

DVBIC-TBICoE 15-Year Studies and IMAP* Conclusion Summary

In 2007, the Secretary of Defense chose TBICoE—then known as the Defense and Veterans Brain Injury Center—to direct research into the long-term effects of TBI among those who served in Operation Iraqi Freedom or Operation Enduring Freedom. This study, required by Congress, also looked at how those injuries affect their families.

Four elements shaped the research effort to understand the effects of TBI on service members, veterans, and their families.



ELEMENT 1

Characterizes the long-term physical and mental health effects of TBI

- TBI outcomes can vary based on injury characteristics and individual recovery progression.
- Co-occurring medical conditions, especially PTSD and sleep problems, play a critical role in TBI outcomes.
- Clinicians should continue to treat the symptoms, per the current [VA/DOD Clinical Practice Guidelines](#).



ELEMENT 2

Assesses the health care and rehabilitation needs after inpatient treatment

- Chronic rehabilitation needs persist after TBI and may change over time.
- The most critical needs are related to improving memory, mood, and physical and mental health.
- Medical and operational leaders must collaborate to ensure a ready fighting force.



ELEMENT 3

Explores the type and availability of long-term care rehabilitation programs

- TBI treatment spans from acute care through long-term care and rehabilitation.
- Multidisciplinary care models enable holistic and successful treatment of TBI.
- MHS and VA healthcare systems support TBI patients by:
 - Rapidly adopting evidence-based best practices
 - Proactively addressing barriers to care
 - Facilitating high-quality TBI care programs



ELEMENT 4

Researches the impact of TBI on family member and caregiver health-related quality of life

- Military TBI impacts the whole family.
- A service member or veterans' TBI symptoms influence and are influenced by family distress.
- Treatment focal points should continue to include family dynamics and resilience.

Find out more by visiting health.mil/TBICoE15YearStudies

*Improved Understanding of Medical and Psychological Needs in Veterans and Service Members with Chronic TBI