A Revised Clinical Approach to Current & Past Military Service Members’ Health
Population Health Clerkship – Fall 2016

Student Participants: Syed Haider Ali¹, Micaela Cyr¹, Max Kruse¹, Liesl Matzka¹, Grace McKay-Corkum¹, Simon Ostrowski¹, Max Pianka², Inbar Yamin¹
Faculty Leaders: Linda Cragin, Director MassAHEC Network¹,², Janet Hale PhD, RN, FNP, Professor and Associate Dean¹,², Tina Runyan, PhD, ABPP, Clinical Associate Professor¹,²
¹School of Medicine, ²Graduate School of Nursing

HAVE YOU OR A LOVED ONE SERVED IN THE MILITARY?

Which branch did you serve in?

What branch did you serve in?

When did you serve?

What was your job in the military?

What do I ask now?

Has your service impacted you and your family?

 איי משתתפים: סייד המפקד אלי, מיקהלسا סיר, מקס קרוס, לייזל בק, גרייס מקיוי-כירקום, סימון אוסטרווסקי, מקס פיאנקה, אינבאר יימון
瘘Likières: לינדה קריגין, נציגת MassAHEC נטוקס ¹², ג'טיין הול שדר, דוקטור, FNP, פרופסור ועוזר יועץ ¹², טינה רניאן, דוקטור, ABPP, דיק터 א 边essor¹²
¹School of Medicine,²Graduate School of Nursing

BATTLEMIND

The specific skills and mindset that enable soldiers to survive during combat. These skills often cause problems when the soldier returns home.

**SKILL**
- In combat
  - Cold injury
  - Experimental chemical or nuclear exposure
  - PTSD
  - ALS
- At home
  - Cold injury
  - Experimental chemical or nuclear exposure
  - PTSD
  - ALS

**Accountability**
- Attention to detail and absolute control over weaponry/gear promotes survival
- Anger when things are not in their ‘proper’ place

**Awareness**
- Survival depends on tactical awareness; being aware of surroundings at all times
- Soldier is easily startled
- Soldier feels anxious in large groups, or when confined

**Armed**
- Carrying a weapon at all times is necessary and also mandated
- Soldier feels the need to have weaponry on them at all times, to feel safe

**Emotional control**
- Repressing emotions is needed to maintain tactical focus
- Soldier feels ‘numb’
  - Soldier fails to display appropriate emotions, given social context
  - Can lead to relationship difficulties

Traumatic Brain Injury (TBI):
- Difficulties with sleeping, headache, impaired memory, and changes in mood.
- 19.5% of military service members report experiencing a TBI while deployed.

Post-Traumatic Stress (PTS):
- PTS onset can manifest soon after a traumatic event or delayed several months or years. Symptoms may be triggered by everyday experiences, such as fireworks, traffic, or dehydration.
- 10-18% of OIF/OIF troops experience PTS

Military Sexual Trauma (MST):
- 1 in 4 women and 1 in 100 men report experiencing MST during their service. Many do not report.

Substance Use Disorders:
- About 1 in 10 OIF/OIF veterans misuse drugs or alcohol.
- Veterans are twice as likely to die from accidental opioid overdoses than non-veterans.

Suicide:
- Risk for suicide is 21% higher for veterans compared to civilian adults.
- There are an estimated 22 veteran suicides per day