



# TRIPLER ARMY MEDICAL CENTER

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## **ANAM Clinic set up at Schofield Barracks Health Clinic**

*by Leslie Ozawa, TAMC Public Affairs*

Traumatic brain injury (TBI): how do you decide if it's minor or major, or something in-between? For thousands of military personnel who have been to Iraq and Afghanistan and back, once, or more than once, concussion from roadside bombs and other incidents have become all too common.

Bruises, bleeding and other visible injuries are easy to identify. Not so with one of the most delicate and vital part of the human body, the brain. But a simple, 20-minute computer-based test is helping doctors better assess soldiers for TBI and mild traumatic brain injury.

After extensive testing and development by the Army and the Veterans Administration over the past two years, the Department of Defense is now requiring all military personnel to take the Automated Neuropsychological Assessment Metric, or ANAM, before they deploy.

Andrea Stroud, an ANAM neuro-cognitive testing specialist, said she came to Schofield Barracks in January of 2008, to test service members from all different branches before they were deployed, including thousands of Soldiers deploying to Iraq. Now, she works in a newly opened ANAM Clinic at the Schofield Barracks Health Clinic, to assess Soldiers on a routine basis.

Stroud said the assessment measures seven variables, including reaction time, short-term memory, spatial memory, visual memory and delayed memory. One test involves simply clicking on an asterisk that suddenly appears on the computer screen. Another test involves remembering a number associated with a simple symbol like a smiley face, and recalling the number/symbol combination, when the smiley face pops up, several screenshots later.

The ANAM baseline becomes part of a Soldier's medical records. If a Soldier suffers a head injury later and has lingering symptoms, he is given the test again. The results are then compared, to determine what follow-on medical attention he may need.

"It's not an IQ test," Stroud said. "Soldiers are positive about taking the assessment, because they know it's helping them establish a baseline to measure against, in case something happens to them later."



Spec. Shawn Sinkler of 13<sup>th</sup> MP Detachment at Schofield Barracks, is briefed by Andrea Stroud, ANAM testing specialist at Schofield Barracks Health Clinic. U.S. Army photo by Leslie Ozawa.



Staff Sgt. Francis Essandoh of the 249<sup>th</sup> Engineer Battalion at Schofield Barracks takes the ANAM test to establish a baseline record for future tests for TBI screening. U.S. Army photo by Schofield Barracks Health Clinic's Danyelle Smith.