

**Integrated Education
and Activities**

Mind Body Medicine - 6 weeks
"2015 Trailblazer Award"

Meditation/Mindfulness addressing
pain, insomnia, fear, anxiety,
depression, and memory

Sleep 101 Seminar – 2 weeks

Addresses the biological,
psychological & behavior principles of sleep
and demonstrates strategies for addressing
sleep problems

Health & Wellness

Streamlined referrals and PCM clearance into
selected programs such as Qigong, Music
Therapy, Art Therapy, and many others

TBI Patient Education (DVBIC)

Small group education/discussion led by Dr.
Mark Ettenhofer, Ph.D.

Topics include: TBI causes, diagnosis, effects,
symptoms, and typical trajectory of recovery
over time, memory, sleep, mood, and return
to activity

*"No head injury is too severe to despair of,
nor too trivial to ignore."*

Hippocrates



Naval Medical Center San Diego
Traumatic Brain Injury Clinic

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Traumatic Brain Injury Clinic
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NAVAL MEDICAL CENTER
SAN DIEGO



**TRAUMATIC
BRAIN INJURY
PROGRAM**



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Naval Medical Center
San Diego



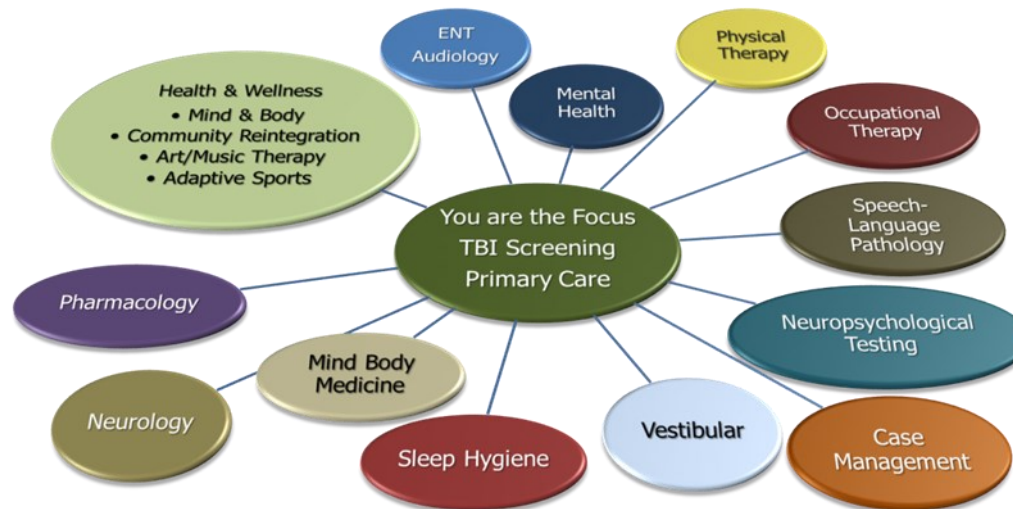
Coordinated Interdisciplinary Care

The Traumatic Brain Injury Clinic at Naval Medical Center San Diego provides interdisciplinary, symptom-based, focused care for service members who have sustained a traumatic brain injury. Evidence-based diagnosis and treatment is guided by the VA and DoD Clinical Practice Guidelines (CPGs) for the Management of Concussion-mild Traumatic Brain Injury (February 2016), Joint Commission, BUMED, and NMCS D.

Naval Medical Center San Diego's Traumatic Brain Injury Program brings together a comprehensive team of specialists to address care from a number of professional perspectives. Depending on an individual's presentation, he or she may see a few or even several of these specialists. The interdisciplinary team meets regularly to discuss the plan of care and the progress that the participant is making toward mutually developed goals.

Expectations

Simply put...patients can expect to get better! Typically, TBI Program participation lasts 8-12 weeks. It is focused and coordinated care. So it's important to maximize participation during this period. Care in the TBI Program is not passive.



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DVBIC Partnership

The Defense and Veterans

Brain Injury Center (DVBIC) works collaboratively with C5 to form the NMCS D TBI Clinic. DVBIC assists in providing clinical care, innovative research, as well as education and outreach for all of Southern California.

This partnership also includes integration with the Office of Neurotrauma/NAV MED West, to provide improved access to care for Sailors, Marines, Soldiers, and SEALs.

Interested individuals can contact DVBIC for the following free services:

- Delivery of education programs and/or provide information on TBI to service members, veterans, families and civilian organizations.
- Develop education programs tailored to a target audience.
- Provide consultation to military and veteran sites related to TBI educational issues.
- Provide a TBI informational exhibit table at various events.
- Provide TBI education programs to the civilian community.