

## **LTG Horoho Brain Injury Awareness Month PSA**

March is national brain injury awareness month. Mild traumatic brain injury, also known as concussion, accounts for over 75% of the brain injuries sustained in the army. Concussion is not just a MEDCOM issue, it's an Army issue.

According to the armed forces health surveillance center, more than 160,000 soldiers have sustained a concussion since 2000. These injuries occur on the battlefield, the athletic field, during training, or due to mishaps or accidents that occur with everyday life.

This year the department of the army published an executive order for the garrison management of concussion. This policy, which is modeled after the department of defense's deployed concussion policy, ensures that all soldiers involved in potentially concussive events are immediately identified and treated even if the injury occurred during non-duty hours.

A concussion not only affects individual soldier health, but also impacts unit readiness and mission effectiveness. For this reason, it's important for soldiers to get checked out by medical after involvement in any one of the following four potentially concussive events:

- Involvement in a vehicle collision or rollover
- A blow to the head during activities such as training, sporting/recreational activities, combatives, or accidents.
- Being within 50 meters of a blast (inside or outside) or
- Leaders may direct screening for events such as, but not limited to, repeated exposures to events listed above, and in accordance with environmental sensor protocols.

The partnership between medical and line leaders is paramount to ensuring appropriate management of concussion, and therefore, minimizing the effects of the injury and maximizing recovery.

Army medicine is collaborating with numerous organizations to include academic and civilian institutions to deliver the highest level of concussion care. We are also working closely with the national football league to further enhance awareness and highlight the importance of seeking care.

Army medicine remains committed to providing the best healthcare for our soldiers and our beneficiaries.

I encourage you to participate in local brain injury awareness month activities to enhance your knowledge and understanding of this common injury. Army medicine is serving to heal...honored to serve!