Overview

QTBs are a resource for Academy members that include existing tools which may be useful in physiatric practice. Tools included in the mild Traumatic Brain Injury QTB were identified by subject matter experts who treat patients with this condition, and the Academy’s Performance Metrics Committee has evaluated the tools for their methodological quality.

Acknowledgments

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12. DVBIC Sleep Factsheet
Core Constructs

Core Constructs were identified to help guide the selection of Assessment Instruments. Core Constructs are based on the International Classification of Functioning, Disability and Health (ICF) framework. More information on the ICF Framework can be found [here.]

The Core Constructs for this QTB related to mTBI are:

- Symptoms
- Cognitive status
- Behavioral health
- Life Satisfaction
- Participation/Social roles

Assessment Instruments

Symptoms

- **Neurobehavioral Symptom Inventory (NSI)** — A questionnaire that can be administered to someone who sustains a concussion or other form of traumatic brain injury to measure the presence and severity of symptoms. The NBSI takes approximately 10 minutes to administer.

- **The Rivermead Post Concussion Symptoms Questionnaire** — Questionnaire to measure severity of symptoms.

**HISTORY**

- **Screening for TBI Exposure — Ohio State University TBI Screening Form** — Assesses the patient’s prior history of TBI. It takes approximately 5–35 minutes to administer depending on the patient’s medical history.

**HEADACHE**

- **The Migraine Disability Assessment Test (MIDAS)** — Measure of migraine disability (only if needed from NSI/Rivermead).

**PHYSICAL**

- **Dizziness Handicap Inventory (DHI)** — A 25-item self-assessment inventory designed to evaluate the self-perceived handicapping effects imposed by dizziness.

- **Balance Error Scoring System (BESS)** — A measure of assessing static postural stability (only if needed from NSI/Rivermead).

**SLEEP**

- **Insomnia Severity Index** — 7-item questionnaire that asks respondents to rate the nature and symptoms of their sleep problems using Likert-type scales.

- **Morningness-Eveningness Questionnaire** — A 19-item scale developed to assess differences in the degree to which respondents are active and alert at certain times of the day.

- **Fatigue Visual Analog Scale** — An 18-item scale that assesses subject experience of fatigue.

- **Epworth Sleepiness Scale** — Evaluates overall daytime sleepiness based on how likely they are to fall asleep in eight different situations (only if needed from NSI/Rivermead).

**Cognitive Status**

- **Montreal Cognitive Assessment (MOCA)** — Rapid screen of cognitive abilities designed to detect mild cognitive dysfunction.

- **Moss attention rating scale** — The MARS is an observational tool used to measure attention-related behaviors after TBI.

continued on next page
Assessment Instruments

Behavioral Health

- **Patient Health Questionnaire (PHQ-9)** — Assesses the presence and intensity of depressive symptoms
- **CAGE Questionnaire** — A 4-item questionnaire for screening for alcohol abuse
- **Primary Care – Post Traumatic Stress Disorder Screen (PC-PTSD)** — A 4-item screen used to screen for PTSD
- **Generalized Anxiety Disorder (GAD-7)** — A self-reported questionnaire for screening and severity measuring of generalized anxiety disorder (GAD)

Participation/Social Roles

- **Community Integration Questionnaire (CIQ)** — Used to assess the social role limitations and community interaction of people with acquired brain injury
- **Glasgow Outcome Scale Extended (GOS-E)** — Used to classify global outcome in TBI survivors.

Life Satisfaction

- **Quality of Life After Brain Injury (QOLIBRI)** — 37 items questionnaire covering six dimensions of health related quality of life.

Measurement Resources

- **The Center for Outcome Measurement in Brain Injury**
- **National Institute of Neurological Disorders and Stroke (NINDS) Common Data Elements for TBI**

Educational Resources

- **Brain Injury Association**
- **Centers for Disease Control**
- **U.S. Department of Veterans Affairs**
Other Resources

AAPM&R Resources

- Evidence-Based Resources
- Vetted PQRS Measures
- Performance Measure Resources
- Endorsed Clinical Practice Guidelines
- Quality Glossary

External Resources

Evidence/Literature:

- **Cochrane Library**
  An online collection of databases that brings together in one place rigorous and up-to-date research on the effectiveness of healthcare treatments and interventions, as well as methodology and diagnostic tests

- **Oxford Centre for Evidence-Based Medicine 2011 Levels of Evidence**
  Defines a process of finding appropriate evidence feasible and its results explicit

Clinical Practice Guidelines:

- **National Guidelines Clearinghouse**
  A public resource for evidence-based clinical practice guidelines

Assessment Instruments/Performance Measures:

- **National Quality Measure Clearinghouse**
  A public resource for evidence-based quality measures and measure sets.

- **National Quality Forum (NQF) Quality Positioning System**
  NQF’s measure search tool that helps you find the endorsed measures you need quickly and easily.

- **Rehabilitation Measures Database**
  The Rehabilitation Clinician’s Place to Find the Best Instruments to Screen Patients and Monitor Their Progress.