



Defense Health Agency, J-7, Continuing Education Program Office

2026 TBICoE Annual Brain Health Symposium

Live Course, March 18, 2026

Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician associates/physician assistants, social workers, psychologists, athletic trainers, occupational therapists, occupational therapy assistants, physical therapists, and physical therapist assistants. A certificate of attendance is available for other attendees.

2026 TBICoE Annual Brain Health Symposium (6.00 clock hours)

1030-1700 (ET)

Learning Objectives:

1. Summarize the scope and activities that support the Department of War's (DoW) Warfighter Brain Health Initiative (WBHI).
2. Explain the main reasons why the WBHI is being refreshed.
3. Outline how examples of how the WBHI is evolving from version 1.0 to version 2.0.
4. Explain the neurobiology of sleep regulation and its implication on the management of TBI.
5. Analyze the impact of TBI on sleep patterns and the evidence linking these sleep disturbances to an increased risk of dementia.
6. Describe various biomarker and therapeutic approaches for managing sleep disturbances in patients with TBI.
7. Describe the operational need for rapid, objective readiness screening tools in military and austere environments following suspected traumatic brain injury.
8. Identify the methodology behind the development of the Battlefield Rapid Readiness Screening Guidelines.
9. Summarize the key recommendations and thresholds of the Battlefield Rapid Readiness Screen.
10. Describe the rationale for using adaptable sub-symptomatic exercise to treat persistent post-concussive symptoms in active-duty service members.
11. Explain the design, methodology, and assessment battery used in the randomized controlled trial comparing ASSET, or Adaptable Sub-symptomatic Exercise Treatment, to a low-impact stretch/mobility program.
12. Interpret the findings from the trial and determine how they might inform future clinical practice and research on concussion rehabilitation.
13. Explain the relevance of Post-Traumatic Stress Disorder (PTSD) in Traumatic Brain Injury (TBI) outcomes.
14. Describe a paradigm shift in TBI research towards a holistic perspective of brain health.
15. Identify methods of data capture that go beyond symptoms.
16. Describe the bidirectional impact of invisible wounds including mild traumatic brain injury (mTBI) on family dynamics in military populations.
17. Identify barriers to family engagement in the treatment of mTBI and invisible wounds.
18. Infer key aspects of patient/caregiver experience of mTBI.
19. Summarize potential solutions and approaches for supporting military families affected by traumatic brain injury (TBI) and invisible wounds.

Faculty:

Kathy Lee, MS, ARNP. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

CDR J. Kent Werner, MD, PhD. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

LTC Bradley A. Dengler, MD, FAANS, FACS. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Andrew J. Darr, PhD. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Ida Babakhanyan, PhD. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Susan Gallardo, LCSW, CBIS. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

Interprofessional Continuing Education (IPCE)



In support of improving patient care, DHA, J-7, CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. This activity was planned by and for the healthcare team, and learners will receive 6.00 Interprofessional Continuing Education (IPCE) credit for learning and change.

Physicians (ACCME)



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

DHA, J-7, CEPO designated this internet live course for a maximum of 6.00 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses (ANCC)

DHA, J-7, CEPO is accredited by the Joint Accreditation/Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education internet live course for a maximum of 6.00 ANCC contact hours. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Physician Associates/Physician Assistants (AAPA) – Live



DHA, J-7, CEPO has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 6.00 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Social Workers (ASWB)



As a Jointly Accredited Organization, DHA, J-7, CEPO is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 6.00 general continuing education credits.

Psychologists (APA)



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the program. Participants earned 6.00 credits for attending this activity.

Athletic Trainers (BOC)



DHA, J-7, CEPO (BOC AP #: JA4008136) is approved by the Board of Certification, Inc., to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 6.0 Category A hours/Continuing Education Units (CEUs). ATs should claim only those hours actually spent in the educational program.

ACCME Non-Physician CME Credit

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit*[™]. ACCME Non-Physician CME Credit providers may receive a maximum of 6.00 hours for completing this internet live course.

Occupational Therapists and Occupational Therapy Assistants (AOTA)



DHA, J-7, CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 15716. This distance learning-interactive activity is offered at 0.6 CEUs introductory, OT service delivery, professional issues, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

Physical Therapists and Physical Therapy Assistants (APTA)



DHA, J-7, CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the healthcare team, and learners will receive 0.6 APTA CEUs. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

Other Professionals

All other healthcare professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact: dha.ncr.j7.mbx.continuing-education-office@health.mil.

How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 01 April 2026 at 2359 ET at the following URL: www.dhaj7-cepo.com.