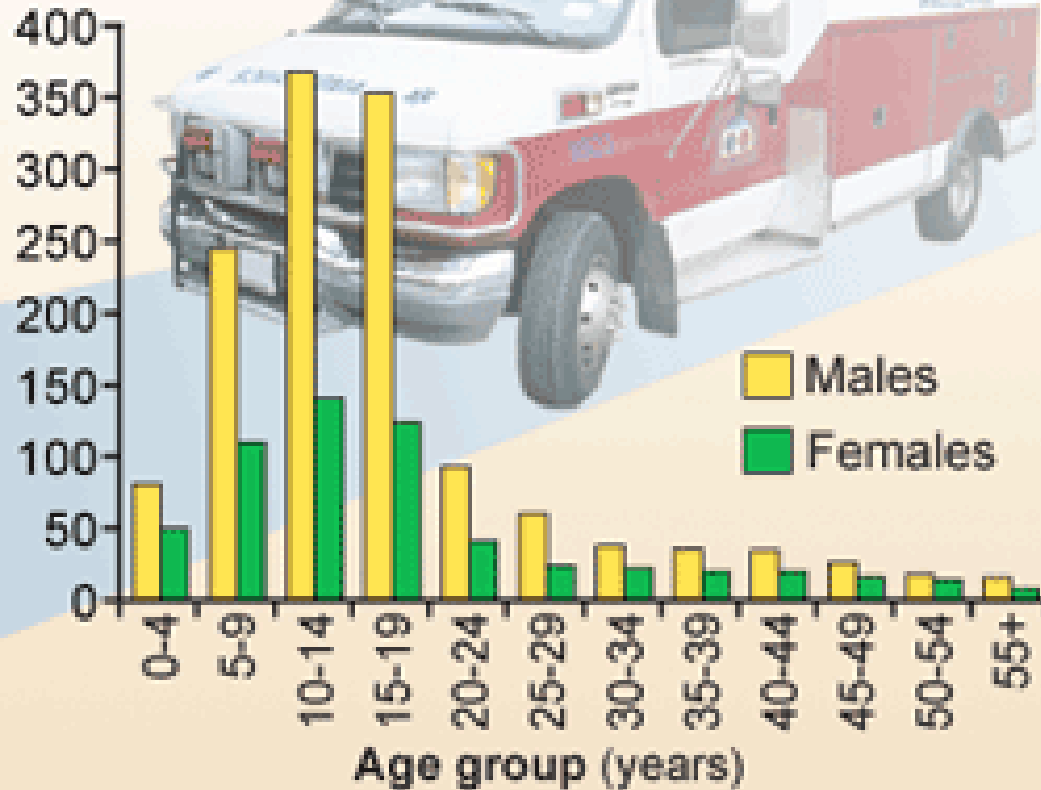


# Nonfatal, Sports-Related, Traumatic Brain Injuries United States, 2001–2005



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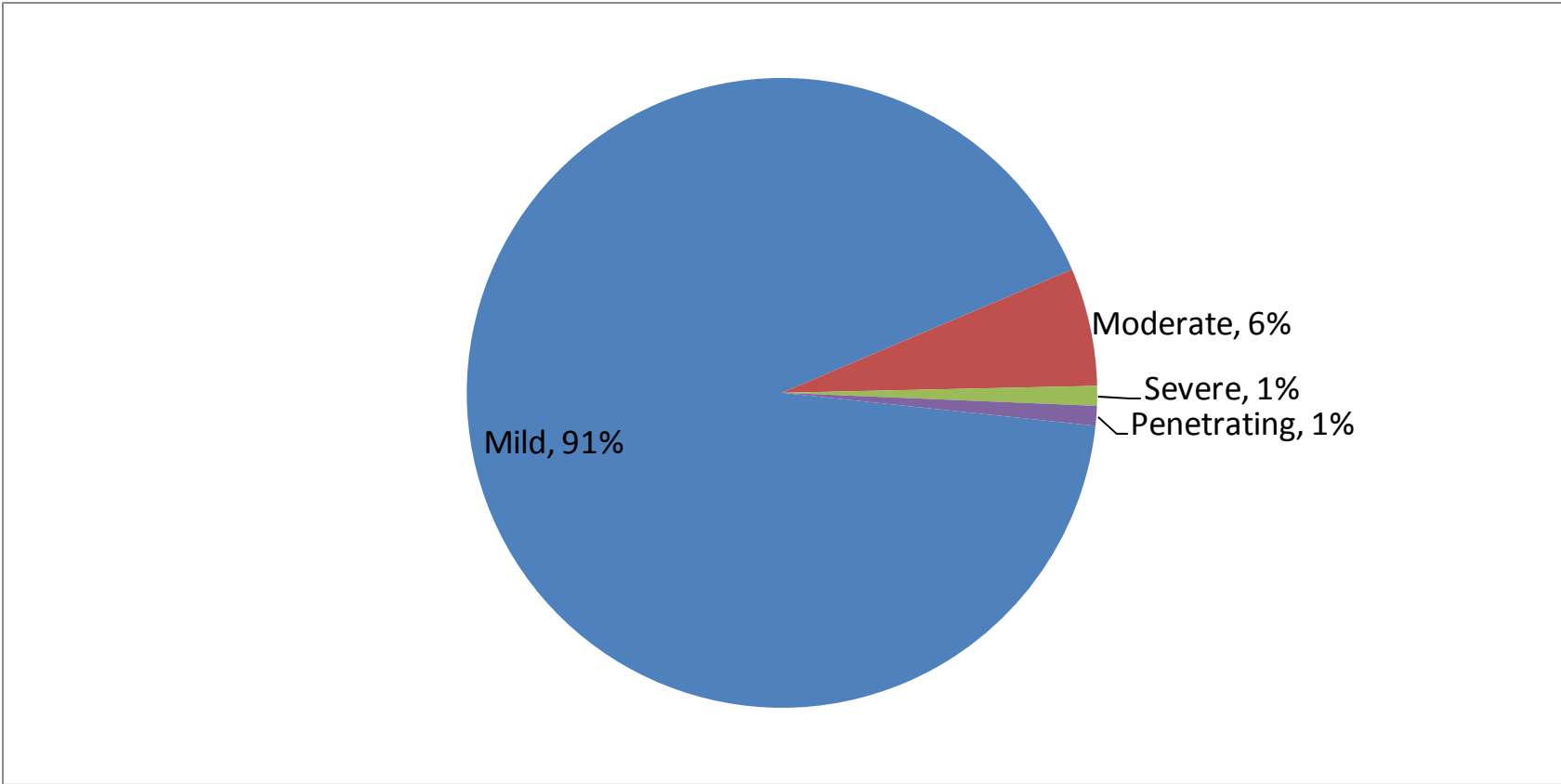
Annual Rate  
per 100,000



<http://www.cdc.gov/TraumaticInjury/overview>



# TBI Occurrence by Severity



Data from Jan 2003 to Jan 31, 2009  
1% Anoxic





# CDC “Heads Up” Campaign



- Concussion in your practice
  - Instructions for pediatricians/PCPs

- Coaches
  - Clip board stickers
  - Wallet cards
    - Signs & Symptoms
    - Action Plan
    - Standardized Assessment of Concussion (SAC)
- Parents
  - Fact sheet
- Athletes
  - Fact sheet
  - “It’s better to miss one game than the whole season.”



# CDC Primary Prevention

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- Seat belt usage
- Car safety seat usage
- Never driving while under the influence
- Helmet usage
- Senior safety
  - Remove tripping hazards
  - Improve lighting
- Child safety
  - Safety gates
  - Window guards



# Associated Prevention Projects



- Think First Injury Prevention



- National Safe Kids Campaign





# Remember to wear your helmet!



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***Head's up!***  
**The safest place to be  
is under your helmet**



**Protect yourself from concussions,  
wear your safety gear.**



Defense and Veterans Brain Injury Center  
[www.DVBIC.org](http://www.DVBIC.org) 1-800-870-9244



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# DID I HAVE A CONCUSSION?

**Motor Vehicle Crash?**

**Knocked out?**

**Struck in  
the head?**

**Has this  
happened to  
you?**

**Injured  
in a fall?**

**Bell  
rung?**

**SEE YOUR DOC**

**Blast?**

**Knocked down by a blast?**

**Blacked out?**



[www.dvbic.org](http://www.dvbic.org)

**For more information,  
contact your healthcare  
provider:**





# Blast Injury



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## Blast Injury !



**Have you been injured by an explosion?**  
**You may have experienced a concussion**

IF YOU ANSWER YES TO ANY TWO OF THE BELOW QUESTIONS PLEASE CONTACT  
**YOUR HEALTHCARE PROVIDER**

Were you dazed or had loss of memory immediately after the explosion?

Have you had headaches or dizziness at any time since the explosion?

Have you had problems with memory or concentration since the explosion?



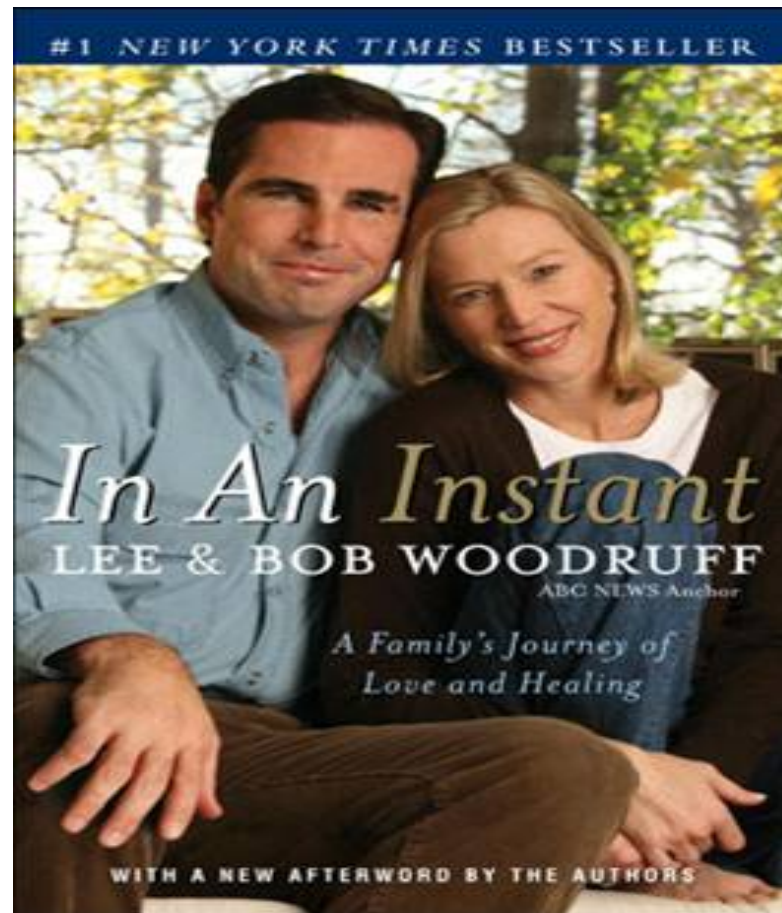
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# Increased Public Awareness





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# Questions/Discussion

For copies of any of the posters,  
please send request to  
[info@dvbic.org](mailto:info@dvbic.org)