WARFIGHTER BRAIN HEALTH AFTER TBI GUIDANCE FOR LEADERS

Traumatic Brain Injury Center of Excellence

Leaders play an important role in optimizing warfighter brain health after traumatic brain injury. This fact sheet provides guidance on leaders' responsibilities to ensure service member readiness after an injury event.

HIGH-RISK ACTIVITIES

Concussion, also known as a mild TBI, is a head injury resulting from a hit, blast, blow, or jolt to the head. The Department of Defense identifies the following as potentially concussive events:

- Direct blow to the head or witnessed loss of consciousness
- Involvement in a vehicle blast event, collision, or rollover
- Presence within 50 meters of a blast
- Exposure to more than one blast event

SIGNS, SYMPTOMS, AND OPERATIONAL CONSEQUENCES OF TBI



Signs—what may be seen at time of injury

- Slow to get up
- Confusion
- Blank or vacant look
- Stumbling
- Labored movements
- Inability to respond appropriately to questions



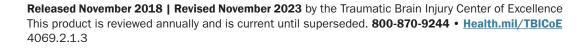
Symptoms—what service member may report

- Headache
- Visual disturbances
- Ringing in the ears
- Dizziness/balance problems
- Nausea/vomiting
- Memory problems
- Difficulty concentrating
- Irritability



Operational Consequences

- Poor marksmanship
- Slower reaction time
- Decreased concentration
- Decreased situational awareness
- Difficulty performing quickly under pressure
- Difficulty multitasking







To learn more, watch this <u>Warfighter</u> Brain Health for Leaders video

