



Defense Health Agency

**Webinar Resources for the Defense and Veterans Brain Injury Center  
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury  
June 2016**

**Cognitive Rehabilitation in mTBI: Application in Military Service Members and Veterans**

**Webinar Resources:**

The Defense and Veterans Brain Injury Center (DVBIC), a Defense Center of Excellence component center, in collaboration with the Department of Veterans Affairs, developed the [Mild TBI Symptom Management Fact Sheet: Ways to Improve Your Memory](#) fact sheet to provide patients and health care professionals practical tips for managing memory problems associated with concussion/mild traumatic brain injury (mTBI).

DVBIC's Clinical Recommendation, [Progressive Return to Activity Following Acute Concussion/Mild TBI: Guidance for the Rehabilitation Provider in Deployed and Non-Deployed Settings](#), released in January 2014, promotes full recovery following concussion/mTBI through gradual increase of physical, cognitive and vestibular/balance activities. Rehabilitation providers are guided through the treatment progression process with specific recommendations; a [Clinical Support Tool](#); and [training slides](#) to educate health care providers about the intent of and how to use the suite. A [Patient Activity Tool](#) is also available to give to service members and veterans to help them track symptoms and monitor activities at each activity stage.

The Veterans Health Administration (VA), in collaboration with the Department of Defense (DoD), developed the [VA/DoD Management of Concussion-Mild Traumatic Brain Injury Clinical Practice Guideline](#), updated March 2016, to assist health care providers with improving patient outcomes and management of patients with concussion/mTBI.

The [Borden Institute](#), established in 1987 at the Walter Reed Army Medical Center in Washington, DC, developed the [Mild Traumatic Brain Injury Rehabilitation Toolkit](#) (2015) to provide a collection of therapy inventories, evaluation instruments, and treatment options targeting frequently reported problems experienced following a mild TBI, such as vision impairment, balance issues, headache, and cognition. The toolkit promises to be a one-stop clinical resource for rehabilitation providers who work with patients with mTBI.

For fiscal year 2010, DVBIC was tasked with executing a clinical trial, "[Study of Cognitive Rehabilitation Effectiveness \(SCORE\)](#)" to evaluate the efficacy of cognitive rehabilitation in service members and veterans diagnosed with TBI during deployments for Operation Iraqi Freedom or Operation Enduring Freedom. In addition to outcomes, the three-year study produced the seven-chapter [SCORE manual](#) which presents different types of cognitive rehabilitation interventions.



**Additional supporting references:**

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