

Getting On-TRACC After mTBI

Introducing a Novel Intervention for Persistent Post-Concussive Symptoms

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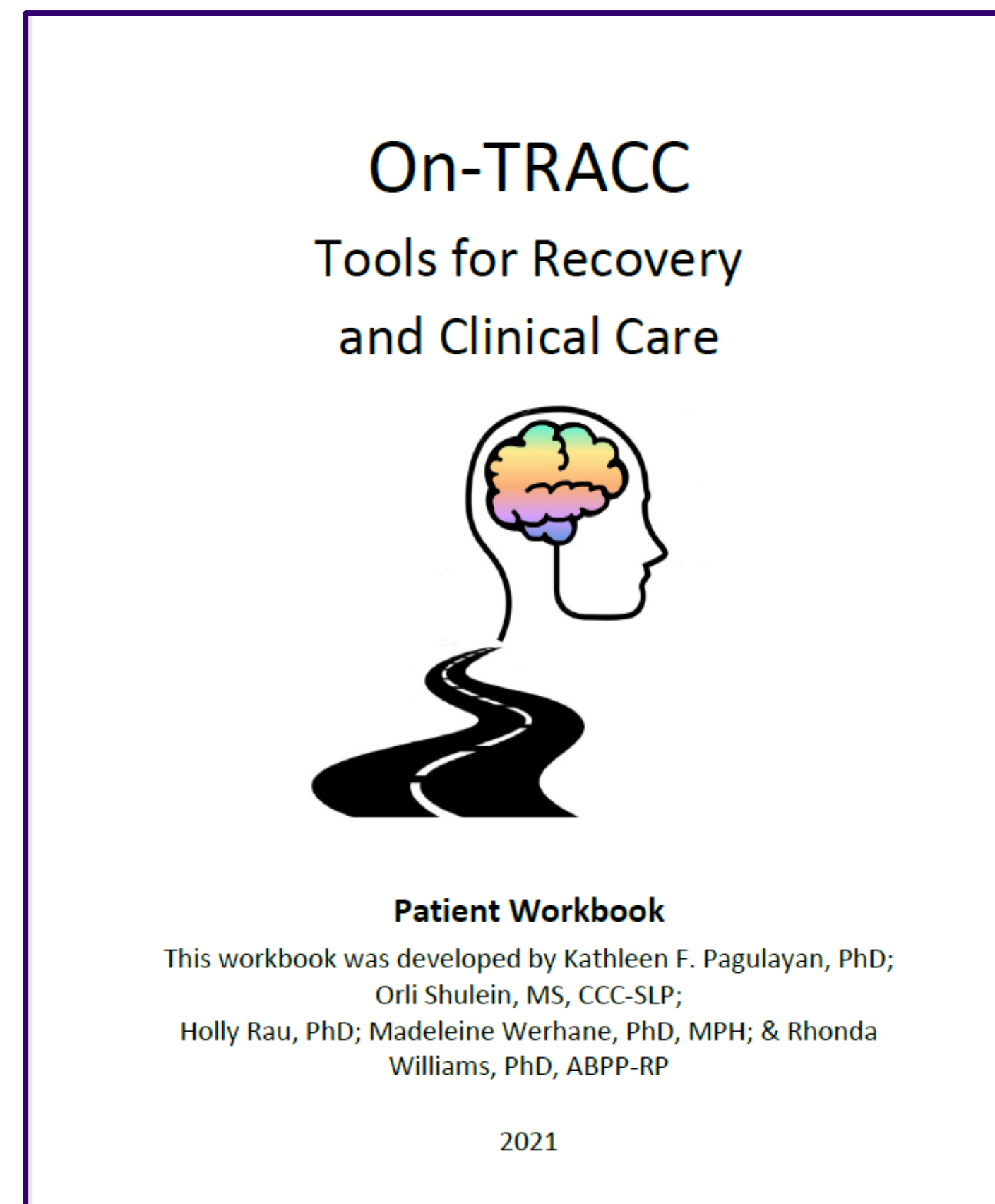
Background

- Over a million people sustain a mild traumatic brain injury (mTBI) in the United States every year.
- A sizable number of individuals continue to experience post-concussive symptoms and functional impairment beyond the expected recovery trajectory.
- Despite the substantial individual and societal impact of persistent post-concussive symptoms, evidence to guide interventions for this clinical population remains limited.

Tools for Recovery & Clinical Care (On-TRACC)

5-session intervention for persistent post-concussive symptoms

- ✓ Clarify personally meaningful values
- ✓ Identify modifiable factors
- ✓ Learn cognitive rehab strategies
- ✓ Develop healthcare goals
- ✓ Establish a treatment plan



Methods

Non-randomized pilot study:

- **Participants:** 28 Individuals with history of mTBI and persistent post-concussive cognitive symptoms.
- **Procedures:** All participants were offered 1:1 On-TRACC sessions via telehealth.
- **Measures:** Completed before, during, and after treatment.

Results

Participants

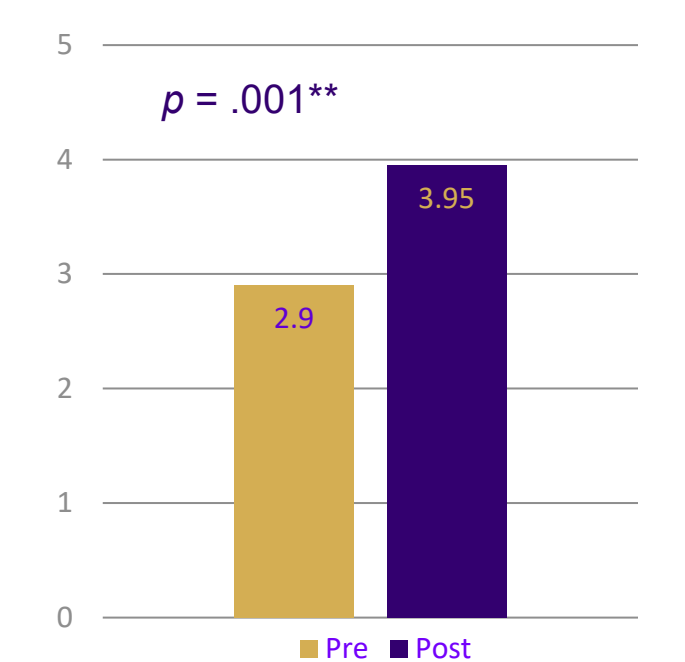
- **Age:** 43 on average (range 25-8)
- **Gender:** 68% male, 24% female, 8% transgender
- **Race:** 60% White, 4% Black, 4% Asian, 4% American Indian or Alaska Native, 16% Multiracial, 12% Other

Feasibility and Acceptability

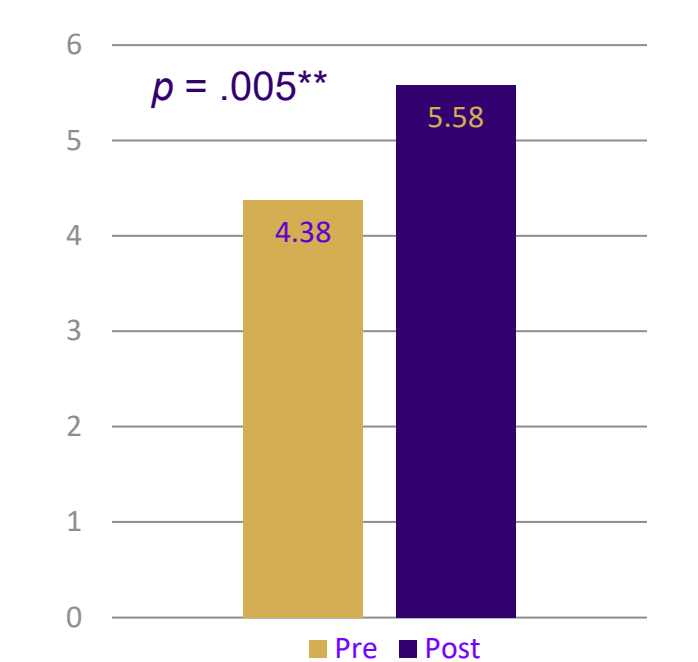
- 88% of participants who initiated treatment completed all 5 sessions.
- 95% of participants would recommend On-TRACC to others.

Preliminary Effectiveness

- 100% of participants reported improved ability to manage their cognitive difficulties after On-TRACC.
- Pre/post measures indicated significantly increased symptom coherence and cognitive self-efficacy.



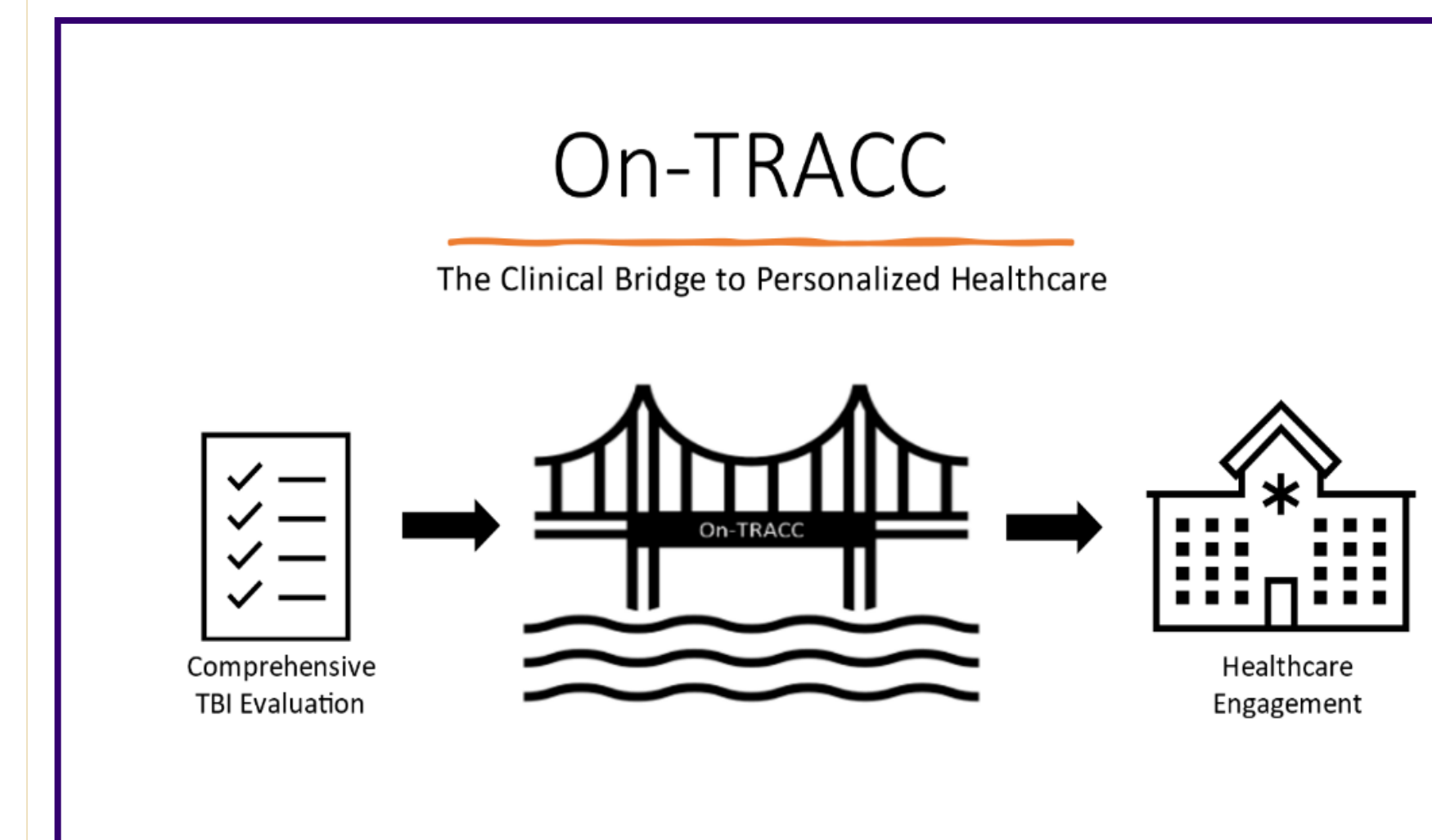
I have a clear picture of the factors contributing to my cognitive difficulties.



Cognitive Concerns Self-Efficacy Scale

Conclusions

- ❖ On-TRACC is a promising intervention for individuals experiencing persistent cognitive difficulties following mTBI.
- ❖ Next steps: Randomized controlled trials to further evaluate immediate and longer-term efficacy in larger and more diverse samples.



Acknowledgements

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Interested in learning more?
Contact our study team at:
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