State of Science Symposium: Medical Rehabilitation of Wounded, Injured, and Ill Women

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Wounded Warrior Regiment
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USMC Wounded Warrior Regiment

Provides and enables assistance to wounded, ill and injured (WII) Marines, sailors attached to or in support of Marine units, and their family members in order to assist them as they return to duty or transition to civilian life.

- **Wounded**
  - IED Blast
  - Gunshot

- **Ill**
  - Cancer
  - Chronic Unresolved Illness

- **Injured**
  - Training Accident
  - Vehicle Accident

There are many private organizations that strive to help WII Marines and families, but there is only one official U.S. Marine Corps unit charged with providing non-medical care to WII Marines: the U.S. Marine Corps Wounded Warrior Regiment.
Serving the Total Force
Active Duty, Reserve, Retired and Veteran Marines

Serving our wounded, ill and injured Marines wherever they are located.
A Marine’s mind, body, spirit and family are not just healed; they are strengthened and improved.
Healing the ENTIRE Marine

MIND

BODY

SPIRIT

FAMILY

COMPREHENSIVE RECOVERY PLAN

STABILIZATION
REHABILITATION
REINTEGRATION
Wounded Warrior Complexes
Co-locating Care, Support and Quarters

Barracks
Fisher House

Warrior Hope and Care Center
Naval Hospital

Wounded Warrior Battalion East Complex
Care of the Female Wounded Warrior

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Medical Case Management Advisor
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Data

- Women make up 6.62% of Marine Corps End Strength
- 3-4% Wounded Warrior Battalions Marines in care are female
- Mental Illness is a common diagnosis
- High incidence of PTSD
Common Diagnosis Female Wounded Warriors

- Depression
- Eating disorders
- PTSD
- Sexual Trauma and Abuse
- Past History of physical or sexual abuse/trauma
- Bipolar Disorder
- Chronic pain
- Cancer
- Orthopedic Injuries
- Anxiety
- Spinal Fusion
- Hypothyroidism
- Lumbar Herniated Discs
- Lower Limb Amputation
- Fibromyalgia
PTSD STATISTICS

- Life time prevalence in US 7-8% (7.7 million)
- Service members returning from GWOT- 15-17% meet criteria for PTSD, depression, anxiety
- Almost all exposed to trauma experience PTSD symptoms but these symptoms decrease with time. 8% of men, 20% of women develop PTSD. Rape is the most common trigger of PTSD (for women and men)
- 30% of those diagnosed with PTSD develop chronic PTSD
Common Impacts Of PTSD On Wounded Warriors

• Social Anxiety
• Avoidance
• Depression
• Sleep Disturbances
• Guilt
• Increased risk for physical/verbal violence
PTSD
Relationships and Families

MANAGING FAMILY ROLES/RESPONSIBILITIES

– Spouse assumes lead as breadwinner, head of household, managing finances, and disciplinarian

– Resentment grows as spouse has to put personal/professional goals on hold

– Children may assume adult responsibilities “parentified child”

– Results are marital instability, increased marital conflict, less marital satisfaction
Unique Issues Among Female Wounded Warriors

- Most issues are centered around family and children
- Spouses are often employed full time
- Spouse is often times also active duty
- Spouses may be deployed or be geographically located elsewhere
- Primary custodians of the children
- Single or divorced parenting
- Societies expectation of “motherhood”
- Extended families are present or unable to assist
Differences?

- Diagnosis
- Stages of Care
- Stressors
- WAR Program
Support = Success

- Sole Focus is the Care of the Marine
- Safe environment
- Mission includes families
- Support and provide transition either back to active duty or new normal
WARRIOR ATHLETE RECONDITIONING (WAR) PROGRAM

Lindsey James Buglewicz, MS, LRT/CTRS
Aquatics Program Manager
“EXERCISE IS NOT AN INSTANT CURE, BUT YOU NEED TO GET YOUR BRAIN WORKING AGAIN, AND IF YOU MOVE YOUR BODY YOUR BRAIN WON’T HAVE ANY CHOICE.”

- Dr. John Ratey
From Spark: The Revolutionary New Science of Exercise and the Brain, 2008
The WAR program is an intervention used to recondition the Marine, both physically and mentally.

Various sports activities are adapted to each individual’s ability in order to increase overall function, creating confidence and success.
The program began February, 2008 at WWBN-E, Camp Lejeune.

The program was instituted at WWR in 2010

Implemented as Sports Clubs 2009

2012 became Cardio/ Elective
Why Fitness?

**Effects of inactivity**

- Risk of further injury\(^1\)
- Increased risk for other disease processes
- Declining self perception
- Increased surgical risk, and poor wound healing\(^2,3\)
- Increased rates of depression, suicide\(^4,5\)

1. Reynolds 2002
2. Cottam 2003
3. Lamas 2002
5. Magnusson 2006

**Effects of activity**

- Decreased risk of heart disease
- Decreased risk for diabetes
- Improved ability to manage stress
- Lengthens lifespan
- Increases your capacity to do work
- Lessens fatigue and tiredness
- Decreases recovery time for MS injuries
FUNCTIONAL CONTINUUM

Orthopedics
Physical Therapy
Neurology
Occupational therapy

ACUTE

PROGRAM HERE

RTFD OR TRANSITION FIT!
CARDIO OPTIONS:

• AQUATICS
• CYCLING
• KAYAKING
• STRENGTH AND CONDITIONING
• TRACK AND FIELD

ELECTIVE OPTIONS:

• ARCHERY
• BIOFEEDBACK TRAINING
• EQUINE
• KAYAK
• NUTRITION
• ED/COUNSELING
• ROCK CLIMBING
• ROWING
• SCUBA DIVING
• SEATED VOLLEYBALL
• STAND UP PADDLE BOARDING
• WHEELCHAIR BASKETBALL
• YOGA (iRest)
Compliance In The War Program

1. Marines lost body fat.
2. Marines gained muscle mass.
3. Many Marines’ balance improved.
4. Many Marines attitudes improved indicating “confidence during stress” and “looking at life in a positive way.”
5. Less depression for the majority of Marines.

- The compliant group had a significantly less number of tobacco users, than the non-compliant group.
Professional Staffing

- Certified Athletic Trainers
- Certified Therapeutic Recreational Specialists
- Exercise Physiologists
- Physical Educators
- Sport Psychologist
- Expert Sports Coaches
Female Marine Success

- Significant weight loss
- From severely depressed and anxious to minimally
- Increased muscular strength
- Increased cardio function
- Positive overall mood change
- Improved balance
- Reduced fears
- Increased confidence
- Improved sleep efficiency
- Increased interest in recreation
For More Information

1.877.487.6299
www.woundedwarriorregiment.org

Download the mobile app on iTunes (iPhone or iPad) or Google Play (Android) by searching “Wounded Warrior”

Our Marines and their Families are Still in the Fight!
Thank you for your continued support.