

LIMBIC-CENC Clinical Care Monographs: **mTBI: Blast vs. non-Blast Injury**

Key Finding: LIMBIC-CENC researchers repeated found that there were no differences in selected outcomes between blast-related and non-blast-related mild TBI, when adjusting for other factors such as PTSD, pain, depression, sleep.¹⁻⁵

Perspective: The extant literature is mixed, but largely in agreement with these CENC findings. Further research is needed to determine if blast-related, mild TBI requires different treatments or risk monitoring than blunt, mild TBI.

Clinical Pearl: Servicemembers and Veterans with clinical problems after mild TBI of any cause should receive symptom-based, holistic care regardless of the etiology of their mTBIs.

References:

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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.

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