



PATRIOT CLINIC GRASSROOTS MOVEMENT

THINK TANK: Planning for a Patriot Clinic

The first cost of freedom is supporting our veterans.

Patriot Clinics - Goal



The goal of Patriot Clinics is to function as adjunctive evaluation and treatment centers for military veterans with signs and symptoms referable to brain injury conditions which include Traumatic Brain Injury (TBI) or post – concussion syndrome; complicated PTSD, Post traumatic stress disorder (PTSD) and other psychiatric and brain injury conditions.

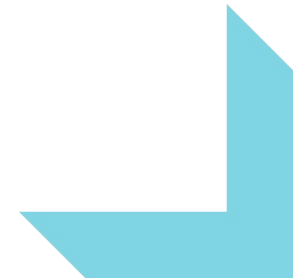
Veterans of recent conflicts have experienced a high level of TBI and many have been diagnosed with PTSD and the current system is not equipped to provide cutting edge care for these conditions. Patriot Clinics will fill in the gaps left by the VA Hospital system. Brain imaging for diagnosis will include Brain MRI – DTI and a brain quality **SPECT** scan (**Cerescan**).

A new paradigm for recovery is Hyperbaric Oxygen Therapy, nutrition and a comprehensive alternative approach to healing that does not involve medications. ***The goal is to restore our warriors so they can return to the life they fought for and assume leadership roles in our country.***

Patriot Clinics

1. **Development Staff**
2. **Choosing a Clinic Location**
3. **Choosing a Chamber**
4. **Oxygen Management**
5. **Clinic Staff**
6. **Initial Evaluation and Imaging**
7. **Patient Monitoring**
8. **Counseling and Recovery Support**
9. **Nutrition and Supplements**
10. **Pain Management**
11. **Transition**

Addendum: Hyperbaric Oxygen Therapy



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Development Staff

2 efforts that will run in parallel:

1. **Legislative:** introducing a Patriot Clinic bill in each state in order to provide therapies for military veterans in that state.
2. **Development of the Patriot Clinic and staff:** will provide the care.

The model for this development project is to bring together non-profit organizations working locally to support our veterans. Communities will coordinate their local organizations and branches of organizations to create their local Patriot Clinic.



Concerned Veterans for America have already focused on the issue of healthcare vouchers for veterans; state directors could take leadership roles as coordinators for this project.



Estimates of Initial Costs:

1. Many needs may be best met by depending on local philanthropists, businesses and organizations committed to helping veterans.
2. There are many ways to support the healing and ongoing care of veterans which can be met by non-profit organizations; good first step would be to become familiar with all of those local assets.
3. Veterans and veteran organizations play an integral part.
4. Discussing this project with local veterans and veterans who are nurses - a lot of enthusiasm for volunteering.



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Development Staff



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Ongoing funding

Volunteer coordination

Marketing

Diagram of clinic



Choosing a Clinic Location



- 10,000 square foot abandoned warehouse in an appropriate setting.
- Garage doors allow movement of large equipment into the facility.
- Location in a small community that supports our veterans.
- Initial plan would be for a single 6 person HBOT chamber, but space should be available to add more later.
- “Barracks” area with bunk beds for the veterans to stay while they are being treated and overnight staff.
- Shower, and kitchen and eating facilities.
- Fitness area as well as several treatment areas indoors.
- Efficient outdoor property for short daily runs or walks as well as outdoor fishing activities.



This responsibility could be dedicated to the local **American Legion** groups, **County Supervisors**, or **Habitat for Humanity** as a good resource for refitting a building for veterans as a great community project.

Choosing a Chamber

- A 6 person hard chamber is an ideal size for treating a group allowing best turnover vs. treatment time ratio.
- The chamber does not need to have additional features (treatment pressure is 1.5 atmospheres).
- Treat veterans with chronic medical conditions, not a patient that is acutely ill or unstable.
- Other equipment may include but is not limited to: **Pulsed Electromagnetic Field** device, laser therapy, an ionizing foot bath for detoxification and near infrared lights.



Local charitable service organizations such as the **Rotary Clubs, Elks Clubs** and local veteran support organizations are good source of support for buying equipment.



Oxygen Management

- Treating 6 at a time 16 hours a day will require an Oxygen dewer of 100% medical oxygen daily.
- Regulation about safe Oxygen storage requiring a HAZMAT qualified storage space (a cooled closet is ideal so that the Oxygen doesn't "blow off" as it changes from liquid to gas).
- An Oxygen depot system would ideally meet the needs for a large facility (additional expense in building but cost efficient in the long term).





1. A Patriot Clinic Facility needs to have a physician medical director.

- Veterans are always the best choice.
- The director must be trained in hyperbaric medicine.

2. An outside physician may evaluate patients.

- A trained physician to be physically present at the facility at all times that treatments are being performed.

3. A minimum of two hyperbaric technicians available for each chamber – one for each shift.

- Additional staff available as support.
- Ideal for veteran medics and medical staff participation.
- Additional staff will depend on the other treatments available during the day.

There is a training course that precedes the HBOT2016 meeting that should be a good initial vehicle for technicians.



Patients who will be treated in a hyperbaric chamber need to be “cleared” to participate.

There are some exclusion criteria and sometimes testing should be done prior to treatment.

Initial evaluation sets stage for comprehensive recovery plan:

- 1. Brain MRI with DTI and a brain quality SPECT scan are ideal for pre – treatment evaluation.**
- 2. Studies establish a baseline.**
 - In Israel, the Israeli Defense Forces will do studies and an evaluation after a veteran has had even a single significant exposure to a concussive force. Unfortunately, in the USA many of our veterans have had hundreds if not thousands of exposures to concussive forces.

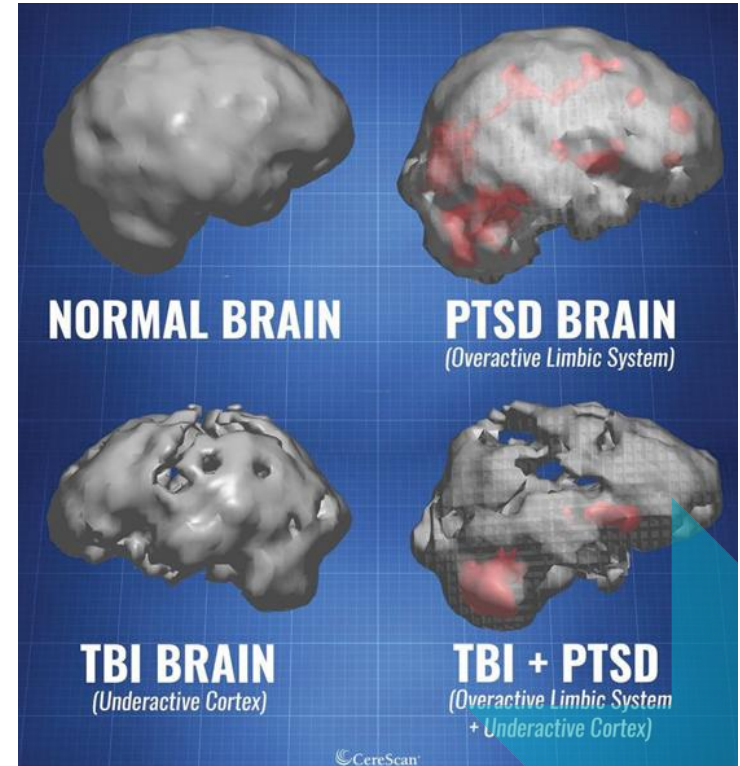
Initial Evaluation & Imaging



- 12 years treating civilian & military concussion injury
basis: exposure to a single concussive episode healing
may take place in 40 treatments.
- Exposure to multiple concussive forces typically requires
80 to 100 + treatments to “reset” the brain.



It is important to complete the healing process.





Because of concussion injuries, many functional networks in the brain have been disrupted including those guiding extra – ocular movements, sleep, coordination, and task execution. Therefore basic networks within the brain need to be re- established:

1. Computer-based exercises - **extra-ocular motility**.
2. Physical training exercises, zumba classes, and games like dance wii - **sensorimotor integration**.
3. **Sleep hygiene** - controlling external factors influencing sleep and wakefulness. (list)
4. **Specific cognitive tasks** - games and by computer mediated activities to re-develop networks. (see addendum)
5. Cognitive testing can be done before and after treatments - **online cognitive test**.
6. **Monitoring of costs** - HBOT, Counseling and therapies.

Counseling & Recovery Support



1. Marriage and family support
2. Resolve moral injury
3. Community Engagement



Nutrition is key!

- Rebuild brain's nutritional building blocks.
- Detoxify exposure to toxic environments.
- Re-establish normal gut bacteria and heal immune systems.



Dr. Tim Marshall, neuropharmacologist, professor and biochemist: (ie. MagLith+) designed to work in perfect synergy with HBOT to promote vital healing processes in the nervous system – and improve functional recovery.

(see addendum)





- HBOT (Hyperbaric Oxygen Therapy)
- Acupuncture
- Pulsed ElectroMagnetic Field
- Massage



We must restore our warriors to leadership positions in our society.

1. Return to school
2. Career placement/direction
3. Need therapy animal/service dog



Veteran transition planning can be supported by programs such as **Mann Up!** and **Mission America** as well as community connections.



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www.patriotclinics.com

Thank you