

TRAUMA ALERT



Welcome to the Trauma Alert Education Newsletter brought to you by
Beacon Trauma Services

Edition 12 (2021)

A circular graphic titled "Safety & Prevention Wheel" divided into five colored segments: "OUTDOORS" (orange), "WORK" (purple), "TRAVEL" (blue), "SELF" (purple), and "HOME" (green). Each segment contains icons representing safety hazards or prevention measures. The center contains a white circle with the text "Safety & Prevention Wheel".

National Trauma Awareness Month 2021

Safe and Secure

SAFETY IS A CHOICE, PREVENTION IS KEY

The logos for the Society of Trauma Nurses (STN) and the American Trauma Society (ATS).

STN **ATS**
SOCIETY OF TRAUMA NURSES American Trauma Society

- Every May, the American Trauma Society (ATS) and Society of Trauma Nurses (STN) collaborate with partner organizations and trauma colleagues to celebrate National Trauma Awareness Month (NTAM).
- Since being designated by President Ronald Reagan and Congress in 1988, National Trauma Awareness Month has focused efforts to highlight and prevent major causes of morbidity and mortality in the United States; distracted driving, sports injuries, water safety, helmet use, red light running and more.
- The campaign offers injury prevention and trauma awareness material for use by healthcare facilities, providers, and communities.
- With the global pandemic the 2021 theme “Safe and Secure: Safety is a Choice, Prevention is Key” is timely and appropriate for trauma centers to promote.

- Raising awareness and supporting prevention efforts in this new way of living, working, and playing is more important now than ever. It is important to stay safe and secure in all that we do.
- Prevention is also a key in reducing injury. Injuries are the leading cause of death for people between the ages of 1 to 44 years old representing 59 percent of all deaths in the United States.
- The most recent estimates for lifetime medical and work loss cost of injuries and violence in the United States is about \$1059 billion dollars (National Safety Council, 2018).
- According to the National Safety Council (NSC) and Center for Disease Control (CDC) in 2018 the top three leading causes of preventable death, in order were; motor vehicle crashes, falls, and suffocation. The top three leading causes of non-fatal preventable injuries treated in emergency departments in order were; falls, struck by or against, and overexertion.
- Forty five percent of unintentional injury deaths happen in and around the home. Inside and outside of the home perimeter is the most common place where injuries occur. Second is recreation areas and third is streets/highways.
- General home safety tips:
 - Clean up spills immediately.
 - Secure rugs.
 - Be aware where you put hot liquids.
 - Install grab bars in the shower.
 - Check your hot water heater.
 - Keep electronics away from water.
 - Check your basement and garage for tripping hazards.
 - Keep guards on all tools and knives and store out of reach of children.
 - Keep chemicals out of reach of children.
 - Check your fire and CO2 monitors.
 - Keep areas of foot traffic well-lit at night.
 - Check stair and railings for sturdiness.
 - Have a well-stocked first aid kit.



Excellence in Trauma Nursing Award Awarded in May

Criteria:

- Registered Nurse with minimum of two years experience at Beacon Health System in a trauma designated area(ECC, OR, PACU, ICU, Medical/Surgical Units, Pediatrics/PICU, Radiology, Trauma Education, Med Flight, Beacon Critical Care Transport.
- Strong knowledge base regarding the care of the injured patients per peers and leadership
- Special Contributions to the enhancement of injury care at Beacon Health System, locally, in the surrounding communities, regionally and/or nationally as described **by ANY of the following:**
 - Demonstrated special clinical skill competence in the care of injured patients
 - Policy development work related to injury
 - Initiation of creative solutions to complex trauma patient/family situations
 - Legislative work related to injury
 - Champion/advocate for trauma patients/families
 - Excellent educational offerings on trauma related topics
 - Publication(s) in peer review journals on trauma related topics
 - Speaker at Regional/National conference on Trauma care
 - Participation in trauma related research
 - Coordination of performance improvement initiatives related to improving care of injured patients

Please return the attached nomination form by APRIL 30th to LeAnne Young, Trauma Program Manager at lsyoung@beaconhealthsystem.org or call 574-647-5335 for questions.

Excellence in Trauma Nursing Award

Nomination Form

Name of Nominee:

Department:

Years of Trauma Experience:

Brief narrative of why this person is nominated:

National **STOP THE BLEED** Day



Apply for Grants
and Scholarships at
nationalstopthebleeday.org

- Stop the Bleed is a public health initiative aimed at directly saving lives. Through efforts to increase public awareness and encourage people and organizations across the United States to get trained with life-saving Stop the Bleed techniques.
- People can be ready to take actions and stop everyday instances of life-threatening bleeding in their homes and communities.
- In many cases, death from blood loss is preventable. Properly trained, anyone can stop bleeding until professionals arrive.
- Experts say it takes 2 – 5 minutes for someone to die from blood loss. It takes an average of 7 – 10 minutes for EMS to arrive. Knowing how to stop the bleeding can **SAVE A LIFE!**



Make sure the scene is safe before you go rushing into the area. If you are injured you will be of no help to the person you are trying to aid.

Source: <https://tinyurl.com/py77k5m6>

ABCs of Bleeding Control

A Alert 911

B Bleeding

C Compress

ABC's of Stop the Bleed

A= Alert- call 911 and get help on the way

B= Bleeding- find all the bleeding areas, remove clothing, worst is first.

- Look for pooling blood, blood that won't stop coming out of the wound, spurting/squirting blood, bandages and clothes soaked in blood.

C= Compress- stop the bleeding in 3 ways, apply firm pressure, firm packing and apply a tourniquet.

Stop the Bleed Blitz



Memorial Hospital Auditorium

May 21, 2021

(Being held day after National day)

**Presented by: Stacie Bobeck MSN, RN CEN,
CPEN, TCRN, SANE-A**

**0800-0845 OR 0900-0945 OR 1000-1045 OR
1:00-1:45 pm OR 2:00- 2:45 pm OR 3:00-3:45 pm
OR 4:00 – 4:45 OR 5:00 – 5:45**

Choose a time and register with Stacie Bobeck @
sbobeck@beaconhealthsystem.org

Trauma Services is also doing several FREE
Community Stop the Bleed classes

FREE-Stop the Bleed Class

Presented By

Stacie Bobeck MSN. RN, CEN, CPEN, TCRN, SANE-A
South Bend Memorial Trauma Educator and Outreach/Injury
Prevention Coordinator

Date: *May 24, 2021*

**Time: *2:00 - 3:00 pm OR 3:00 – 4:00pm OR
5:00 – 6:00pm OR 6:00 – 7:00pm***

**Location: *The Beacon Resource Center
4210 Lincoln Way West
South Bend, IN 46628***

Choose a time and register with Stacie Bobeck @
sbobeck@beaconhealthsystem.org

Recognition and Thank you

- National Trauma Survivors Day- May 19th
- National Trauma Awareness Month
- National Critical Care Month
- Oncology Nurses Month
- National Stop the Bleed day- May 20th
- Mother's Day-9th
- Nurses Day- 6th
- Nurses Week-May 6th-12th
- National Hospital Week- 9th-15th
- Memorial Day-May 31st



1. After insuring that the scene is safe, what are the 3 principles of stop the bleed?
 - a. Call 911, find the bleeding, and compress to stop the bleeding.
 - b. Call the hospital, keep clothes on person, and have person stand upright to stop the bleeding.
 - c. Call a friend to help, place a heavy object on the bleeding wound, and wait for help.
 - d. None of the above.
2. What are the three ways to compress a bleeding wound?
 - a. Apply downward direct pressure to the wound.
 - b. Firmly pack the wound.
 - c. Apply a tourniquet.
 - d. All the above.
3. True OR False A person can bleed to death in 2 – 5 minutes?

Answers at the end

TEAM WORK



Source: <https://tinyurl.com/fpv7zjfc>

Answers

1. A
2. D
3. True

References:

- CDC WISQARS, <https://www.cdc.gov/injury/wisqars/cost/index.html>. Retrieved 4/21/21
- MMWR, <https://www.cdc.gov/mmwr/volumes/65/wr/mm6503a10.htm>. Retrieved 4/21/21
- National safety Council, <https://injuryfacts.nsc.org/all-injuries/costs/societal-costs/>
Retrieved 4/21/21

Stop the Bleed photo's retrieved (April 19, 2021) from <https://www.stopthebleed.org/>

For questions or future submissions contact Stacie Bobeck MSN, RN, CEN, CPEN, TCRN, SANE-A, Beacon Trauma Educator and Outreach/Injury Prevention Coordinator at sbobeck@beaconhealthsystem.org