



# **Traumatic Brain Injury Center of Excellence**

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# Disclosure

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# About TBICoE

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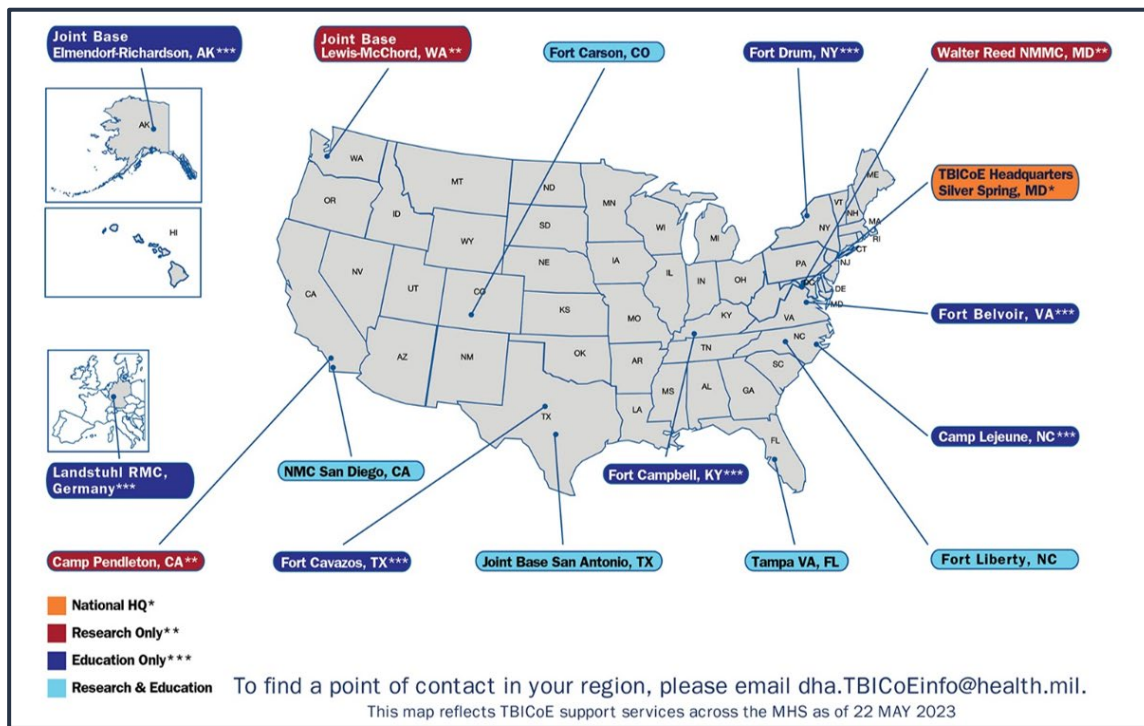
- Congress established TBICoE in 1992 after the first Gulf War in response to the need to treat service members with TBI.
- TBICoE unifies a system of TBI health care, *reliably* advancing the science for the warfighter and *ready* to meet future brain health challenges.
- TBICoE assists the DoD and Department of Veterans Affairs (VA) in optimizing care of service members and veterans who have sustained a TBI, in deployed and non-deployed settings, through TBICoE's three sections: Research, Clinical Affairs and Dissemination.



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# TBICoE Network Sites



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# **Fort Carson Intrepid Spirit Center (ISC)**

# WHAT IS THE ISC?

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- Outpatient specialty clinic focused on TBI treatment
- Comprehensive 1:1 evaluation by a specialty provider
- Prescribe group or individual treatment
- Refer to subspecialty to assist managing symptoms
- Inter-disciplinary approach using evidence-based medicine



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# WHAT IS TREATMENT LIKE?

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- Cadence is different:
  - Providers work on patient goals w/ different disciplines
  - Goal is to complete the TBI course of care in 9 months
- **Interdisciplinary Team approach**
  - Collaborative, holistic, patient centered
  - Each provider brings his or her expertise to the treatment plan
  - Communication is vital between patient and provider
- **This model is proven to improve patient outcomes**



# ISC GROUP PROGRAMS

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- **Integrated Rehabilitation Outpatient Course (iROC)**
  - 6 Weeks: 5 hours/day x 4 days/week
  - Comprehensive treatment across the clinic providing essential support and rehabilitation
- **Anger Education**
  - 4 weeks: 2 hours/1 x week
  - Help understand the how and why; introduce healthy coping skills
- **Sleep Gym**
  - 4 weeks: 2 hours/1 x week
  - Promote restful sleep (**MT Sleep & Relaxation Playlists**)
- **Cognitive Communication Group**
  - Up to 4 weeks: 2 hours/1 x week
  - Addresses topics such as: Attention, concentration, and memory; word finding and social communication skills



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# ISC GROUP PROGRAMS (Cont)

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- **Relaxation Group**
  - 4 weeks: 1 hour/4 x week
  - Meditation and mindfulness stress-based reduction
- **Yoga**
  - 4 weeks: 1 hour/1 x week
  - Taught by Comeback Yoga
- **Creative Arts Therapy**
  - Augment the many different types of therapy offered as part of patient-centered clinical care
  - Creative arts therapists provide both group and 1:1 care
    - Art Therapy
    - Music Therapy



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# UNIQUE ISC PROGRAMS

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- **Optometry**
  - Vision Therapy provided by OT's
  - Recommendation from neuroptometry
- **Interactive Metronome**
  - Structured goal-oriented program designed to challenge the patient to perform customizable, synchronized, repetitive motor movements to a precise reference tone.
  - Improves cognitive, communicative, sensory, & motor performance
- **2,500 sqft physical therapy/exercise gym**
- **VR and Computer Assisted Rehabilitation Environment (CAREN) equipment**
- **Driving simulator**
- **Fully operational ADL room**



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# Questions?

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Traumatic Brain Injury Center of Excellence

<https://health.mil/TBICoE>

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