

Getting On-TRACC after mild traumatic brain injury

A pilot study

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Tools for Recovery and Clinical Care (On-TRACC)

- 5-session cognitive rehabilitation/ self-management intervention
- Developed to address chronic cognitive difficulties after mild traumatic brain injury (mTBI)

Key components of On-TRACC:

- Psychoeducation regarding factors contributing to cognitive difficulties
- Strategies to manage cognitive difficulties
- Values-based goal setting
- Individualized treatment plan

Tools for Recovery and Clinical Care



Patient Workbook

This workbook was developed by Kathleen F. Pagulayan, PhD; Orli Shulein, MS, CCC-SLP; Holly Rau, PhD; Madeleine Werhane, PhD, MPH; & Rhonda Williams, PhD, ABPP-RP

Aims and Methods

Study Aim:

Pilot test On-TRACC intervention

Methods:

- Participants with a history of mTBI and chronic cognitive difficulties were recruited from UW and VA Puget Sound
- All participants were offered 1:1 On-TRACC sessions
- On-TRACC was delivered virtually by PhD level psychology team member or speech pathologist
- Participants completed assessments before and after treatment

Results

Participants:

- 28 individuals enrolled

Age: 43 on average, range 25-80

Gender: 68% male, 24% female and 8% transgender

Race: 60% White, 4% Black, 4% Asian, 4% American Indian or Alaska Native, 16% Multiracial, and 12% Other

On-TRACC Completion Rates:

- 25 participants completed at least 1 On-TRACC session
- Of those, 88% completed all 5 sessions

Acceptability

In general, how satisfied were you with the **information and skills training provided by this treatment program?**

1	2	3	4	5
Very unsatisfied	Somewhat unsatisfied	Neutral 5%	Somewhat satisfied 5%	Very satisfied 90%

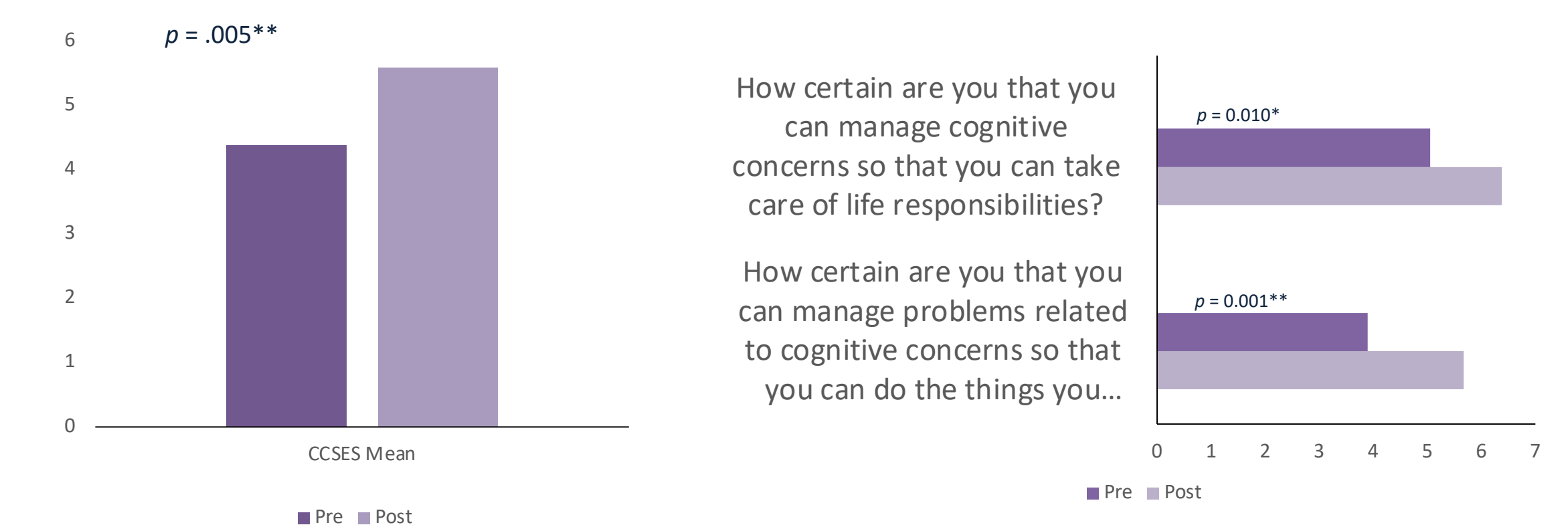
95% of participants would recommend On-TRACC to a friend

Change in Daily Functioning

How much change has there been in your **daily functioning** as a result of the information you learned in this treatment?

1	2	3	4	5
Significantly worse	Somewhat worse	No change 5%	Somewhat improved 67%	Significantly improved 29%

Change in Cognitive Self-Efficacy



Change in Ability to Manage Cognitive Difficulties

How much change has there been in your ability to manage cognitive difficulties since beginning this treatment?

1	2	3	4	5
Significantly worse	Somewhat worse	No change	Somewhat improved 70%	Significantly improved 30%

Summary of Key Findings

- 88% of participants who initiated treatment completed all 5 sessions.
- 95% of participants would recommend On-TRACC to others.
- 95% of participants reported improvement in daily functioning.
- Participants reported a significant *increase* in self-efficacy regarding cognitive symptoms.
- 100% of participants reported improved ability to manage their cognitive difficulties after engaging in On-TRACC.

Next Steps

- Randomized clinical trial for patients at UW with chronic post-concussive symptoms.
- Diagnosis-specific intervention (e.g., to increase CPAP usage in individuals with mTBI and sleep apnea).
- Conduct study to examine change in objective/daily cognitive functioning after On-TRACC intervention.

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