

# Not Just Surviving, But Thriving After Injury



2025 REACH Seminar  
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Professor of Surgery, University of Rochester  
Director - Kessler Family Burn Trauma Intensive Care Unit  
Director - Surgical Critical Care Fellowship  
Rochester, NY




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## Disclosures



I have nothing to disclose

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## A Family Story



A couple is driving on a Friday morning when their car is struck head on by a tractor trailer

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## A Family Story



Husband and Wife are trapped in the vehicle  
and have to be extracted



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Wife is hypotensive,  
intubated in the field  
for mental status and is  
transported by air



Husband is awake, not  
hypotensive and is  
transported by ground



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## Trauma Center

**Level 1 Trauma**  
~30 y.o. female, MVC  
intubated, hypotensive,  
multiple fractures,  
ETA 10 min



**Level 2 Trauma**  
~45 y.o. male, s/p MVC,  
multiple fractures,  
ETA 20 min



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ETA 20 min

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## Level 2 Trauma (Husband)

- Awake, normotensive
- Injuries Identified
  - Nasal bone fracture
  - Left iliac wing fracture
  - L3 superior endplate fracture
  - Left 9-12 rib fractures
  - Sternal fracture
  - Right bimalleolar tib/fib fracture

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## Hospital Course - Husband

- OR with orthopedic surgery for right ankle fixation
- 12 Days in the hospital
- PT/OT

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ETA 20 min



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## Level 1 Trauma (Wife)

- Unresponsive, Intubated and Hypotensive
- Lower extremity deformities
- Seatbelt mark



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## Injuries Identified - Wife

- Right 2-5 rib fractures, Left 3-9, 11 rib fractures, Bilateral pulmonary contusions
- Comminuted left femur fracture
- Right tibial plateau fracture Sternal fracture
- Bilateral internal carotid and Right vertebral artery dissections with beaded configuration concerning for fibromuscular dysplasia
- Intra Cranial Hemorrhage with Diffuse axonal injury
- Complex abdominal injuries



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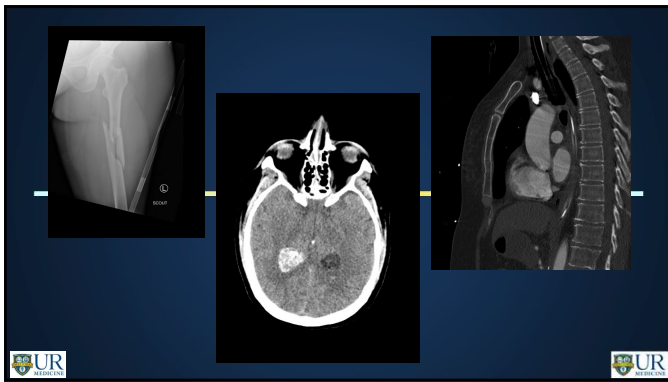
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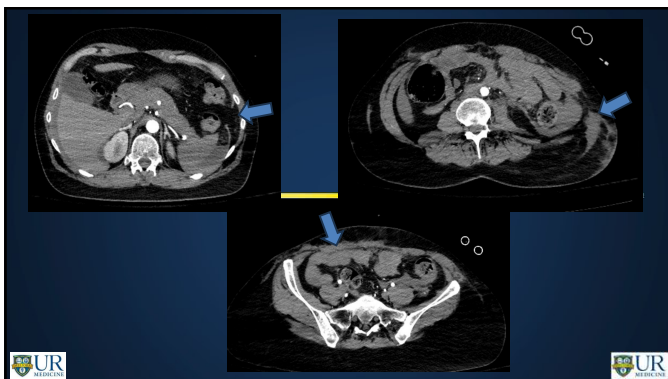
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## Hospital Course - Wife

- Emergent abdominal operation on arrival
  - Small bowel mesenteric injury with hemorrhage with multiple perforations
  - Ileal mesenteric injury with hemorrhage and desecrosolized small bowel with perforation bowel including the appendix.
  - Complex rectus muscle injury
  - Left diaphragmatic rupture
- Staged abdominal interventions
  - 5 abdominal operations in total



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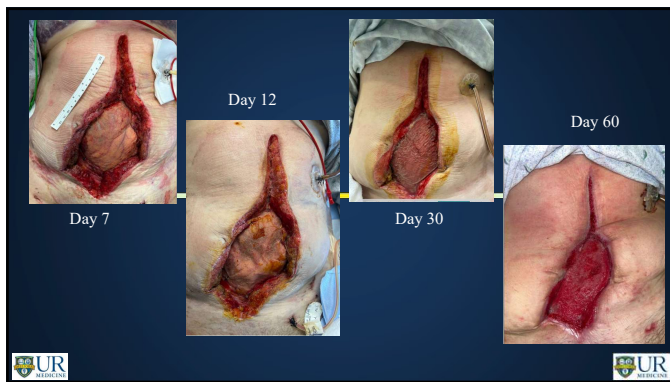
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## Hospital Course - Wife

- 4 orthopedic operations
  - Left femur intramedullary nail
  - Left tibial plateau ORIF
  - Right proximal tibia ORIF



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## Hospital Course Summary- Wife

- Intubated 10 days
- Intensive Care for 20 days
- 37 Days in the hospital
- Discharged to In-patient Rehabilitation



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They both survived, but are they thriving???



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## How Can We Help Patients Thrive?



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## It Starts from Day 1



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## Trauma Center Initiatives

- Hemostatic/Damage Control resuscitation
- Ventilator liberation
- Delirium prevention
- Multimodal pain management
- Nutritional optimization
- Early mobility



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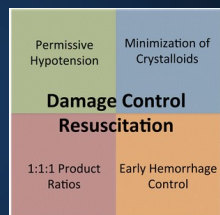
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## Hemostatic/Damage Control Resuscitation

- Early transfusion
- TEG guided MTP



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## Ventilator Management



Early Tracheostomy

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## Delirium Prevention

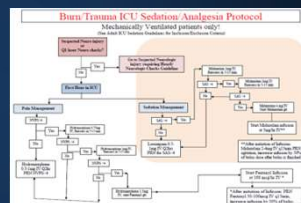
- Avoidance of delirium inducing medications
- Elimination of communication barriers
- Optimization of sleep wake cycle



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## Multimodal Pain Management

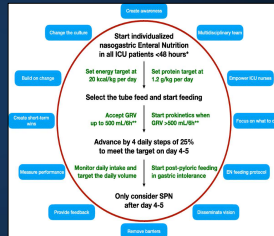
- Minimization of narcotics
- Use of pain adjuncts



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## Nutritional Optimization

- Enteral nutrition within 48 hours
- SLP evaluation



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[illegible]

## Early Mobility

- Mobilization out of bed as soon as able
- PT evaluation within 48 hours
- OT evaluation within 48 hours
- Early PM&R evaluation



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[illegible]

## Patient/Family Support

- Starting in the trauma bay
  - Social work
    - Evaluation of resources
    - Food/Parking/Lodging assistance
  - Chaplain
  - Family support liason



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[illegible]



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**Trauma Survivors Network: history and evolution of a program empowering survivors and families impacted by traumatic injury**

Eileen M Flores <sup>1,2</sup> Christopher P Michetti <sup>3,4</sup> Samir M Fakhry <sup>5,6</sup>  
Katherine Joseph<sup>6</sup> Elizabeth Wysocki<sup>2,7</sup> Anna Newcomb <sup>4,8</sup>

- Started at Inova Fairfax Hospital as “Rebuild”
  - Laid the foundation for a unique approach
  - On going training, collaboration, and resources that complement the acute care activities
  - Extends the reach of trauma professionals beyond the walls of the hospital to support survivors’ long-term healing journeys

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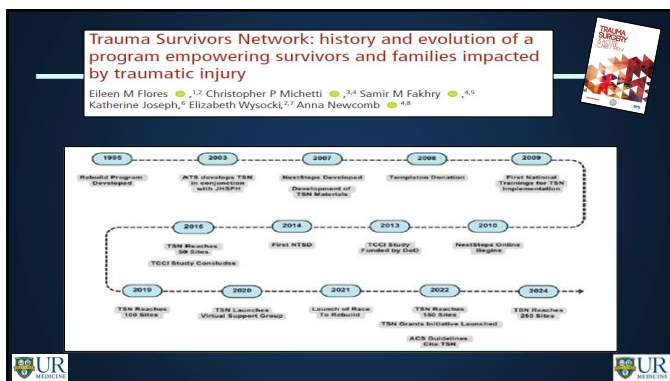
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- Include survivors whose injuries and recovery needs represent different injury types and support needs throughout their healing process
- Recruit and train TSN peers from a diverse range of survivors
  - Mechanism of injury
  - Injury type
  - Cultural backgrounds

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- Provides services for survivors
  - Orthopedic injuries
    - Limb salvage
    - Amputation,
  - Traumatic brain injury
  - Spinal cord injury
  - Violence-related injuries
  - Other traumatic injuries

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**Current TSN Site Details – July 2024**

**240 TOTAL CURRENT SITES:**

- 220 ADULT TRAUMA CENTERS
  - 120 Level I Adult
  - 70 Level II Adult
  - 30 Level III Adult
  - 1 Level IV Adult
- 19 PEDIATRIC TRAUMA CENTERS
  - 10 Level I Pediatric
  - 5 Level II Pediatric
  - 4 Level III Pediatric
- 1 REHABILITATION CENTER
  - 1 Level I rehab

**Figure 4 Trauma Survivors Network (TSN) site details—July 2024.**

**Erie County Medical Center (98)**



Join this Center • 178 Map View • 178000 View • 1780000 View

**Upstate University Hospital**

**UPSTATE**  
UNIVERSITY HOSPITAL Trauma Center

**Kessler Trauma Center (172)**

Join this Center • 178 Map View • 178000 View • 1780000 View

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## Trauma Survivors Network



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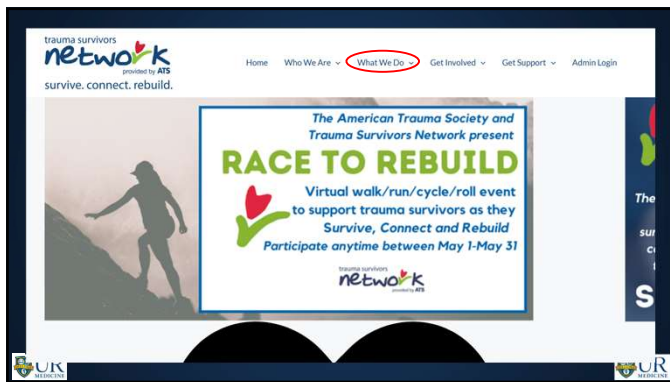
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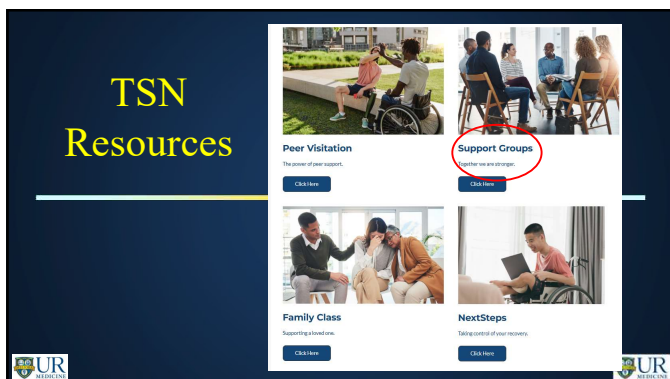
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## TSN Resources



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# TSN Support Groups

## Join A Support Group

Empowering Healing Together

### Survivor Support Group

The Trauma Survivor Network offers a virtual support group twice a month using Zoom for trauma survivors of physical injury. Join us every second, fourth, and sixth. Register for an upcoming virtual support group here.

[Register Here](#)

### Local Support Groups

Additional in-person, virtual, and hybrid groups may be available through your local trauma center. Contact with your local TSN chapter for more information about support group offerings. Find a local chapter here.

[Find a Local Chapter](#)

### Family and Caregiver Support Group

The Trauma Survivor Network offers a virtual support group twice a month using Zoom for family, friends, and caregivers of trauma survivors of physical injury. Join us every second, fourth, and sixth. Register for an upcoming virtual support group here.

[Register Here](#)

### More Support Groups

A listing of support groups offered by TSN sites and partner organizations across the United States and worldwide.

[List of Groups](#)

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# TSN Support Groups

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### Family and Caregiver Support Group (Virtual)

Traumatic injuries affect both physical and psychosocial well-being. The Trauma Survivor's Network Peer Support Groups connect family, friends, and caregivers of trauma survivors of physical injury, providing a space to share experiences, offer mutual support, and enhance coping skills. The Virtual Support Groups meet on the 1st Wednesday of each month at 1 pm ET.

Find your local Trauma Survivors Network today: <https://www.traumasurvivorsnetwork.org/loc-map-view/>

\* Required

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[List of Groups](#)

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# TSN Resources

## Peer Visitation

The power of peer support.

[Click Here](#)

## Support Groups

Together we are stronger.

[Click Here](#)

## Family Class

Supporting a loved one.

[Click Here](#)

## NextSteps

Taking control of your recovery.

[Click Here](#)

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NextSteps is a free 6-week course to help you manage your life after a serious injury. Each week, you will complete self-paced modules before engaging in a live chat with your instructor and classmates.

**WHAT YOU'LL LEARN:**

- Self-Management Skills
- Emotional Adjustment Tools
- Identifying and Breaking Cycles of Anxiety
- Recognizing and Building a Healthy Support Network

Learn more at [TraumaSurvivorsNetwork.org/next-steps](https://TraumaSurvivorsNetwork.org/next-steps)



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**Participating in NextSteps**

When you enroll in the program, you will become part of a class with other trauma survivors. Over six weeks, your class will work through two, 20-30 minute lessons each week. These lessons cover a variety of subjects related to recovery such as goal-setting, problem-solving, managing your emotional reactions, how trauma impacts your friends and family, and communicating with friends and professionals. You will also be part of a weekly online chat, led by a trained leader. In the chat you will have a chance to interact with other survivors, share your experiences, and learn from each other.

NextSteps provides the opportunity for you to keep a private journal, which will be for you alone, where you can write down any thoughts and feelings you may experience as you work through this program. There are also community hours, where you can connect with your classmates and people in other classes.

Finally, you will have access to a NextSteps Coordinator, by telephone, for any problems you encounter with the course.

[REGISTER NOW](#) [LEARN MORE](#)

<https://www.nextstepsonline.org/>

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**BENEFITS OF SELF-MANAGEMENT**

- ▶ **More personal power.** You become skilled at finding solutions to your health problems. You can learn to take control of situations that may have felt out of control in the past.
- ▶ **Increased confidence.** As you experience successes with self-management, you gain greater confidence in your abilities.
- ▶ **Better prepared to handle difficult situations.** By being prepared you are better able to handle difficulties as they arise, rather than experiencing a crisis. You can turn what used to be a "wall" into a "speed bump" that you can deal with.
- ▶ **Improved health.** If you set health goals and follow a plan for achieving them, you begin to notice improved health. You may experience this in the form of increased energy, less pain, improved mood, or other ways.
- ▶ **Better quality of life.** Having better health and having confidence in yourself, you're able to enjoy yourself and your life more!

<https://www.nextstepsonline.org/>

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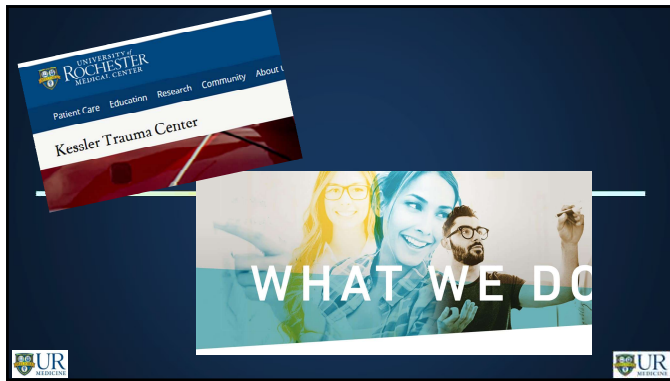
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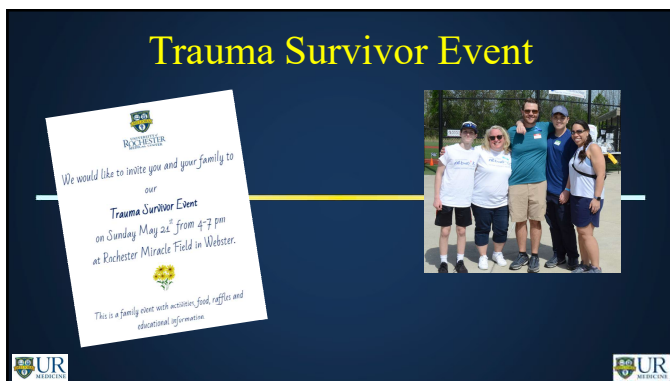
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### Post Hospital Course - Husband

- Home with daughters
- Home PT – NWB on RLE
- Outpatient follow up with orthopedics, spine, facial trauma



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### In-Patient Rehabilitation Course - Wife

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Recreational Therapy
- Neuropsychology

**47 Day Stay**



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## Status at Discharge from Rehab - Wife

ADL:	Current Status	Items Assessed	Assist Needed for:	Location	Assistive Device
Grooming	With setup assist	Washing face, Combing hair	with set up	In bed	N/A
Bathing	With moderate assist	N/A	bottom, R foot area and L foot area	In bed	N/A
UB Dress	With setup assist	Overhead shirt	N/A	In bed	N/A
LB Dress (pants)	Dependent	Pants and Hospital brief	RLE, LLE, pull up to knees and pull up to hips	In bed rolling/bridging	N/A
LB Dress (footwear)	Dependent	Socks	R sock and L sock	In bed	N/A



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## Post In-Patient Rehabilitation - Wife

- Required in-patient skilled nursing facility after inpatient rehabilitation
  - Mobility limitations
  - PT/OT
  - Speech Therapy
  - Vestibular Therapy
  - Visual Therapy



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## Post In-Patient Rehabilitation - Wife

- Required in-patient skilled nursing facility after inpatient rehabilitation
  - Mobility limitations
  - PT/OT
  - Speech Therapy
  - Vestibular Therapy
  - Visual Therapy

**Home with Outpatient Therapy in May – 5 Months Post Injury**



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## 8 Months Post Injury

- Husband
  - Still with FMLA helping at home
- Wife
  - Complex abdominal hernia
  - Cognitive and mobility issues



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## 1 Year Post Injury

- Wife - Complex abdominal hernia



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## Complex Abdominal Wall Reconstruction

- Repaired 1 year and 1 week after the crash
- 7-day hospital stay
- Home PT and OT after surgery



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## Family Now

- Husband is back at work
- Wife is independent at home
- Daughter is a speech therapist in our ICU



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"I THINK THEY ARE A GOOD PART OF THE  
REASON WHY I AM STILL HERE TODAY.  
MERCY FLIGHT CENTRAL SAVED MY LIFE"



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## Summary



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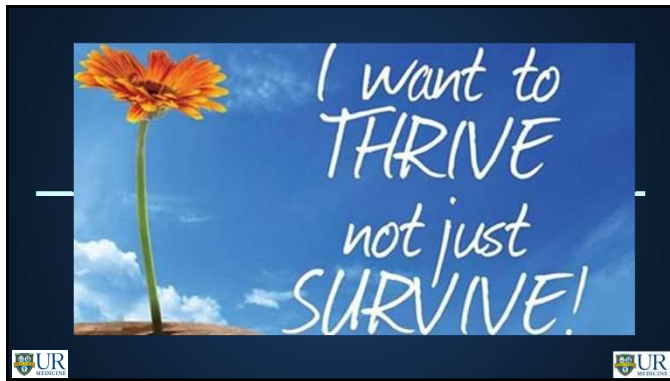
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## Trauma Center Initiatives

- Hemostatic/Damage Control resuscitation
- Ventilator liberation
- Delirium prevention
- Multimodal pain management
- Nutritional optimization
- Early mobility






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## Trauma Survivors Network



<https://www.traumasurvivorsnetwork.org/>




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survive. connect. rebuild.

**Erie County Medical Center (98)**

Join this Center • TSN Map View • TSN List View • TSN Global Search

Upstate University Hospital



**Kessler Trauma Center (172)**

Join this Center • TSN Map View • TSN List View • TSN Global Search






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# TSN Resources



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The power of peer support.  
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**Family Class**  
Supporting a loved one.  
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**NextSteps**  
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Director - Surgical Critical Care Fellowship  
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