

The background of the entire page is a faded, grayscale American flag with vertical stripes and a field of stars.

MIND OVER MATTER

***A Veteran-driven Roadmap to
Research on Traumatic Brain Injury***

Funding Information

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Disclaimer

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Contact Information

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Introduction

Veterans who have deployed overseas are a population of special concern due to an increased incidence of a traumatic brain injury (TBI) diagnosis. Symptom clusters of mild traumatic brain injury (mTBI) usually fall within four categories: thinking/remembering, physical, emotional/mood, and sleep. Oftentimes these symptoms require relying on trusted caregivers and clinicians when making health care decisions. The impact of a mTBI on a person and their family can be devastating. Sound treatment options and healthcare decision-making require veterans with mTBI and their caregivers to have accurate, up to date, understandable, evidence-based information, and the decision-making capacity to use that information.

Mind Over Matter (M.O.M.) targets that by creating a platform for veterans with a mTBI and their caregivers, giving them an active voice in developing a clear pathway for increasing the relevance of mTBI research and outcomes. This is important to help them live their healthiest lives and serve as the foundation for a veteran-driven PCOR community.

Contributors



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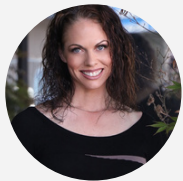
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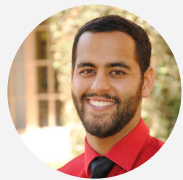
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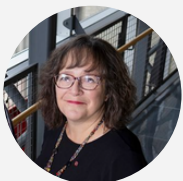


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Ohio Unit



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Contributors

South Carolina Unit

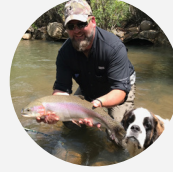


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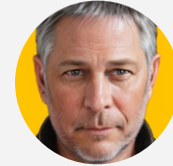


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Consultants



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Serially successful entrepreneur, author, and ideation expert.

Organizations



Malayka Gormally and Conor Gormally
Concussion Alliance Liasons

Methods

- **Four state units**

1. Florida
2. Texas
3. South Carolina
4. Ohio

- **Two members in each unit**

1. Veteran/Concerned Significant Others (CSOs)
2. Collaborative Academic Research Members (CARMs)

- **Four domains**

1. Attention
2. Memory Sequencing
3. Problem Solving
4. Executive Functioning

- **Four field note templates**

- One field note template was created by the full M.O.M. team for each domain, these templates were used in each think tank meeting

- **Think Tank Meetings**

- Two think tank meetings were held by each unit for each domain
- Each meeting comprised of Veterans, CSOs, and community stakeholders

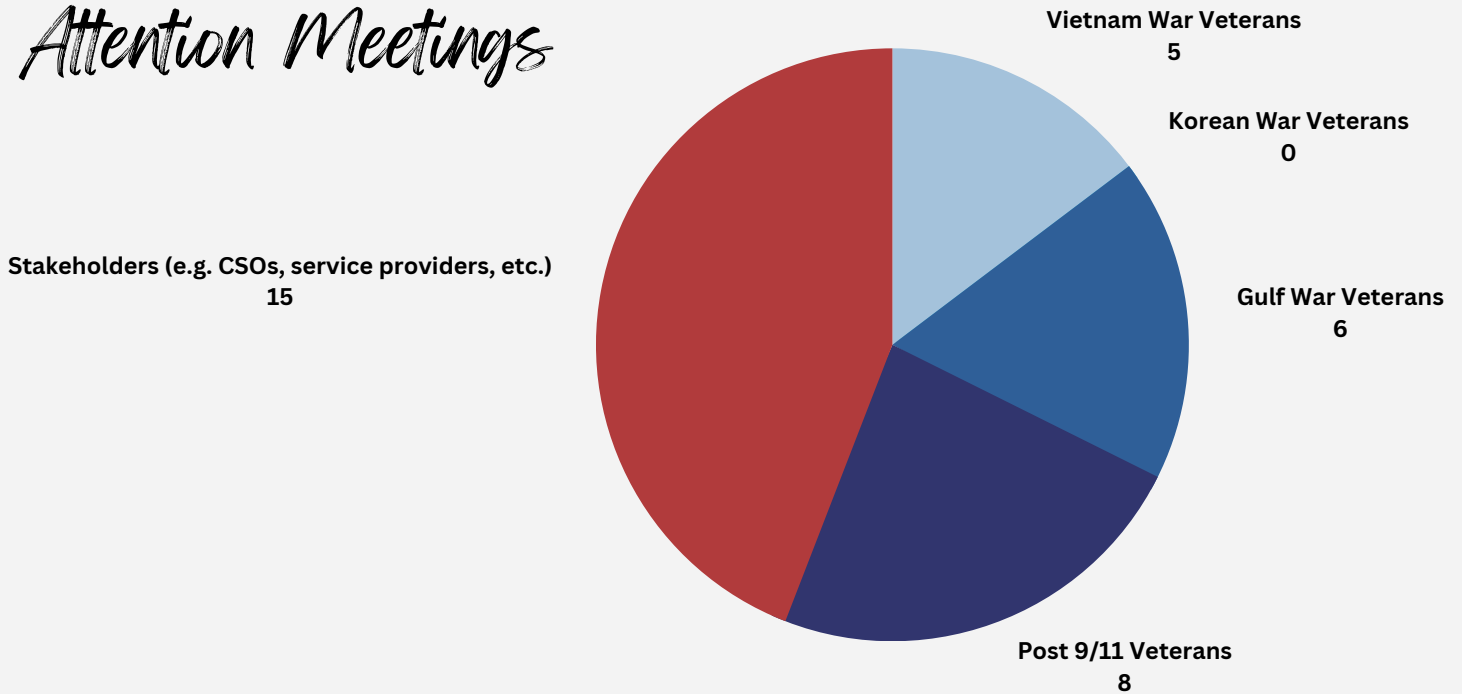
- **Synthesis of main themes**

- Lead by the Texas unit, the M.O.M. team synthesized all the main themes and topics recorded in the think tank meetings

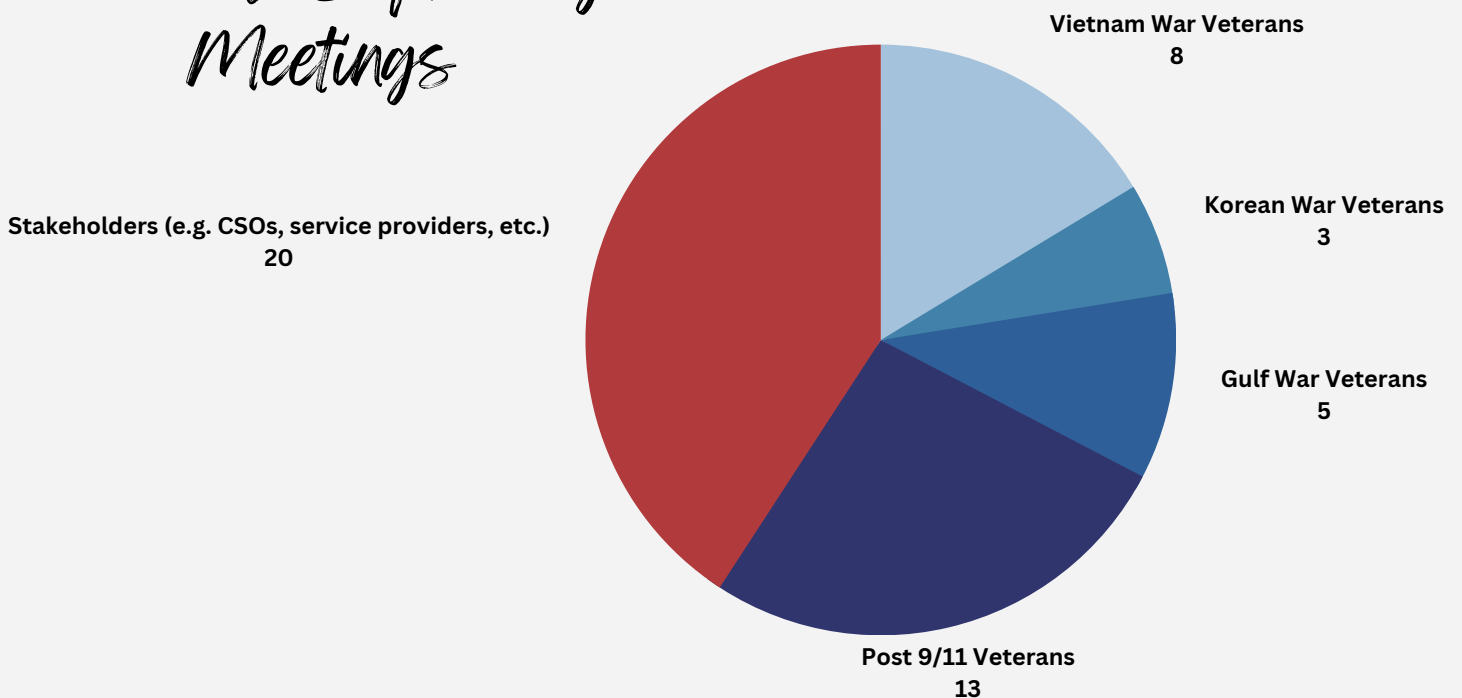
- **CER Question Completion**

Participation Metrics

Attention Meetings



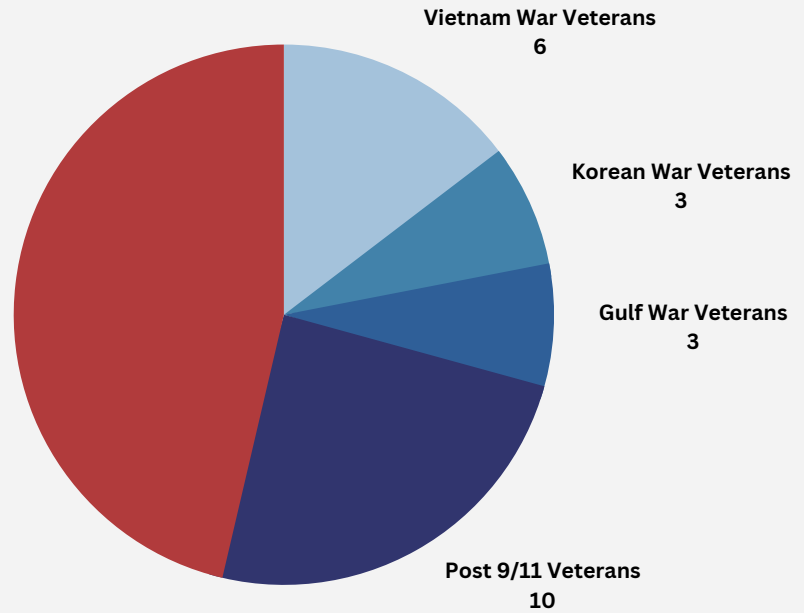
Memory Sequencing Meetings



Participation Metrics

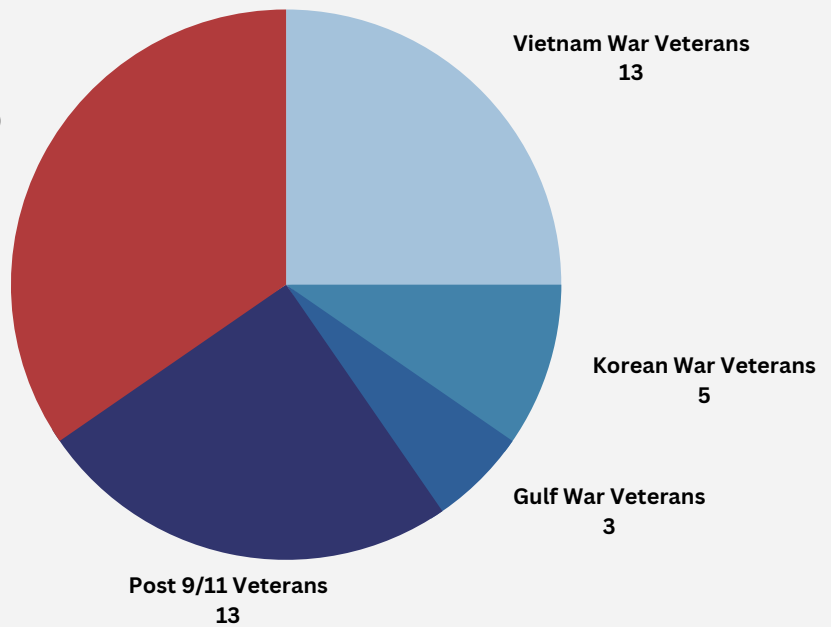
Problem Solving Meetings

Stakeholders (e.g. CSOs, service providers, etc.)
19



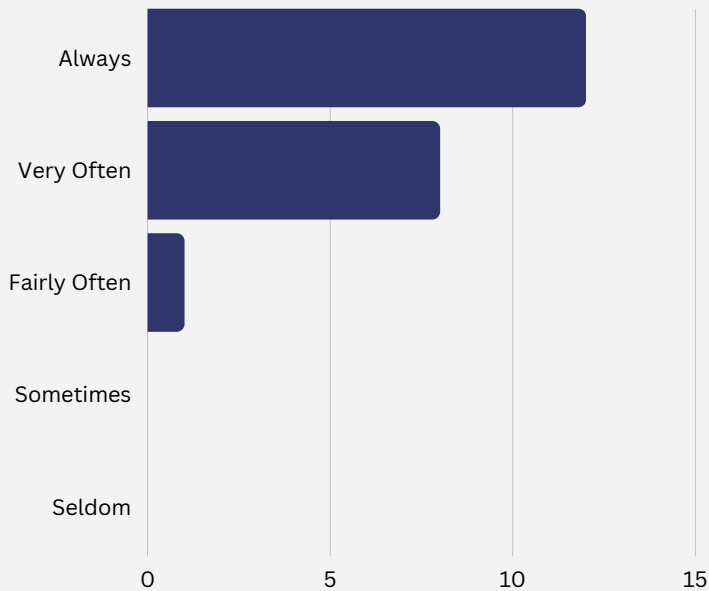
Executive Functioning Meetings

Stakeholders (e.g. CSOs, service providers, etc.)
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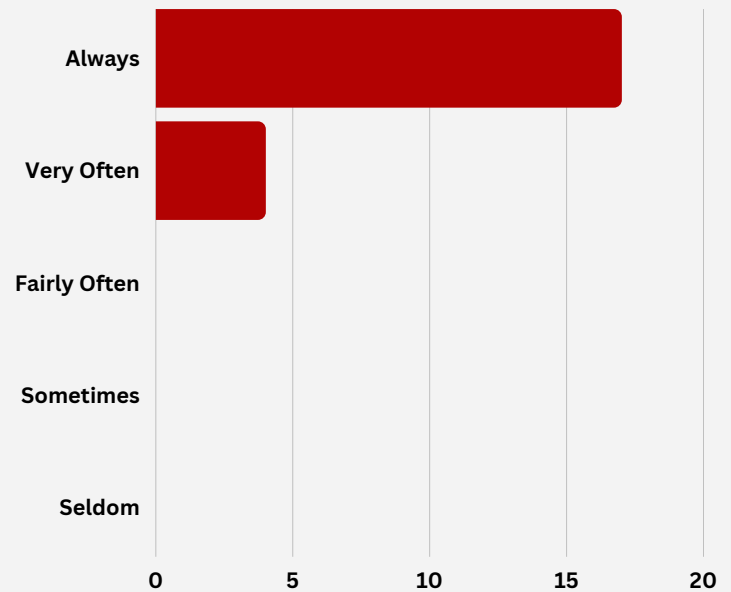


Formative Group Evaluation Metrics

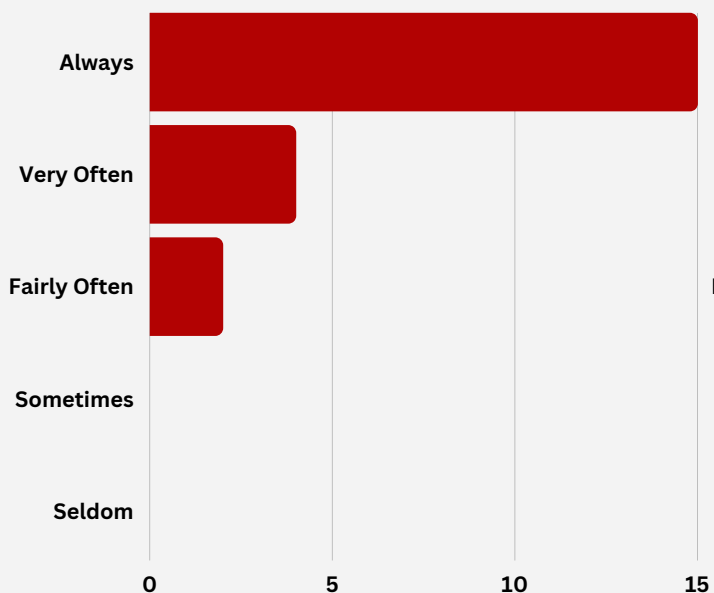
The members of the project team have established a good understanding of the Mind Over Matter project objectives.



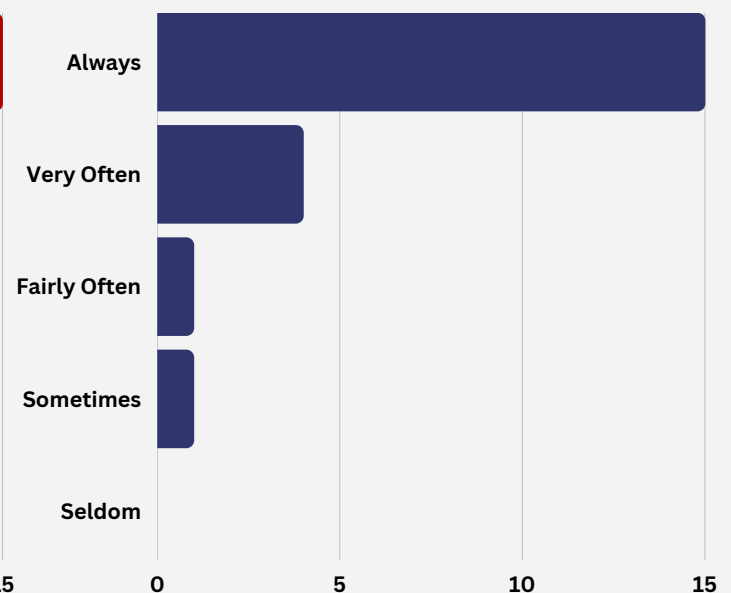
The members of this project team are working towards mutually agreed upon goals.



I believe the engagement methods in this project are beneficial to the development of a veteran-centered research agenda related to TBI.

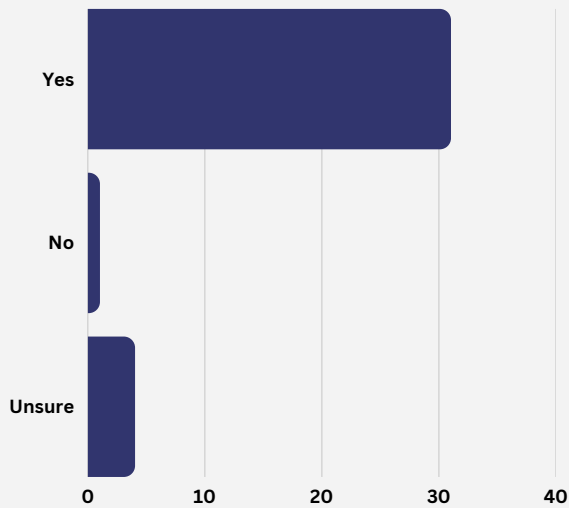


My participation in the project team gives me new ways of looking at traumatic brain injury research in collaboration with the veteran and concerned significant other population.

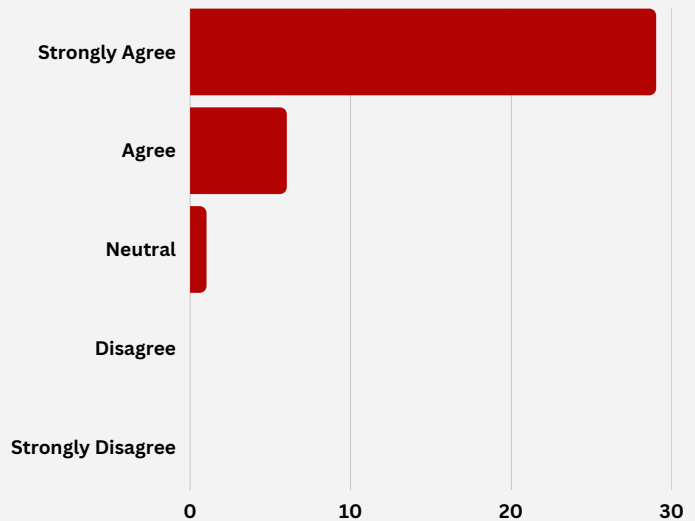


Stakeholder Evaluation Metrics

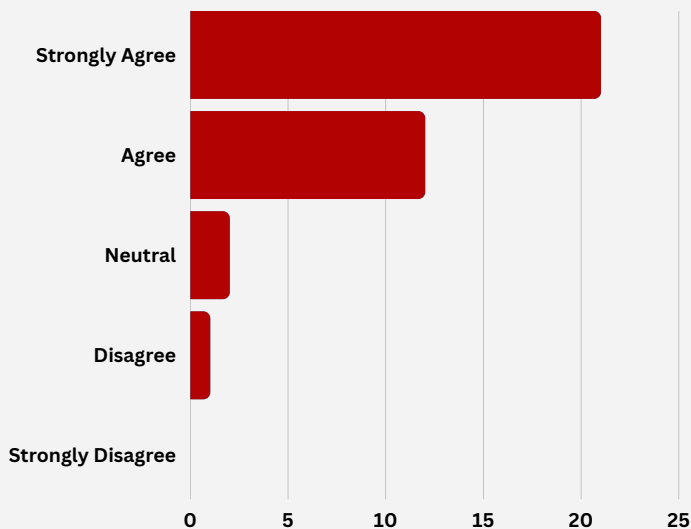
I plan to attend another Think Tank Meeting in the future.



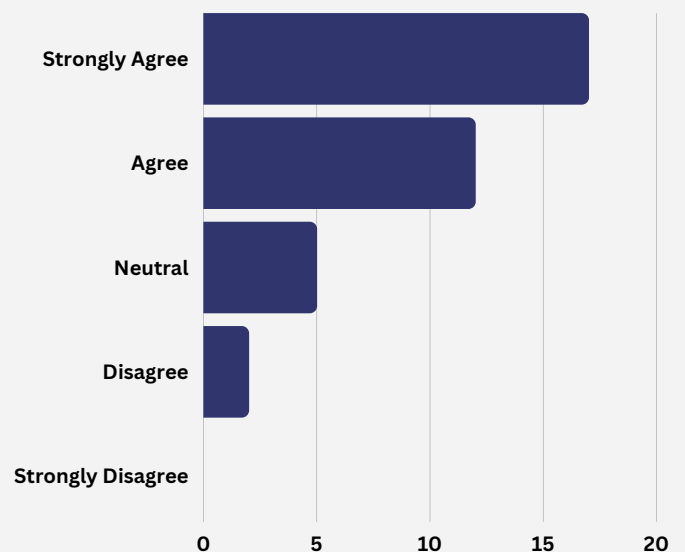
I felt that others listened to me and appreciated my contributions.



I felt that the Think Tank Meeting format allowed for open discussion on how to improve research on TBI.



The group provided me with an opportunity to explore patient-centered research topics on traumatic brain injury.



Team Retreat



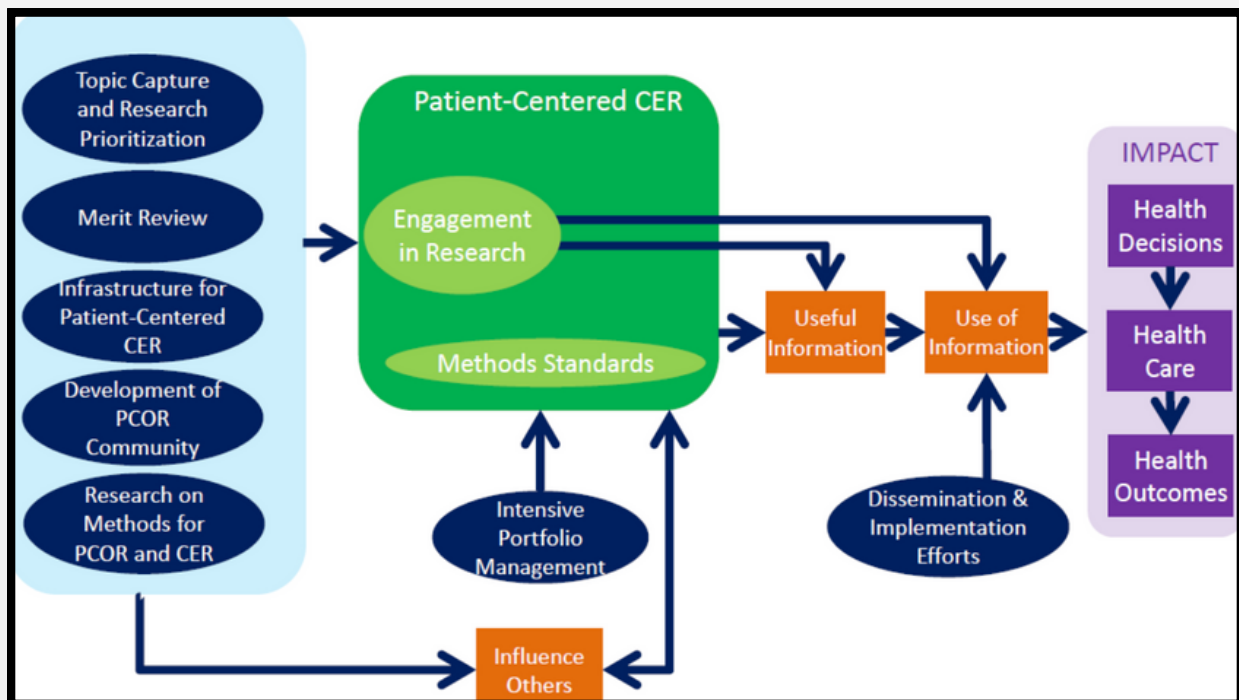
On July 14th and 15th 2023, the Mind Over Matter project team came together for a collaborative retreat. Over the course of the two day retreat the team brainstormed CER questions and engagement strategies based on the common topics that were synthesized from the Think Tank Meetings hosted throughout the project.

Retreat Agenda:

- Breakout groups to construct CER Questions
- Brainstorm engagement strategies
- Complete PCORI Evaluation Reporting Tool
- Complete PCORI MOM Team Evaluation



CER Questions



What is CER?

CER stands for Comparative Clinical Effectiveness Research

What does CER do?

Findings assist clinicians, patients, and other stakeholders in making informed decisions that improve health care

CER Questions: Attention

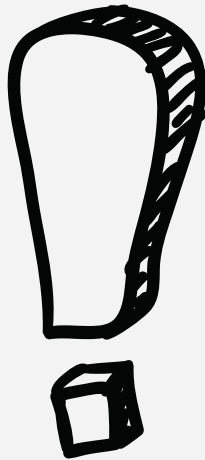
For veterans with mTBI, how does having a peer facilitator, family member/caregiver/care partner, or support animal compare in terms of improving clinical outcomes with attention?

- Peer facilitator v. family member/caregiver/care partner
- Family v. support animal
- Peer facilitator v. support animal

For veterans with mTBI, how does a personalized nutrition focused dietary pattern compare to a Standard American Diet impact the clinical outcomes of attention?



What are the comparative benefits and risks of individual therapy compared to group therapy on clinical outcomes of attention in veterans with mTBI?



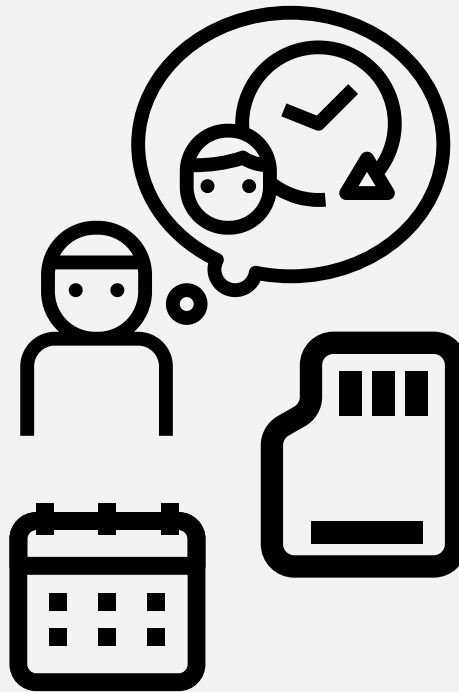
For veterans with mTBI, how do time periods of 15, 30, or 45 minutes compare to improvements on attention-focused tasks such as writing a letter, reading a book, or managing daily schedules?

For veterans with mTBI, how does having a trauma-informed environment compare to a hospitality-oriented environment affect the clinical outcomes of attention?

CER Questions: Memory Sequencing

What are the comparative benefits and risks of using non-pharmacological sleep modalities (smart phone apps for white noise, CBTI) compared to pharmacological modalities (OTC, marijuana, prescription medications) on clinical outcomes of memory sequencing in veterans with mTBI?

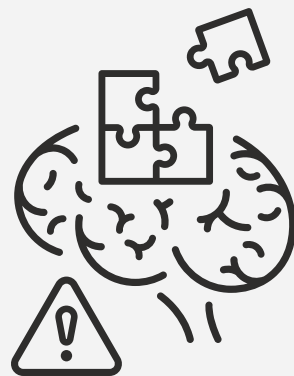
For veterans with mTBI, how does a personalized nutrition focused dietary pattern compare to a Standard American Diet impact the clinical outcomes of memory sequencing?



For veterans with mTBI, how does having a trauma-informed environment compare to a hospitality-oriented environment on the clinical outcomes of memory sequencing?

What are the comparative benefits and risks of oral versus written versus digital communication approaches related to memory sequencing for veterans with mTBI?

What are the comparative benefits and risks of in-office visits (speech therapy, OT), virtual visits, and home visits for veterans with mTBI who experience memory sequencing challenges?



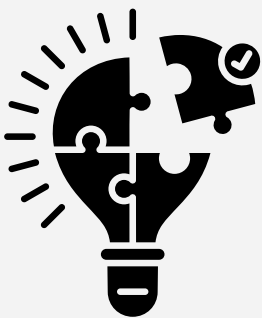
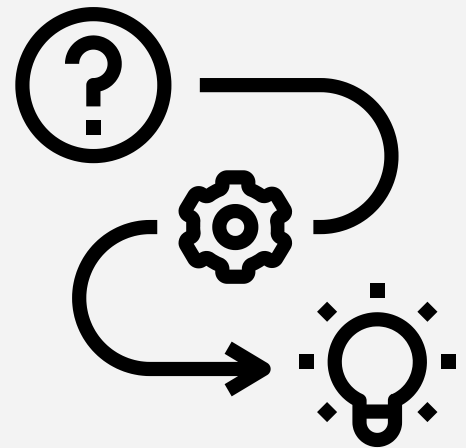
CER Questions: Problem Solving



What is more effective for improving problem solving for veterans with mTBI, using a military framework or a civilian after action review (AAR) framework?

What are the comparative benefits and risks of using a job coach, support animal, or supervisor for effectively managing problem solving at work?

What are the comparative benefits and risks of using individual technology (clinical cue card, biometric feedback) versus a care partner in creating conditions of problem solving?



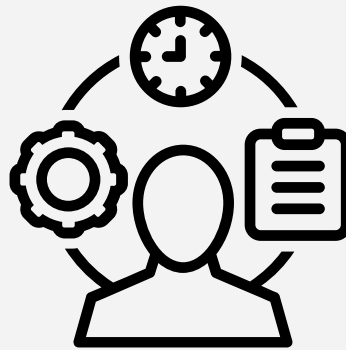
What are the comparative benefits and risks of virtual gamification with peers online versus in-person peer support for improving clinical outcomes of problem solving?

CER Questions: Executive Functioning

For veterans with mTBI, what are the comparative benefits and risks of individual CBT versus CBT with peer support/family/care partner on improvements of executive functioning?

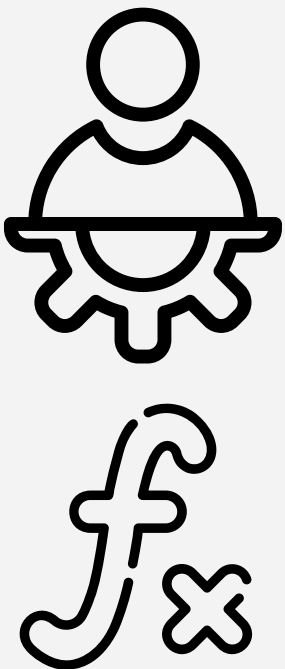
For veterans with mTBI, how does having a trauma-informed environment compare to a hospitality-oriented environment on the clinical outcomes of executive functioning?

For veterans with mTBI, how does civilian-framed treatment compare to military-framed treatment in terms of executive functioning across gender and sexual identities?



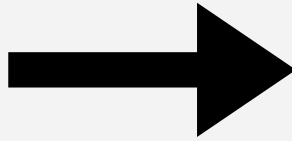
What are the comparative benefits and risks of using psychoeducation to normalize and adapt to current brain state versus using mission-focused methods to improve executive functioning outcomes for veterans with mTBI?

For veterans with mTBI, how does psychoanalytic therapy compare to mindfulness practices in terms of improving executive functioning outcomes across gender and sexual identities?



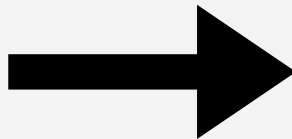
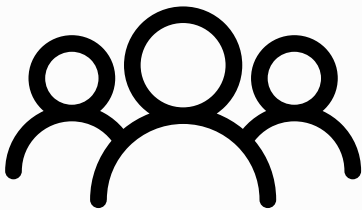
Engagement Strategies

Utilizing College Campuses



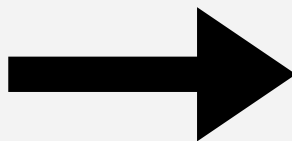
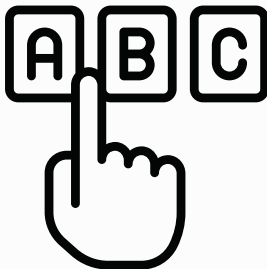
- Reaching out to local support groups on campus (e.g. Neuro Nights program)
- Using campus based military organizations

Utilizing the Community and Other Organizations



- Partnering with clinics that have veteran programs
- Reach out to the members of related organizations

Multiple Ways to Participate



- Have both individualized and group based opportunities
- Utilize multiple platforms for participation to reach a greater variety of people

MIND OVER MATTER

A Veteran-driven Roadmap to Research on Traumatic Brain Injury

To Reference this Roadmap see suggested citation below:

Krause-Parello, C.A., Borah, E., Kremer, A.M. et al., (2023). Mind Over Matter: A Veteran-Driven Roadmap to Research on Traumatic Brain Injury PCORI. <https://www.pcori.org/research-results/2021/mind-over-matter-veteran-driven-roadmap-research-traumatic-brain-injury>