

LIMBIC-CENC Clinical Care Monographs:
Persistent Symptoms after mild TBI: Risks for Symptoms

Key Finding: LIMBIC-CENC researchers found that a greater number of prior mild TBIs of any type (blast-related or non-blast) were associated with chronic, increased, widespread symptoms,^{1,2} but not with decreased cognitive performance^{1,3} among young to middle aged Veterans and Servicemembers.

Perspective: Associations between more concussions and higher symptoms are likely to be complex and multifactorial and need further research.

Clinical Pearls:

- The clinical standard of care for persistent symptoms after mTBI should follow a symptom-oriented approach (i.e., do not focus on “cause” or “diagnoses”).
- Clinicians should recommend a compensatory strategy approach to the treatment of self-reported memory or other cognitive difficulties after mTBI.

References:

1. Walker WC, Hirsch S, Carne W, Nolen T, Cifu DX, Wilde EA, Levin HS, Brearly TW, Eapen BC, Williams R. “Chronic Effects of Neurotrauma Consortium (CENC) multicenter study interim analysis: Differences between participants with positive versus negative mild TBI histories.” *Brain Inj* 2018;32(9):1079-1089. doi: 10.1080/02699052.2018.1479041. Epub 2018 May 31. PMID: 29851515
2. Pogoda TK, Carlson KF, Eapen BC, O’Neil ME, Walker WC, Tate DF, Nolen TL, Nowak K. *The Relationship Between Prior Mild Traumatic Brain Injury and current Neurobehavioral Symptoms among former OEF/OIF/OND Combatants: A Chronic Effects of Neurotrauma Consortium Study.* IN PRESS.
3. Belanger H, Nolen T, Levin HS, Pugh N, Walker W, Scheibel RS, Troyanskaya M, C Jaramillo, Eapen B, McDonald S, Dikman S, Hsu N, Tate DF, Williams R, Hinds SR, Cifu DX: *Chronic Effects of mTBI in Veterans and Service Members on Cognition: A Biopsychological Model.* *J Int Neuropsychol Soc.* Forty Sixth Annual INS Meeting Abstract. *J Int Neuropsychol Soc.* 2018. 24 s1, p123.

n.b.: The ‘Perspectives’ and ‘Clinical Pearls’ expressed are based on interpretation of findings from the described Long-term Impact of Military-related Brain Injury Consortium/Chronic Effects of Neurotrauma Consortium (LIMBIC-CENC) research studies and their assimilation with the extant literature. These views are endorsed by LIMBIC-CENC leadership but may vary across individual researchers. All findings involve Service Members (SMs), Veterans (Vs) or both.

LIMBIC-CENC research and its KT products were supported financially and is based upon work supported by the U.S. Army Medical Research and Materiel Command and from the U.S. Department of Veterans Affairs Chronic Effects of Neurotrauma Consortium under Award No. W81XWH-13-2-0095, the U.S. Department of Veterans Affairs Long-term Impact of Military-related Brain Injury Consortium/Chronic Effects of Neurotrauma Consortium under Award No. 1I01CX002097-01, the U.S. Department of Defense Chronic Effects of Neurotrauma Consortium (CENC) Award W81XWH-13-2-0095 and the U.S. Department of Defense Long-term Impact of Military-relevant Brain injury Consortium Award No. W81XWH-18-PH/TBIRP-LIMBIC. The U.S. Army Medical Research Acquisition Activity, 820 Chandler Street, Fort Detrick MD 21702-5014 is the awarding and administering acquisition office. Any opinions, findings, conclusions or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the U.S. Government, or the U.S. Department of Veterans Affairs, and no official endorsement should be inferred.