

UC San Diego Health

Trauma Injury Prevention Program

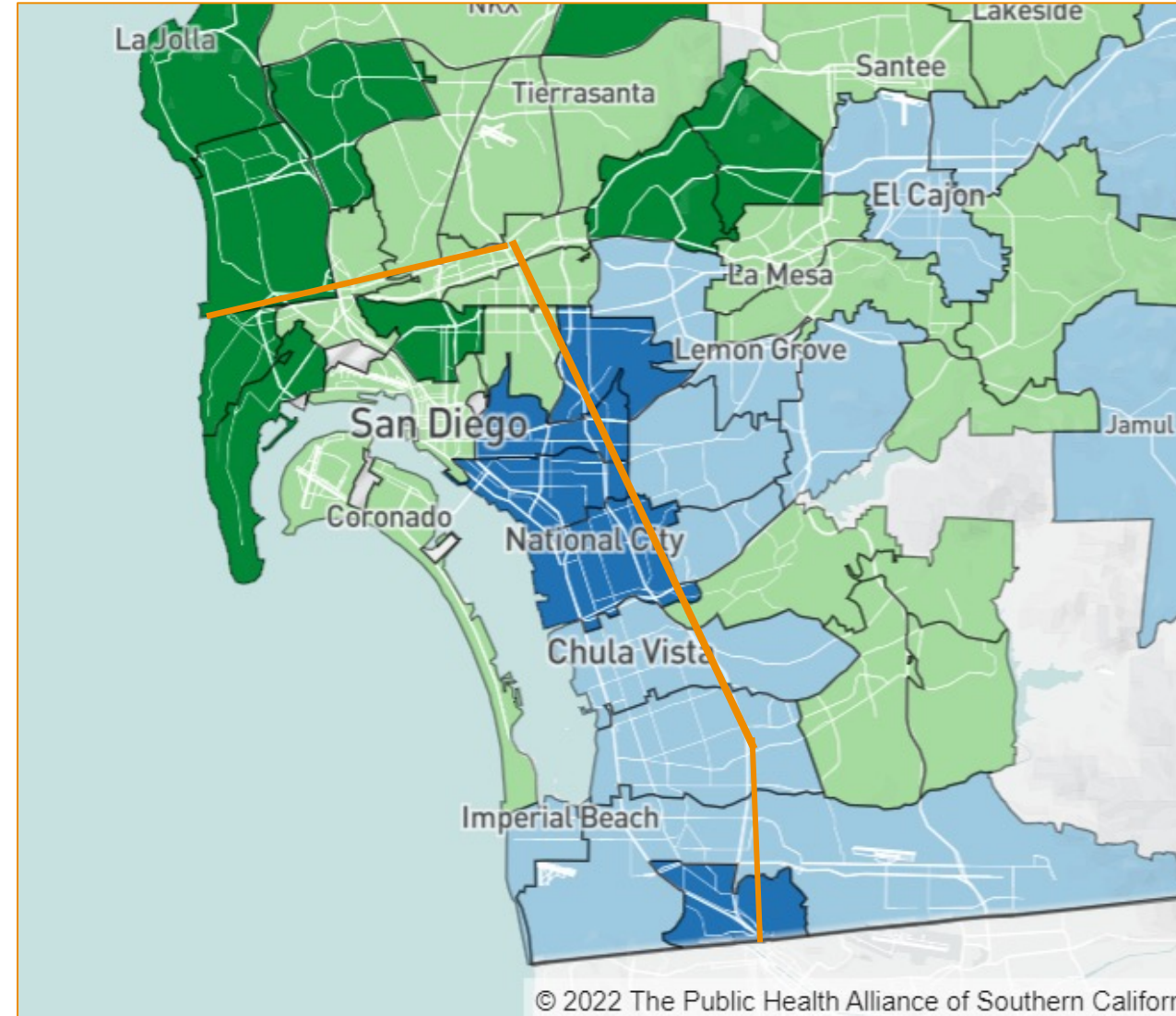
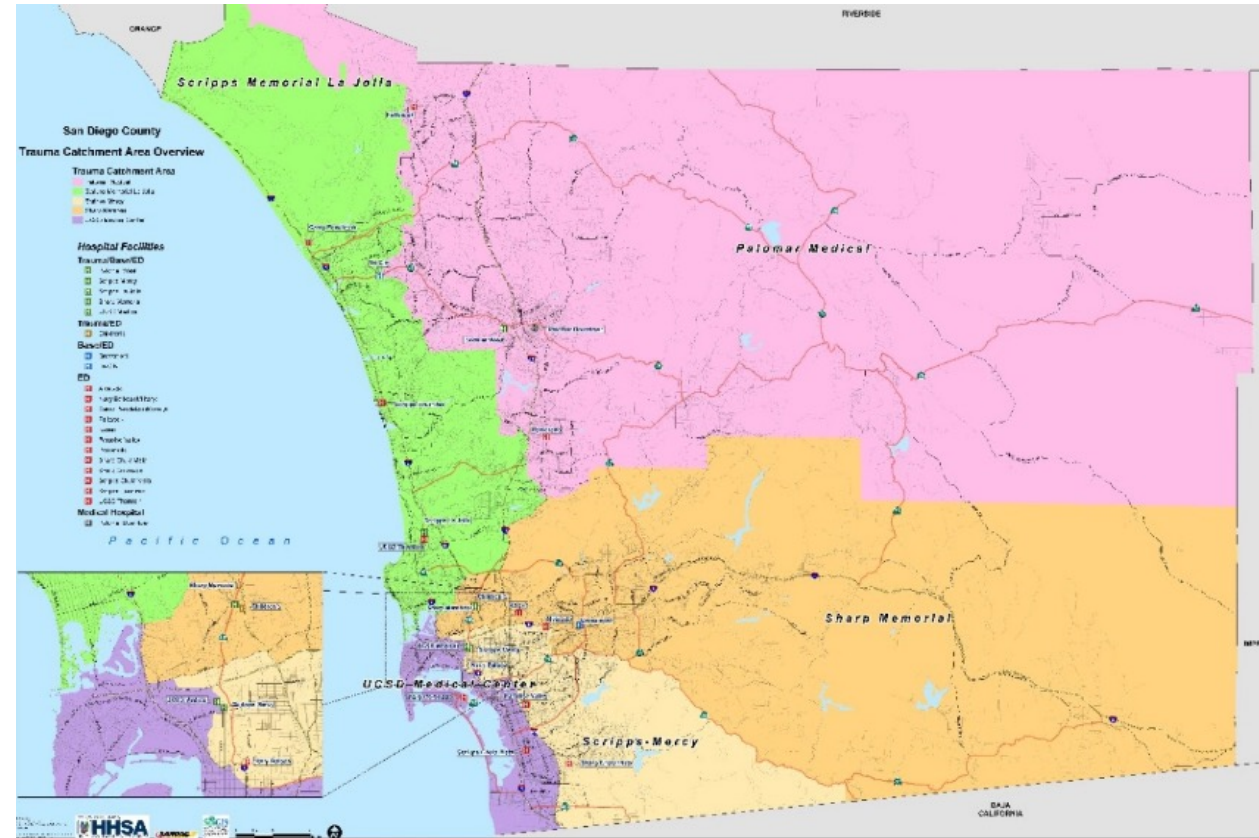
Misti Rodriguez-Gyamfi (she/her)

Trauma Injury Prevention Coordinator &
Trauma Survivors Network Coordinator

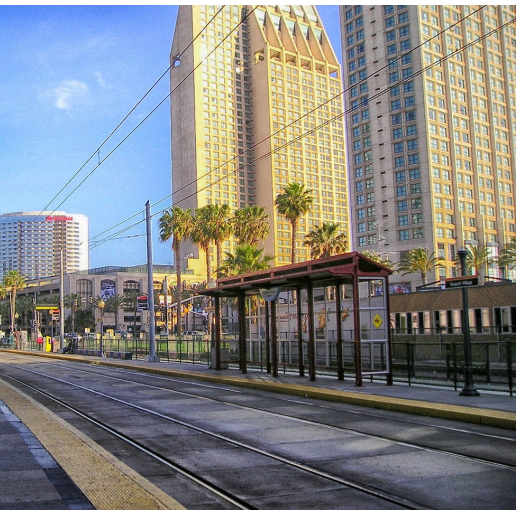
Wednesday, April 10, 2024



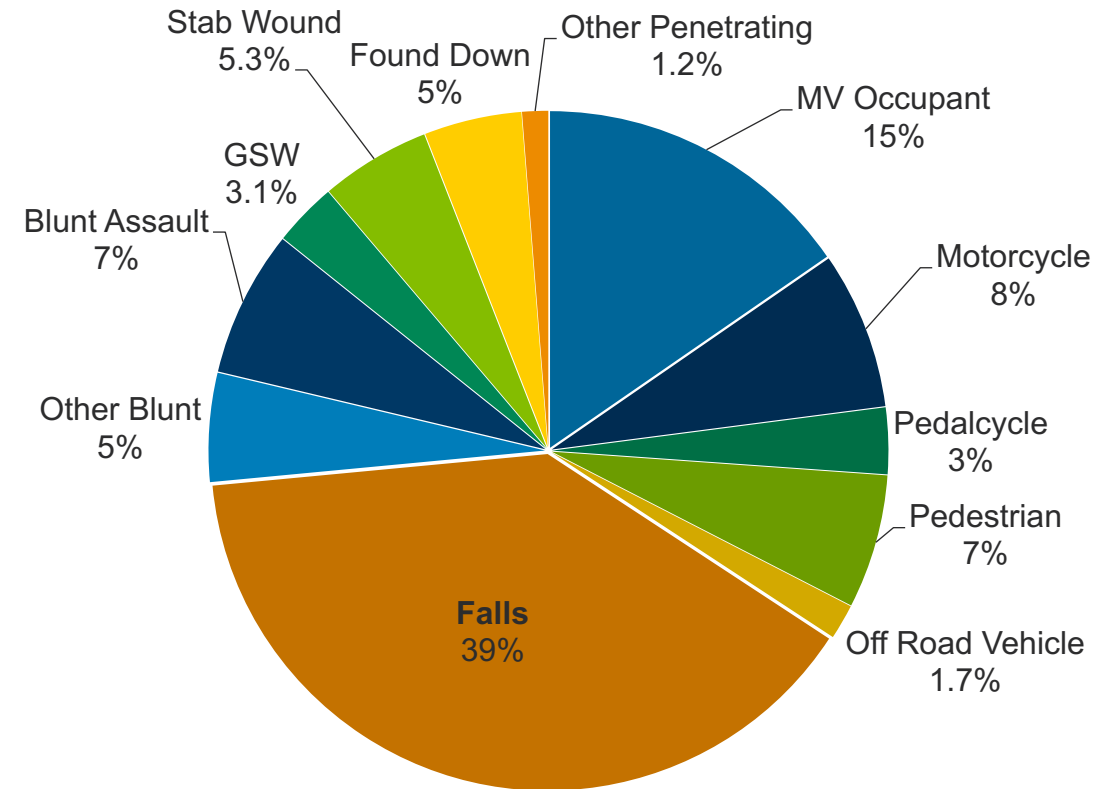
San Diego Trauma System Overview



Traumatic Injury in our Catchment



Mechanism of Injury 2022



N=3,204

The Preventionist Perspective

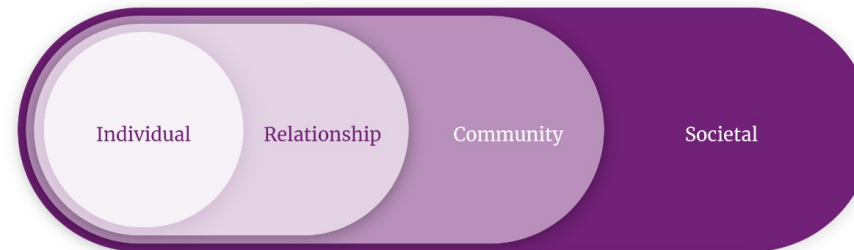
Most traumatic injuries are preventable.

Primary prevention strategies intervene before an unwanted health outcome occurs.

Secondary level strategies focus on higher risk groups for the unwanted health outcome.

Tertiary strategies seek to manage, slow or stop the health outcome.

How can we enhance protective factors and mitigate or reduce risk factors?



Trauma Injury Prevention Program

Programming for the prevention of the top 3 mechanisms of traumatic injury...







Falls Prevention

- Evidence-based fall prevention curricula for older adults:
 - A Matter of Balance
 - Bingocize®
- Injury prevention rounding for older adult patients returning home
- Participation with the San Diego Fall Prevention Task Force



Motor Vehicle Injury Prevention

- TREDS Prevention Education:
 -  Higher Education: Driving High is DUI
 -  Just Drive: Take Action Against Distraction
 -  Drive Safer Drive Longer
 -  TREDwise

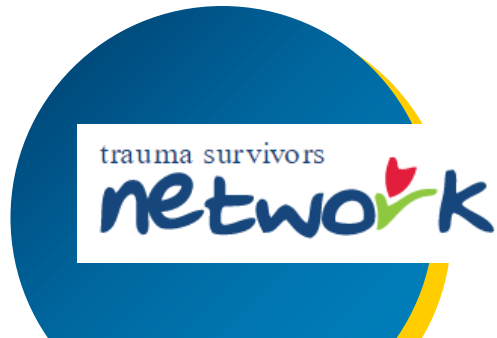


Interpersonal Violence Prevention and Intervention

- Community Resiliency Model® for primary prevention
- Connecting patients to local violence interruption services
 - CalVIP grant recipients for City of San Diego
 - UCSD School of Public Health program: PROS Curriculum
- Development of a hospital-based violence intervention program

Trauma Injury Prevention Program

Additional Programming



Trauma Survivors Network

- UCSD is an affiliated hospital since 2022
- Patient & Family Handbook, Peer-to-peer support, monthly support groups
- Goal of providing structure for a stable recovery.
 - Builds supportive connections and offers free resources for survivors as they rebuild their lives after a serious injury.



Stop the Bleed®

- Lecture and skills practice on simple but life-saving techniques for controlling bleeding:
 - How to use your hands to apply pressure to a wound
 - How to pack a wound to control bleeding
 - How to apply a tourniquet
- <https://www.stopthebleed.org/>



Community Resiliency Model®

- Evidence-based practice for alleviating physical symptoms of stress and trauma
- Teaches simple wellness tools
- Explains how trauma and stress impact the body
- Customizable for all ages
- www.traumaresourceinstitute.com

Trauma Survivors Network Program

- Strengths:
 - Dedicated survivor champions
 - Internal support & buy-in
 - Knowledge of peer support programming, experience with trauma-informed service provision
 - In-patient rounding
- Moving toward:
 - Peer Support Groups with attendees!
 - Regular outreach through TSN pamphlet mailing
 - Peer to Peer Program
 - Snack & Chat rotation



Growing Prevention Work with Community

Connection – Participation – Support

Community Work

- **Taskforce/Coalition Participation**
 - San Diego Fall Prevention Taskforce & Speakers Bureau
 - Border Fall Collaborative Meetings
 - Safe Kids San Diego
 - San Diego Unified Wellness Council
 - Vision Zero, SUOPT, LiveWell Leadership Teams, Families for Safer Streets, etc.
- **Building Partnerships for Programming**
 - San Diego Unified
 - Senior Residences & Non-profit service providers
 - Library, Parks & Rec, Co. AIS Staff
 - Providing training for violence prevention professionals
- **Community Education & Outreach**
 - Local Conferences
 - Community-facing trainings and outreach events

UC San Diego Health Patient & System Facing Work

- **Committee Participation**
 - HT/DV/SA Committee
 - Patient Education Advisory Council
 - Social Justice Forum
- **Connection & Community Building**
 - Key collaborators help with connections, systems navigation, and program promotion: Volunteer Services, Rehab, Patient Educ/nursing EDR staff, Cardiac Rehab
 - Limb Loss Peer Support program development
- **Training & Supporting other Staff**
 - Nursing Grand Rounds
 - Nursing conferences
 - Nursing projects
 - Med School students
 - Encouraging and inviting collaboration



Growing Prevention Work with Community

Connection – Participation – Support



- Who is currently serving the community I want to reach?
- Which collaborators are invested, engaged, ready to act?
- Where am I experiencing the most forward movement?



Growing Prevention Work with Community

Connection – Participation – Support



- Listening, learning & asking questions
- Following the flow of the work
- Contributing and leading with my strengths



Growing Prevention Work with Community

Connection – Participation – Support



- Recurring blocks of focus time
- Batching tasks – rounding
- Valuing one-on-one connections

		Hybrid Division Meeting: In Pr			
					Angie's Birthday
CRM for SL Didacus 4-5	MV/Ped Block	Update tracking doc	TSN block	Prep for Bingocize	Falls Block
Bingocize Prep	Data Review Hold				Social Media hold time
TSN Regional Calls - West Sites Zoom Katherine Joseph		Bingocize - Silvercrest & UCSDH Rodriguez-Gyamfi, Misti	Reading block		Bingocize - Silvercrest & UCSDH Rodriguez-Gyamfi, Misti
IP Rounding		Data for Injury Prevention meet https://uhealth.zoom.us/j/61211 Rodriguez-Gyamfi, Misti			IP Rounding
	IP Rounding	AMOB			Strat Planning
Catch up: msg & Mtg. To Do	Catch up: msg & Mtg. To Do	Catch up: msg & Mtg. To Do	Catch up: msg & Mtg. To Do		Chk Forms & Share #PROS col
					Catch up: msg & Mtg. To Do

Rounding Today:

- Fall interventional education
- Violence interruption services
- Trauma Survivors Network outreach

Growing Prevention Work with Community

Connection – Participation – Support



- Consider how you're building capacity
- Invest time now in things that will make your work easier and more streamlined later
- Value people and demonstrate appreciation and commitment
- Don't make it hard



“If you don't think you can do this – you're not realizing how simple it is.” - Bob Ross

Thank you!

Questions, comments, ideas, please reach out!

Misti Rodriguez-Gyamfi - mrodriguezgyamfi@health.ucsd.edu





Reading Hospital

TOWER HEALTH

Advancing Health. Transforming Lives.

Reading Hospital

The Trauma Injury Prevention and Outreach Program at Reading Hospital Trauma Center applies evidence-based approaches to reduce and prevent injuries to children and adults, through partnerships and in collaboration with the community and other public safety agencies to share expertise and advocate for policies to help prevent injuries.

Injury Prevention

My Role

- Injury Prevention Outreach Coordinator
- BSW
- Previously not clinical or inpatient
- 4 years

Initiatives

- Stop the Bleed
- Fall Prevention
- Hospital-Based Violence Intervention Program
- Other (bike, pedestrian, dog bites, etc.)
- Trauma Survivor Network

TSN Program Offered



Create relationships



Be Visible



Marketing

Yearly Event

- Meeting with staff

Social work, Chaplin's, Rehabilitation hospitals, Nursing, EMS outreach, Physical Therapy , Volunteer Services, Media Services, Reading Hospital Foundation etc.



Jennifer Barney

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484-628-9890



Reading Hospital

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Managing Dual Roles

- Melanie Bradshaw, BA, MSN, RN

- March 28, 2024

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About Me

Dual Roles

- Former ER nurse, high school teaching, marketing professional
- Level II Trauma Center 25 miles north of Houston, TX
 - We have a Level I adult and pedi trauma center within our system
- Been in this role for 3 years
- Injury Prevention Coordinator (20%)
- Trauma Survivorship Coordinator (80%)
- Leadership and their view of your role

Prioritization

Prioritization

- **Injury Prevention**

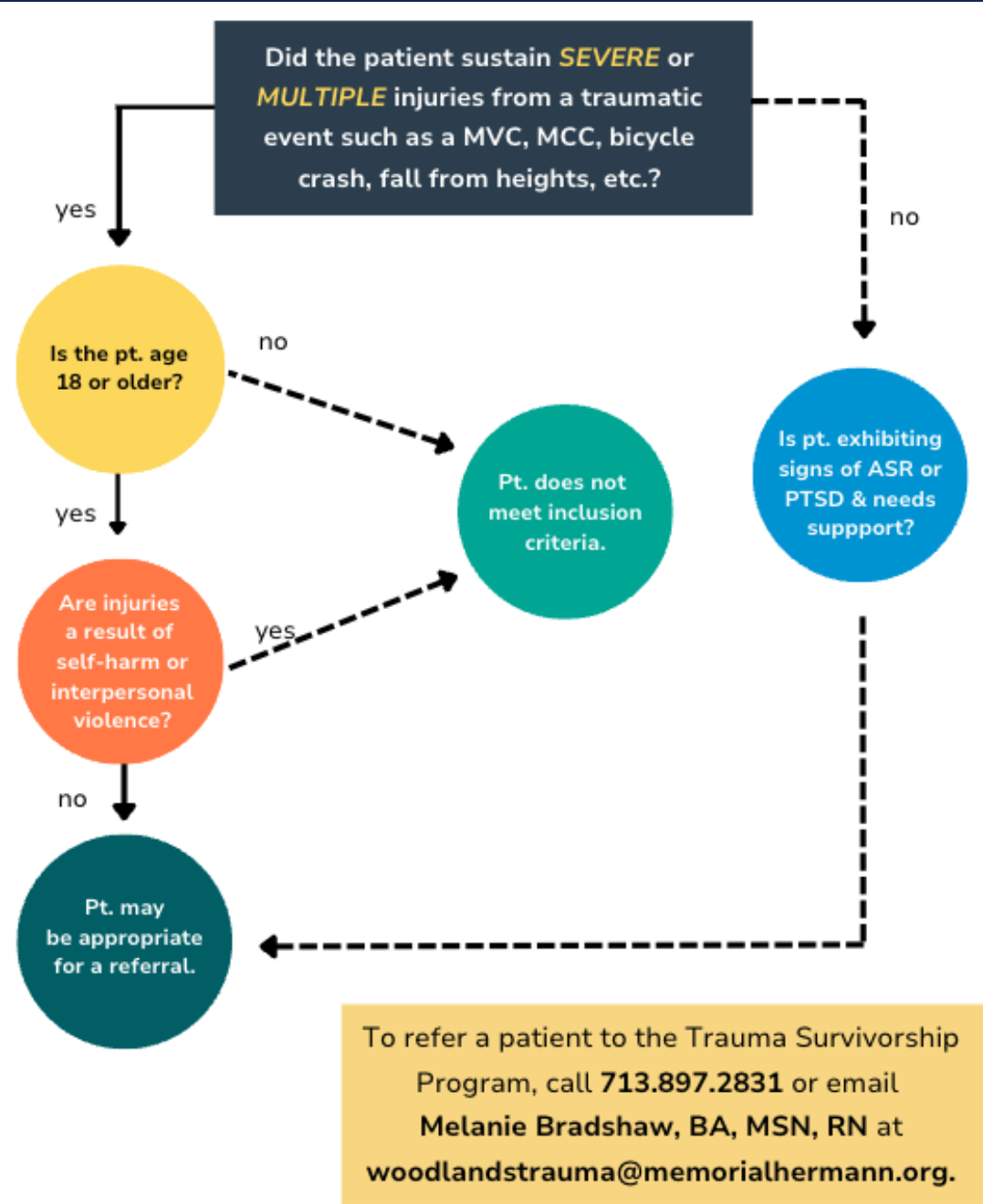
- Fall Prevention Program (Top Mechanism)
 - One day a week for 1 hour
- Stop The Bleed
 - 4-6 classes per year
 - All trauma staff
- Local events
 - ~8 per year
- Local Presentations
 - ~4 per year

- **Working With Survivors**

- Round 1-2 days a week
- See approximately 4-10 pt. per month
- Use a flow chart to determine bedside visits
 - Started in June 2023
 - Have served 60 survivors since

Prioritization

- **Bedside Rounding**
 - How I prioritize who I round on
 - One day a week for 1 hour



To refer a patient to the Trauma Survivorship Program, call 713.897.2831 or email [Melanie Bradshaw, BA, MSN, RN at woodlandstrauma@memorialhermann.org](mailto:melaniebradshaw@memorialhermann.org).

Our Trauma Survivorship Program

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Trauma Survivorship Program

• Four Core Components

- Peer Support Group
 - Started caregiver group in January
- Assist with Peer Connection
- Send out Monthly Newsletter
 - Goes out on 1st of month
 - 1-2 articles
 - Upcoming events
- Email with “toolbox” of resources
 - Custom tailored to each survivor/caregiver
 - Local and National Resources



Peer-to-Peer Support Group

Once a month

Join from anywhere

Virtual via Zoom



Peer-to-Peer Survivor Connection

Chat one-on-one

Via Phone, Text, or Email

Nationwide network



Monthly Survivor Newsletter

Delivered via email

Timely education and links

Upcoming Events



Personal Support

Check-ins via phone or email

Assistance in finding resources

Facilitate peer-to-peer connections

Trauma Survivorship Program

• Of Note

- Trial and Error
- Bedside visits have been key
- Support group launch along with newsletter
- Multidisciplinary approach
 - Social Work/Case Management
 - Chaplaincy
 - Clinical Staff
 - Medical Staff
 - Rehab Staff



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Facilitate peer-to-peer connections

Support Group

Trauma Survivorship Program

• Support Group

- You just have to do it, fear or not!
- #1 Most Helpful Resource
- Easier than you think
- 13 months and going
- It's about RELATIONSHIPS



Peer-to-Peer Support Group

Once a month

Join from anywhere

Virtual via Zoom



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Final Thoughts

Final Thoughts

- Start small, dream big
- Time management!!!
- Focus on the grey book
- Where can you make the biggest impact?



Thank You

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