

Not Just Surviving, But Thriving After Injury



2025 REACH Seminar
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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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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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Level 1 Trauma (Wife)

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





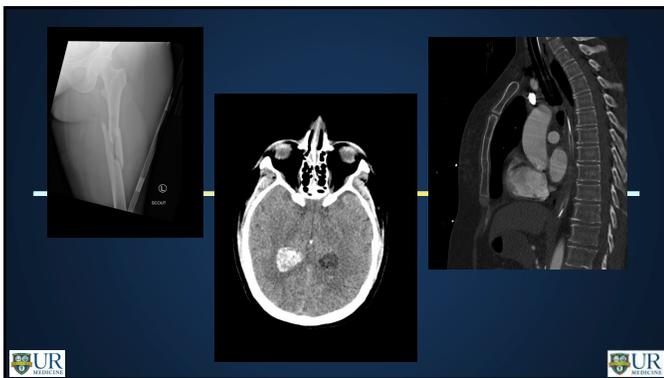

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Injuries Identified - Wife

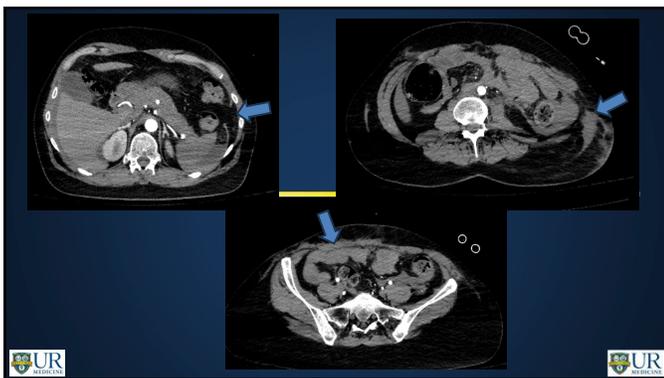
- Right 2-5 rib fractures, Left 3-9, 11 rib fractures, Bilateral pulmonary contusions
- Comminuted left femur fracture
- Right tibial plateau fracture Sternal fracture
- Bilateral internal carotid and Right vertebral artery dissections with beaded configuration concerning for fibromuscular dysplasia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



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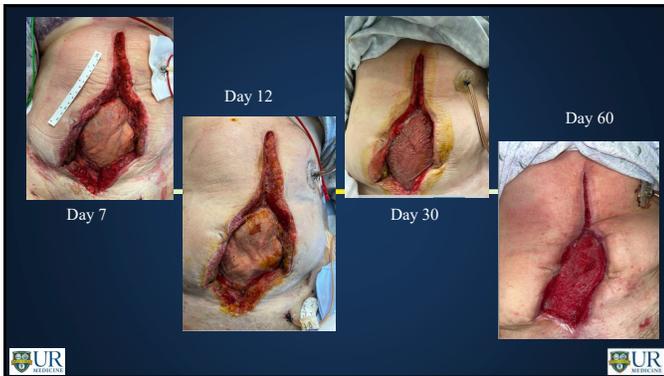
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Hospital Course - Wife

- 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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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



DAY
1

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Trauma Center Initiatives

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



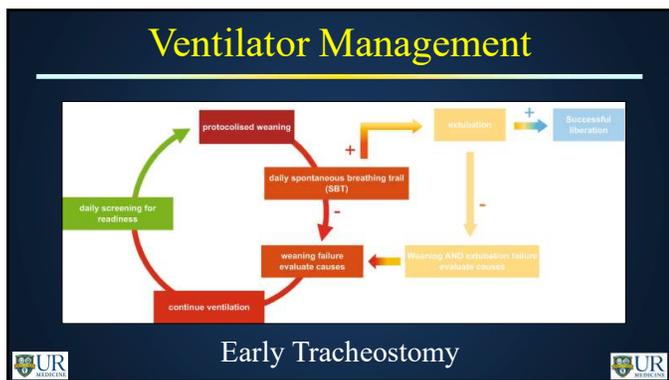
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Hemostatic/Damage Control Resuscitation

- Early transfusion
- TEG guided MTP

Permissive Hypotension	Minimization of Crystalloids
Damage Control Resuscitation	
1:1:1 Product Ratios	Early Hemorrhage Control

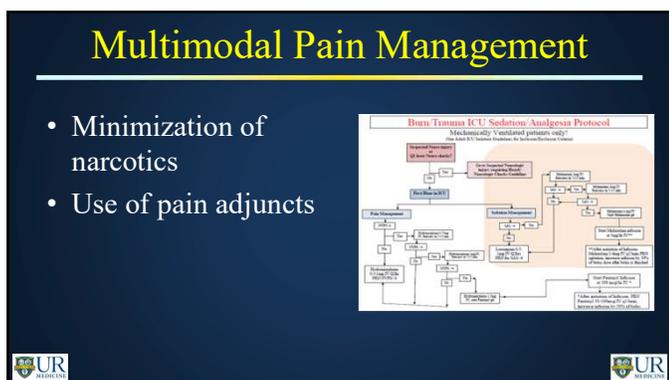
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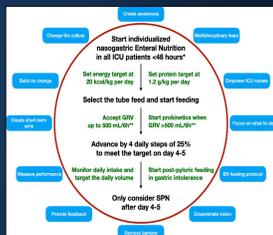
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Nutritional Optimization

- Enteral nutrition within 48 hours
- SLP evaluation



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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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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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trauma survivors network provided by ATS survive. connect. rebuild.

Erie County Medical Center (98)
Join this Center • TSN Map View • TSN List View • TSN Global Search

Upstate University Hospital
UPSTATE UNIVERSITY HOSPITAL Trauma Center

Kessler Trauma Center (172)
Join this Center • TSN Map View • TSN List View • TSN Global Search

UR MEDICINE Kessler Trauma Center UR MEDICINE

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

Eileen M Flores ^{1,2} Christopher P Michetti ^{3,4} Samir M Fakhry ⁵ Katherine Joseph⁶ Elizabeth Wysocki^{7,7} Anna Newcomb ⁸

- 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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Timeline:

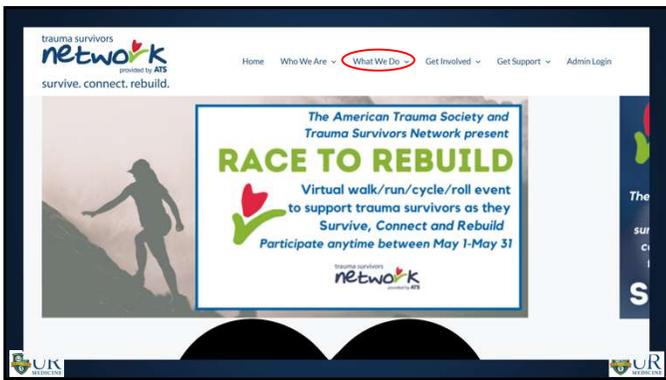
- 1993: Rebuild Program Developed
- 2003: JATB develops TSN in conjunction with JATB
- 2007: NextSteps Developed; Development of TSN Materials
- 2008: Template Donation
- 2009: First National Trainings for TSN Implementation
- 2010: NextSteps Online (Beta)
- 2011: TSN Study Concludes
- 2012: TSN Study Concludes
- 2013: TSN Study Concludes
- 2014: First NISO
- 2015: TSN Study Concludes
- 2016: TSN Study Concludes
- 2017: TSN Study Concludes
- 2018: TSN Study Concludes
- 2019: TSN Study Concludes
- 2020: TSN Launches Virtual Support Group
- 2021: Launch of Race to Recovery
- 2022: TSN Study Concludes
- 2023: TSN Study Concludes
- 2024: TSN Study Concludes

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Trauma Survivors Network

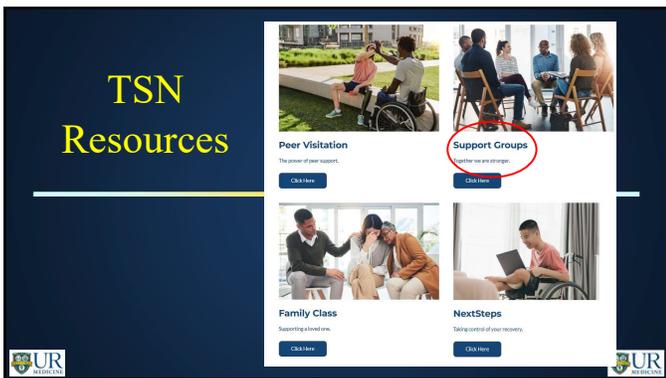


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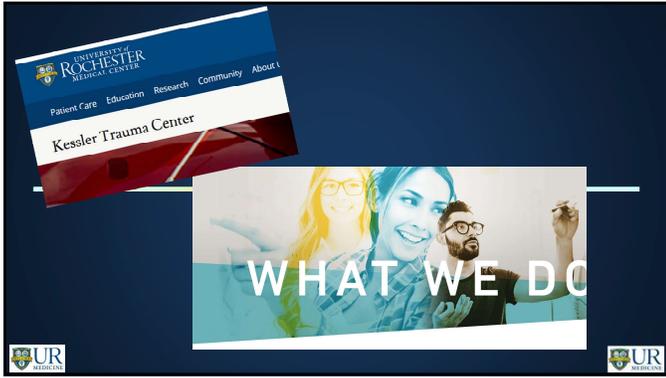


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TSN Resources



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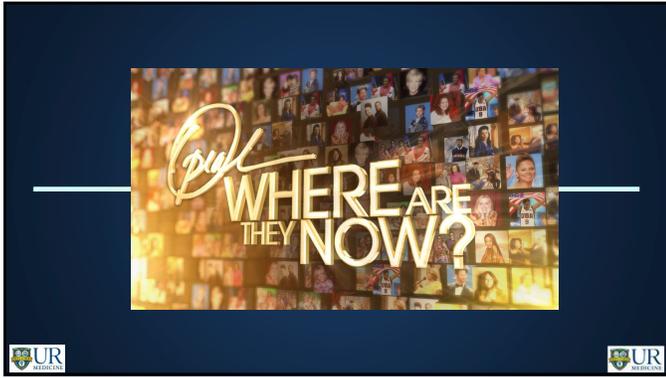
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Post Hospital Course - Husband

- 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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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"

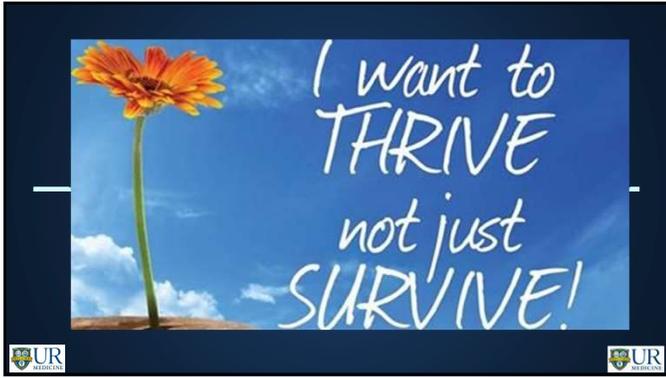


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Summary



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WHATEVER IT TAKES



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- Nutritional optimization
- Early mobility



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Trauma Survivors Network



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



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Upstate University Hospital



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Kessler Trauma Center



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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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