



Blast-related Mild TBI and Disability

What Early Clinical Factors Predict Service Member Disability at 5-years?

This study looked to see if military active duty service members with a concussion from a blast (explosion) had worse health and disability 5 years later. Ninety-four combat veterans, half with blast concussion and half without any concussions were looked at for 5 years. Their clinical and psychology test results after 1 year were used to see if they could predict whether they would have problems at 5 years. Here are the main findings:

- ★ Service members with blasts concussions had more headaches, depression, PTSD, anxiety and sleep problems than those who had no concussions.
- ★ Service members with blasts concussions could perform thinking tests as well as those with no concussions.
- ★ Nearly three out of four of the combat service members with blast concussions had a lot of disability over the 5 years, while only one in nine of service members without concussion did so.
- ★ Combat members with blast concussions who were having difficulty with walking, reading, speaking and emotional issues continued to have those types of problems after 5 years.



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Reference:

MacDonald, C., Barber, J., Jordan, M., Johnson, A., Dikmen, S., Fann, J., & Temkin, N. (2017). Early clinical predictors of 5-year outcome after concussive blast traumatic brain injury. *JAMA Neurology*, 821-829.

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