

the current evidence on interventions and discuss future clinical implications for occupational therapy practice for veterans.

The preliminary evidence shows that cognitive behavioral therapy, mindfulness techniques, and communication skills training are significantly and clinically effective in decreasing symptoms and increasing quality of life for veterans with PTSD and/or TBI. These results indicate that clinicians should include diagnoses education, components of cognitive behavioral therapy, communication building skills, and client-centered goals when treating returning veterans. Further research should be performed in order to build on stronger supporting evidence.

Reference:

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- (2) Goverover, Y., & Chiaravalloti, N. (2014). The impact of self-awareness and depression on subjective reports of memory, quality-of-life and satisfaction with life following TBI. *Brain Injury* : [bi], 28, 2, 174-80. doi:10.3109/02699052.2013.860474.
- (3) Institute of Medicine (U.S.). (2010). *Returning home from Iraq and Afghanistan: Preliminary assessment of readjustment needs of veterans, service members, and their families*. Washington, D.C: National Academies Press.
- (4) Law, M. & MacDermid, J. C. (2014). *Evidenced-Based Rehabilitation: A Guide to Practice, Third Edition*. Thorafare, NJ: SLACK Incorporated.
- (5) Letts L, Wilkins S, Law M, Stewart D, Bosch J, Westmorland M. *Guidelines for critical review form: Qualitative studies (Version 2.0)*. McMaster University, Hamilton, ON 2007; 2007
- (6) Magruder, K. M., Frueh, B. C., Knapp, R. G., Johnson, M. R., Vaughan, J. A., Carson, T. C., ... & Hebert, R. (2004). PTSD symptoms, demographic characteristics, and functional status among veterans treated in VA primary care clinics. *Journal of Traumatic Stress*, 17 (4), 293-301. doi:10.1023/b:jots.0000038477.47249.c8.

Level of Material: Introductory

Target Audience: Occupational Therapists, Occupational Therapy Assistants, Occupational Therapy Students, Veterans, Researchers

Title: Serving Those Who Served Us First: Evidence for Effective Interventions for Returning Veterans

Speaker Qualifications: All authors are enrolled in a Masters of Occupational Therapy program at Thomas Jefferson University All authors have previous experience presenting clinical in-services at Level II Fieldwork sites. This literature review and presentation were facilitated through a graduate level course.

Author block: Tracey Barretto, OTS, Thomas Jefferson University, Philadelphia, PA; Kelly Fiocco, OTS, Thomas Jefferson University, Philadelphia, PA; Dana Tavares, OTS, Thomas Jefferson University, Philadelphia, PA

Primary Focus: Rehabilitation, Disability, Participation,

Secondary Focus: Mental Health

Learning objectives:

At the conclusion of the session, the learner will be able to:

1. **Discuss** the impact of traumatic brain injury and post traumatic stress disorder on occupational performance
2. **Identify** a minimum of three interventions in the scope of occupational therapy that are effective in increasing participation and quality of life for returning veterans diagnosed with a traumatic brain injury and/or post traumatic stress disorder based on presented evidence
3. **Discuss** three clinical implications of occupational therapy and its role for returning veterans who have post traumatic stress disorder and/or sustained a traumatic brain injury

Abstract:

Over 2.6 million men and women left to serve the wars in Afghanistan and Iraq known as Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF)³. In 2010, the OEF/OIF wars ended, allowing service members to begin returning home to civilian life. One out of five veterans returned home with either a Posttraumatic Stress Disorder (PTSD) and/or Traumatic Brain Injury (TBI). Returning to life pre-war can be a challenging transition. Veterans who have sustained a TBI have cognitive, physical, and emotional deficits, which affect their participation in life roles² such as being a spouse, parent, or employee. PTSD is associated with decreased quality of life, psychological distress, and inability to adjust to society⁶. These symptoms affect their ability to engage in social interactions and daily occupations³.

A systematic literature review was conducted in order to evaluate interventions within the scope of occupational therapy to improve quality of life for veterans with PTSD and/or TBI. Electronic databases including CINAHL, Ovid, and Pubmed were used to identify peer-reviewed articles from year 2002 to 2014. All investigators utilized pre-identified inclusion/exclusion criteria when screening for appropriate evidence based articles. Article inclusion criteria included both qualitative and quantitative type articles written in English from the year 2001-2014, about interventions within the scope of occupational therapy. Participant inclusion/exclusion criteria included key terms describing population, age range, and type of injury. After receiving a result of 643 total articles, duplicates were removed and articles were screened with inclusion criteria in mind until a final total of 10 articles were found. These articles were critiqued by a primary and secondary rater with "Evaluation Guidelines for Rating the Quality of an Intervention Study,"⁴ or the "Critical Review Form: Qualitative Studies"⁵. Thus, the purpose of this session is to present