

# Trauma MedEd

Emphasis: Guidelines / Protocols    Subscribe: [www.TraumaMedEd.com](http://www.TraumaMedEd.com)

July 2016

## The Value Of Practice Guidelines / Protocols

This issue is dedicated to practice guidelines and trauma protocols. These days, all trauma centers have a number of protocols and/or practice guidelines. Most have implemented a massive transfusion protocol. Many have pain management or alcohol withdrawal or a number of others. But why do we need them? Can we show some benefit to using them?

I've looked at the literature, and unfortunately there's not a lot to go on. So here are my thoughts on the value of protocols and guidelines:

In my view, there are a number of reasons why protocols need to be developed for commonly encountered issues.

- They allow us to build in adherence to any published practice guidelines or literature.
- They help conserve resources by standardizing care orders and resource use.
- They reduce confusion. Nurses do not have to guess what cares are necessary based on the specific admitting surgeon.
- They reduce errors for the same reason. All patients receive a similar regimen, so potential errors are more easily recognized.
- They promote team building, particularly when the protocol components involve several different

## TRAUMA CALENDAR OF EVENTS

**AMERICAN ASSOCIATION FOR THE SURGERY OF TRAUMA**  
LOCATION: HILTON WAICUKA, HAWAII  
DATE: SEPTEMBER 28 – OCTOBER 3, 2016

**TRAUMA CENTER ASSOCIATION OF AMERICA**  
TRAUMA MEDICAL DIRECTOR COURSE  
LOCATION: HILTON ROCK HOTEL, SAN DIEGO, CALIFORNIA  
DATE: OCTOBER 6-7, 2016

services within the hospital.

- They teach a consistent, workable approach to our trainees. When they graduate, they are familiar with a single, evidence based approach that will work for them in their practice.

More than a decade ago, we implemented a solid organ injury protocol here at Regions Hospital. I had noted that there were large variations in simple things like time at bedrest, frequency of blood draws, how long the patient was kept without food and whether angiography should be considered. Once we implemented the protocol, patients were treated much more consistently and we found that costs were reduced by over \$1000 per patient. Since we treated over 200 of these patients per year at the time, the hospital saved quite a bit of money! And our blunt trauma radiographic imaging protocol has significantly reduced patient exposure to radiation.

Bottom line: Although the proof is not necessarily apparent in the literature, protocol development is important for trauma programs for the reasons outlined above. But don't develop them for their own sake. Identify common problems that can benefit from consistency. It will turn out to be a very positive exercise and reap the benefits listed above. And don't forget to review and update them from time to time. The data changes over time, so make sure you are up to date!

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- 5 TBI On Warfarin
- 6 SAM / Cerebral Contusion / Skull Fracture

# Pro Trauma Healing

**Anita C. Hart, Catherine A. Hopkins**



## **Pro Trauma Healing:**

**Healing Your Inner World** Crystal Kita Logan, *Healing Your Inner World A Schema Therapy Workbook for Borderline Personality Disorder Recovery Transform Your Life Through Proven Schema Therapy Techniques* Are you tired of just managing BPD symptoms instead of truly healing This groundbreaking workbook offers the first consumer friendly guide to schema therapy the revolutionary approach with 94% recovery rates that addresses root causes rather than just surface behaviors What Makes This Different Unlike traditional BPD treatments that focus on crisis management schema therapy heals the deep emotional wounds that drive your struggles This evidence based approach combines cognitive behavioral attachment and emotion focused techniques to create lasting personality changes not temporary symptom relief Inside This Comprehensive Workbook Discover Your Core Schemas Learn how five key patterns abandonment mistrust emotional deprivation defectiveness and insufficient self control shape your relationships and daily life Master Your Internal Modes Understand and transform your Vulnerable Child Angry Child Critical Parent and Detached Protector modes while building a strong Healthy Adult self Heal Emotional Wounds Use safe imagery rescripting and limited reparenting techniques to address childhood trauma and unmet needs Rewire Relationship Patterns Break free from schema chemistry that attracts harmful partners and learn to build secure lasting connections Transform Your Inner Critic Convert harsh self attack into compassionate self guidance through proven cognitive restructuring methods Build Daily Life Stability Apply schema awareness to work finances healthcare and routine management for sustainable success Integrate Multiple Therapies Seamlessly combine schema therapy with DBT skills mindfulness practices and medication management Navigate Setbacks with Resilience Develop relapse prevention plans and progress celebration techniques that support long term recovery What You ll Gain Deep understanding of your emotional patterns and their origins Practical tools for emotional regulation that actually work during crisis Healthy relationship skills that create lasting connections Self compassion practices that silence your inner critic Daily life management strategies that reduce chaos and increase stability Crisis intervention techniques for emergency situations Integration methods for combining various treatment approaches Perfect for Individuals diagnosed with BPD seeking deeper healing People who ve tried DBT but want to address underlying causes Mental health professionals looking for client resources Family members wanting to understand and support their loved ones Anyone struggling with emotional intensity relationship instability or self criticism Evidence Based and Practical Written by mental health professionals this workbook translates complex therapeutic concepts into accessible actionable exercises Each chapter includes real case examples step by step instructions and safety protocols to ensure effective secure healing Ready to Move Beyond Survival to True Recovery Join thousands who have discovered that BPD doesn t have to be a lifelong struggle With schema therapy s proven techniques you can heal the wounds that drive your symptoms and build the stable fulfilling life you deserve Start your transformation today your inner child has waited long enough for healing

**Sensory-Enhanced**

**Yoga® for Self-regulation and Trauma Healing** Carolyn Stoller, 2019-11-25 Lynn Stoller OT MS OTR C IAYT RYT500 E RYT200 and outstanding expert contributors skilfully synthesize theoretical concepts and research findings from the fields of occupational therapy trauma psychology neuroscience and traditional Eastern yogic philosophy to produce a Transdisciplinary Model for Post Traumatic Growth for healing symptoms of combat stress PTSD or other unresolved trauma or anxiety disorders The model is informed by the highly successful yoga treatment protocol used with U S military personnel deployed to Kirkuk Iraq which the author co developed Stoller et al 2012 and by her experiences teaching yoga to veterans in her local community Sensory Enhanced Yoga R is designed to help meet the following goals Decrease hypervigilance and overreaction to sensory input e g visual crowds touch noise movement Improve quality of sleep and energy level to support wellness and enhance daily productivity Decrease intrusive thoughts by learning to become present through breath and body awareness Enhance one's sense of self worth and personal empowerment Whether you are a therapist looking for effective treatment tools for your clients or are seeking healing for yourself this insightful book will provide you with effective strategies to help promote peace of mind and full engagement in life Lynn's website [www.sensoryenhancedyoga.org](http://www.sensoryenhancedyoga.org)

Trauma, Recovery, and Growth Stephen Joseph, P. Alex Linley, 2008-02-13 The latest theory and research on understanding posttraumatic stress and its treatment providing evidence based clinical interventions using techniques drawn from positive psychology It is known that exposure to stressful and traumatic events can have severe and chronic psychological consequences At the same time mindful of the suffering often caused by trauma there is also a growing body of evidence testifying to posttraumatic growth the positive psychological changes that can result for survivors of trauma Blending these two areas of research and exploring the relevance of positive psychology to trauma practice Trauma Recovery and Growth Positive Psychological Perspectives on Posttraumatic Stress provides clinicians with the resources they need to implement positive psychology interventions in their trauma treatment across a spectrum of therapeutic perspectives including cognitive behavioral psychodynamic humanistic existential and group therapies Featuring contributions by internationally renowned researchers and practitioners and edited by experts in the field of positive psychology who have worked with survivors of trauma in the facilitation of their resilience recovery and growth this timely book is divided into four parts Toward an Integrative Positive Psychology of Posttraumatic Experience Growth and Distress in Social Community and Interpersonal Contexts Clinical Approaches and Therapeutic Experiences of Managing Distress and Facilitating Growth Beyond the Stress Growth Distinction Issues at the Cutting Edge of Theory and Practice Trauma Recovery and Growth explores the role positive psychology can play in how clinical practitioners treat and work with survivors of stressful and traumatic events and offers an optimistic perspective in the treatment of those who suffer posttraumatic stress following devastating events such as terrorist attacks childhood sexual abuse cancer and war **EMDR** Francine Shapiro, Margot Silk Forrest, 2016-09-13 Discover the essential guide to Eye Movement Desensitization and Reprocessing therapy EMDR from its

pioneering creator Francine Shapiro Gain insights into how painful life experiences are physically stored in our brains and how EMDR therapy can bring relief Learn how EMDR techniques can be used to address trauma related conditions PTSD depression anxiety and other experience based disorders by exploring clinical case studies Understand why EMDR is hailed as the most important method to emerge in psychotherapy in decades EMDR is fundamental reading for practicing psychotherapists and anyone interested in understanding trauma healing processes and achieving better mental health

**Hope for the Afflicted** Jairo de Oliveira, 2023-06-29 There is a humanitarian disaster unfolding before our eyes a global tragedy that affects men women and children We are referring to the largest humanitarian crisis of our generation which has shaped our world and produced over 100 million people forcibly displaced globally Amid such a challenging scenario the global church is called to consider some unavoidable questions such as How can Christians respond to the current migration crisis What are some resources available to Christians to help them transform this tragic reality What are some strategic approaches for bringing hope to asylum seekers and refugees In this book Jairo de Oliveira deals with these and many other related questions based on his interactions with the Fur a Muslim people group from Darfur Sudan living as asylum seekers and refugees in Jordan in the Middle East After providing a thorough historical background and cultural analysis of Fur the author commends a contextualization model and fruitful practices that emerged from his study of the people Hope for the Afflicted serves as a manual and practical guide for those who feel called to engage the current migration crisis by proclaiming the hope of the gospel and discipling asylum seekers and refugees worldwide *Secondary Traumatic Stress and the Child Welfare Professional* Josephine G. Pryce, Kimberly K. Shackelford, David H. Pryce, 2007 Presents the tools to help child welfare practitioners and agency managers identify and provide practical and appropriate interventions

**Transactions** Southern Surgical and Gynecological Association, 1911 List of members in each vol **International Medical and Surgical Survey**, 1922 [Treatment of Scars from Burns and Trauma](#) Murad Alam, Jill Waibel, Nathan Uebelhoer, Kenneth A. Arndt, Jeffrey Dover, Matthias Donelan, John Kim, Rodney Chan, 2020-11-13 The definitive guide to safely and effectively treating scars and improving the quality of life for every patient From a team of pioneers in dermatology and laser medicine *Treatment of Scars from Burns and Trauma* provides the latest most innovative methods for treating scars It provides the essential information you need to know about how scarring occurs how it affects patients and how to design and implement the best possible treatment plan This unparalleled resource covers every angle of scar treatment First it explains the fundamentals including all the clinically relevant elements of wound care pain range of motion and patient selection along with treatment It then focuses on treatment both new and traditional techniques Finally it provides best practices for pain infection and ulceration management This unique text covers a broad range of topics and treatments including Basic science of scars Patient selection and counseling Dermabrasion Laser assisted drug delivery Fractional resurfacing Vascular lasers and lights Minimally invasive surgical techniques Treating Keloid and Hypertrophic scars Fat grafting Stem cell

transfer     ICD-9-CM Professional for Physicians, Volumes 1 & 2 Anita C. Hart, Catherine A. Hopkins, 2001

**Peacebuilding in Traumatized Societies** Barry Hart, 2008-02-26 This work examines trauma identity security education and development as issues of critical importance to peacebuilding and social reconstruction after large scale violence This violence takes the form of war mass killings and genocide as well as structural violence that has humiliated and impoverished millions of people across the globe Transitional justice leadership religion and the arts are other crucial issues that are included in this analysis of violence and its transformation The book explores how each issue can be independently addressed for transformational purposes but argues for their active interdependence in order to more effectively help individuals communities and societies emerge from violence and begin the rebuilding process Peacebuilding for Traumatized Societies examines these issues in theoretical and practical terms through case studies and descriptions of training and problem solving procedures in Rwanda the Balkans Colombia and the Philippines

**Counselling and Psychotherapy of Victims of Organised Violence in Sociocultural Context** Karl Peltzer, 1996     *Transactions of the Southern Surgical and Gynecological Association* Southern Surgical and Gynecological Association (U.S.), 1911     **New Clinical Therapeutics** Alfred Careño Croftan, 1912

**Cognitive-Behavioral Treatment for Adult Survivors of Childhood Trauma** Mervin R. Smucker, Constance V. Dancu, 1999-06-01 The increasing frequency with which issues of childhood sexual abuse come up in therapy highlights the need for an effective short term treatment for these patients Imagery rescripting and reprocessing therapy the treatment program described in this book is an information processing schema focused model in which the recurring traumatic abuse memories are treated with a combination of prolonged imaginal exposure and imaginal rescripting With the use of both imagery and verbal interventions to activate the entire fear memory and to identify challenge modify and reprocess the recurring traumatic imagery and abuse related beliefs a more adaptive schema is created The authors comprehensively describe this treatment program offering step by step procedures for each session Models of all verbal instructions and written materials given to the patient are included for easy use or adaptation Three treatment formats are demonstrated with detailed extended excerpts from actual sessions This readable and informative book is a significant advance in the treatment of post traumatic stress syndrome resulting from early childhood abuse     *Medical 911* , 1994

**Injury Prevention** National Committee for Injury Prevention and Control (U.S.), 1989 Injury is one of the most overlooked major health problems facing the United States today killing more than 142 000 annually and causing 62 million more to require medical attention This up to date volume focuses on the techniques needed to identify particular injury problems helping readers to take the proper preventive action and monitor the results of intervention     *Report of Decisions of the Industrial Accident Board and Industrial Accident Commission of the State of California* California. Industrial Accident Commission, 1923     **The Lancet-clinic** , 1915     **Lancet-clinic** , 1915

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