

LEARNINGRX PILOT TBI PROGRAM WITH THE WASHINGTON STATE DEPARTMENT OF VETERANS AFFAIRS

In January 2010, LearningRx, in partnership with the Washington State Department of Veterans Affairs and the Warrior Transition Battalion (WTB), Joint Base Lewis-McChord (JBLM) in Washington State, conducted a pilot program to train and improve the cognitive functioning of 15 volunteer WTB active duty service men and women who were suffering from TBI. The training concluded in August 2010.

The program format included 6 hours of intensive 1-on-1 (3 hours) and online (3 hours) cognitive skills training per week.

To measure the effectiveness of the training program, Woodcock Johnson Cognitive Abilities tests, a nationally recognized standard battery of cognitive tests, were used to conduct pre- and post-tests. The results of the pilot program

were consistent with similar studies from other States. WTB soldiers who entered and remained in the program (11 of the original 15 volunteers) gained significant improvement in all 7 areas of cognitive functioning, including elimination of symptoms such as memory loss, poor concentration and difficulty organizing thoughts (please see results table below).

WDVA Fort Lewis TBI Pilot Program Using the LearningRx Brain Training Program

STUDENT TEST RESULTS

Pre-Test Name	Pre-Percentile	Post-Percentile	Gain Percentile	Pre-SS*	Post-SS*	Gain SS*
Processing Speed	27	76	49	90	113	23
Auditory Processing	26	55	29	89	102	13
Short-Term Memory	41	68	27	95	110	14
Long-Term Memory	39	65	26	95	107	12
Logic and Reasoning	55	75	21	102	113	11
Visual Processing	43	57	14	96	104	8
AVERAGE OF ALL SKILLS (11 Students)	38	66	27	95	108	13

Woodcock Johnson Cognitive Abilities Testing tests used:

Pair Cancellation (processing speed), Sound Awareness (auditory processing), Numbers Reversed (short-term memory), Visual –Auditory Learning (long-term memory), Concept Formation (logic and reasoning), and Spatial Relations (visual processing)

*SS = Standard Score

Testimonials

Qualitative data was also collected from this pilot. Some of the data included:

"This impacted all areas of family, work school, and church."

"My hope is to go back to school to improve not only with reading and writing, but with family and God."

"I wanted to improve my short-term memory and processing speed. They had put a big damper on my daily living by making just about everything I had to do more difficult. I have seen great improvement in those two areas. It has definitely helped."

"Thank you for being a bright light in a dark place".

"I am not in a haze. I am able to stay organized and focused"

"I definitely feel more confident in going after what I want and have enrolled in school."

"It is a great program and well worth the time invested. I would like to see it continue to be used for people with TBI."

