



DCoE SUMMIT III

PH/TBI BREAKOUT SESSION

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CO-MORBID PTSD/mTBI

Goals



- Discussed complexities involved in the identification, assessment, treatment, and evaluation/outcomes of patients with co-morbid PTSD and mTBI
- Worked with SMEs from the Services, federal partners, and academia to assess practice and clinical challenges and frame a course of action for moving forward
- Reviewed case studies to identify current themes in patient treatment
- Recommended next steps to improve outcomes



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Co-Morbid PTSD/mTBI

Issues Raised



- Impairment does not equal disability
- Gaps in systems
- Need for interdisciplinary/holistic approach
- Attribution of symptoms is critical
- Importance of case conferences
- Access barriers need to be eliminated
- Risk of dismissing patients as malingerers
- Is primary care the right place to address this?
- Multidisciplinary treatment centers
- Warriors refusing MH care
- Difficulty sharing information among MTFs
- Patient/provider frustration over system
- Need transformation of medical system
- Goal: return to duty or return to functioning?
- Warriors denying they have PTSD
- Lack of clarity on difference between PTSD & TBI



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Co-Morbid PTSD/mTBI: Recommended Next Steps



- **Successful Treatment Strategies**
 - Focus on therapeutic alliance
 - Expectation of recovery
 - Patient, family and care team are future oriented
 - Develop motivation for treatment
 - Encourage group cohesion
- **Non-stigmatizing Integrated Care Model**
 - “Brain Health Teams”
 - “Office of Neurotrauma” (everyone offered evaluation)
 - Memory workshop, headache class, etc.
 - More acceptable to have TBI than PTSD
 - “Combat stress injury” vs. MH disorder
- **Multidisciplinary clinical forums**
- **Early education/intervention for Operational Stress, ASD, PTSD, TBI**
- **In-theater training/use of CPGs**



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CO-MORBID PTSD/mTBI: RECOMMENDED NEXT STEPS



- Leverage technology (e.g., patient tracking system)
- Develop CPG for PTSD/mTBI
- Standardize clinical outcome measures
- Evaluate medications for PTSD/TBI (publish case vignettes)
- Provide patient education materials
- Identify, evaluate, and disseminate best practices
- Reduce stigma by normalizing PH and mTBI