

# **Post-Conference Workshop: Veterans Health & Wellness Focus Day - Veterans Health care Friday, June 25, 2010**

Caring for our Veterans requires a comprehensive effort including a multitude of benefits and services for health and well-being. Post-deployment needs range from mental health, TBI, PTSD, suicide prevention, prosthetics, pain management, readjustment issues and many more.

These workshops will focus on providing Veterans with top-notch care with the latest treatments, strategies and technologies available.

MHCC workshops provide a unique setting for attendees to receive in-depth instruction from innovators in the military healthcare community. Participate in open dialogue and roundtable discussions in order to uncover utmost concerns, immediate needs and the best practices for promoting optimal health for Veterans.

## **7:30 AM – 8:00 AM Registration And Coffee**

## **8:00 – 10:00 Post Combat Mental Health Care**

The psychological effects resulting from deployment are varied and present differently in individual Warriors. PTSD, suicide, depression, combat stress and substance abuse are just a few of the prevalent conditions Warriors experience. Providing first-rate screening and treatment to address the overall mental health of Veterans is vital in post combat care. This workshop will investigate the most up-to-date therapies for dealing with Veterans' mental health and the strategies employed to ensure Warriors are receiving proper mental care post-deployment. Attend this session to:

- Identify post-combat mental problems
- Receive strategies to encourage Warriors to seek treatment
- Hear the latest treatment options for the improvement of Veterans' mental health

### **Session Leader:**

**Julianne Flynn, M.D.**

ACOS Mental Health

**South Texas Veterans Health Care System**

## **10:00 AM – 12:00 PM Prosthetic Fitting Challenges and Options for the Lower Extremity Amputee Blast Wound Service Member**

This presentation will deliver an overview of fitting options for the lower extremity amputee desiring to return to an active lifestyle of sports and recreation. Attendees will be provided a better understanding of both prosthetic fitting options and component selection that is specific to the goals of the amputee. Blast wound injuries pose a series of challenges when it comes to prosthetic fittings and higher active amputees. Attend this session to:

- Receive a history review of a bilateral transfemoral amputee
- Address the challenges associated with returning to an active lifestyle
- Explore how new innovative prosthetic technologies allows amputees to excel in individualized activities

### **Session L eader:**

**Peter D. Harsch, CP**  
C5 Head of Prosthetics  
Naval Medical Center San Diego

## **1:00 PM – 3:00 PM Traumatic Brain Injury/Polytrauma Rehabilitation: Setting Up a Multi-Tiered System of Care**

This workshop will take a look at the background necessitating a system of care for combat-injured soldiers with complex polytrauma injuries, including an examination of the general manner in which such a system of care is assembled. Attendees will explore issues and concerns that are encountered in the rehabilitation of TBI in the context of polytrauma and the treatment philosophy that addresses the real-life consequences of injury. Discover the latest treatment in a phenomenological, patient-centered, holistic framework utilizing the expertise of a coordinated team of rehabilitation professionals. Attend this session to learn more about:

- The continuum of care from inpatient rehabilitation, transitional residential programming and outpatient treatment
- The process of managing patient recovery trajectory along the path
- Returning to community and onto a productive, meaningful life

### **Session L eaders:**

**Gary Goldberg**  
M.D., Medical Director, Polytrauma Network Site Clinic  
Hunter Holmes McGuire VA Medical Center

**Paul M. Sander**  
Program Director, Polytrauma Transitional Rehabilitation Program  
Richmond VA Medical Center

## **3:00 PM – 5:00 PM Advanced Acute & Chronic Pain Management Techniques**

Many Veterans returning from OEF/OIF have struggled with post-deployment pain conditions, making it difficult to reintegrate into the norms of daily life. Acute and chronic pain sufferers require pain management techniques to help them tackle the persistent physical discomfort. In response to this growing problem, the VHA has implemented a new pain management strategy to address post-deployment pain and improve the quality of life of injured Veterans. Attend this session to:

- Examine current initiatives in pain care
- Learn strategies to effectively treat chronic pain in polytrauma patients
- Hear case studies on pain management for Veterans

**Christopher V. Maani, MD**

Chief, USAISR Anesthesia Department

**U.S. Army Institute of Surgical Research and Army Burn Center**