



THE RAVEN

December 2018

TRAUMA TRUST QUARTERLY



Our best care. Your best health.™



TRAUMA TRUST LLC.
OUTREACH

TACOMA TRAUMA CONFERENCE 2018

Do you have a topic,
education, or
information to share?

Send to:

julierabeau@traumatrust.org

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Trauma affects EVERYONE. It is the leading cause of years of life lost, exceeding cancer and heart disease combined. Medical advancements and public health efforts have made an impact on this challenging problem, but injuries still remain the greatest silent epidemic of modern society. The goal of the 12th annual Tacoma Trauma Conference was to deliver the most current information on trauma care and its management to all healthcare professionals working to combat this major health problem. The conference was held November 9th, 2018 at the Greater Tacoma Conference Center with over 350 attendees. Physicians, nurses, and prehospital personnel from throughout Washington attended the one-day conference that brought local and national experts in pediatric and adult trauma care. Sessions included Dr. Ali Salim who spoke on *Lessons Learned from the Boston Bombing*; Trauma Trust physician Dr. Jennifer Hubbard on *Acute Management of Rib Fractures*, Dr. Vicki Sakata on *Pediatric Disaster Preparedness*, and Dr. Paul Inouye on *Crush Injury for the Nurse*. There were three *Active Shooter Simulations* by the Andersen Simulation Center. This conference was organized under the leadership of the Trauma Trust, Tacoma General Hospital, and St. Joseph Medical Center, with local Fire Departments, Air Medical, Trauma Centers, Military, and Rehabilitation Hospitals actively planning the conference which led to its success. Sponsors who included; North American Rescue, Airlift Northwest, California Casualty, Zoll, and KCI were well received by the attendees.

Save the date for the 2019 Tacoma Trauma Conference on November 8, 2019!

Motor Vehicle-Related Injuries

During the holidays, it is important to remember that motor vehicle crashes are the second leading cause of unintentional injury, the leading cause of major trauma, and death in Washington State. Motor vehicle injuries are largely preventable, and are mainly due to human behavior rather than poor road design, vehicle issues, or weather.

LEADING CAUSES FOR FATAL CRASHES

The leading factor cited in fatal crashes in Washington State is impairment, which includes alcohol, illicit drugs, and prescription and over-the-counter medications.

HOLIDAY SAFETY TIPS

- Have a plan for getting home ready in advance. Either program the number of a cab company into your phone or arrange a ride from a friend or sober designated driver within your group.
- Know your limit. Whether you're driving or not, you should keep tabs on how much you're consuming.
- Never convince yourself that driving is the only way; it's not. You can almost always hail a cab, call a friend, or take the bus.
- Offer plenty of non-alcoholic drinks. While many guests may want to enjoy the holidays with an alcoholic drink, offer non-alcoholic drinks as an option.

DURING THE HOLIDAYS
2-3 TIMES MORE PEOPLE DIE IN ALCOHOL-RELATED CRASHES
&
40% OF TRAFFIC FATALITIES INVOLVE A DRIVER WHO IS IMPAIRED BY ALCOHOL

Source: National Highway Traffic Safety Administration, Traffic Safety Facts, December 2007.



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“However simple, knowledge and immediate action of a bystander can mean life or death for a victim, with little or no medical training, you can become a Lifesaver.”

-BleedingControl.org-

ATTEND A FREE



CLASS!

EMAIL FOR
CLASS
AVAILABILITY



Meet the New Members of Trauma Trust Team

- **Dr. Veronica Bustillo-Aruca** graduated Magna Cum Laude from the University of Puerto Rico and went on to obtain her medical degree from the University of Maryland in Baltimore. She then completed a general surgery residency with the Christiana Care Health System program in Newark, DE which was followed by a surgical critical care fellowship at the Christiana Care Hospital System in Wilmington, DE. Prior to joining the Tacoma Trauma Trust. Dr Bustillo-Aruca worked as a trauma and acute care surgeon in Las Vegas, NV.
- **Dr. John Lam** obtained his medical degree from the Loma Linda University School of Medicine, in Loma Linda, California. He completed his General Surgery residency at the Wayne State University / Detroit Medical Center in Detroit, Michigan and has since practiced as a trauma and acute care general surgeon in several major hospitals in California, including the Kaiser Permanente Hospital in Vacaville and Enloe Medical Center in Chico. Dr lam is certified by the American Board of Surgery and is also an active ATLS and Bleeding Control instructor.
- **Dr. Jamison Nielsen** obtained his undergraduate degree in zoology from the University of Washington in Seattle. He obtained his medical degree from the Kansas City University of Medicine and Biosciences and completed his general surgery residency at the Tripler Army Medical Center in Honolulu, Hawaii. A Surgical Critical Care fellowship was then obtained at the Oregon Health & Science University in Portland, OR. Dr Nielsen most recently completed a surgery preceptorship at the US Army Institute of Surgical Research in San Antonio, TX. He also obtained an MBA degree from the Rockhurst University Helzberg School of Management in Kansas City, MO. Dr. Nielsen has distinguished himself with multiple military awards, including the Meritorious Service Medal and the Bronze Star Medal for his military service in the Middle East, to where he has been deployed as a trauma surgeon on multiple occasions.
- **Jody Veatch-Jain, PA-C** obtained her Physician Assistant certification at Red Rocks Community College and her Masters in Science for Clinical Leadership for PA's at Regis University in Denver, Colorado. Jody moved to the Pacific Northwest in 2013 where she worked for Franciscan Surgical Associates on Gig Harbor before joining the Trauma Trust in 2017. Jody also works as a surgical first assist, with extensive experience in General surgery, minimally invasive robotic surgery, colorectal, orthopedic, and GYN surgery.
- **Julie Rabeau RN,EMSRN** is the new Education/Outreach/ Injury Prevention Coordinator. Julie moved from Anchorage, Alaska where she was the Alaska Trauma Program Manager. She worked as a Charge Nurse at Trauma Resuscitation at UMC Las Vegas, for 15 years prior to her move to Alaska. Julie worked at other Level I trauma centers in Arizona during her 32 year nursing career.

HAVE HAPPY AND SAFE HOLIDAYS FROM TRAUMA TRUST!

Trauma Certified Registered Nurse (TCRN)

Certification for the trauma nurse is finally available. The Board of Certification for Emergency Nursing has developed the Trauma Certified Registered Nurse (TCRN) certification. The TCRN is the first national certification for trauma nurses. The certification demonstrates dedication and expertise across the continuum of care, from injury prevention until the patient achieves reintegration to home.

Nurses desiring to take the TCRN certification exam should have about 1,000 hours per year of trauma nursing practice. The nurse is not required to work in an emergency department and may practice in such diverse areas such as an intensive care unit, as a flight nurse, or in a military field hospital.

For further details, go to: <https://bcen.org/TCRN/>



UPCOMING TRAUMA EDUCATIONAL OPPORTUNITIES

Trauma Grand Rounds

12-21-18 @ 1130AM-12:30pm

Dr. David Patterson presenting
Surgical Exposure in Trauma
St. Joseph Med Ctr.
Lagerquist Conference Room

Stop the Bleed Courses

Trauma Trust:

North Thurston County School District
December 7, 2018, 12:30-3:30p

Harborview Medical Center

Research Z& Training Building
Saturday, December 8, 2018
8:00am-10:00am
10:00Am-Noon

ATLS

Harborview Medical Center

1/25/19-1/26/19
Maria Paulsen RN, BSN
mruoff@uw.edu

Providence Sacred Heart Med Ctr./Spokane

1/30/19-1/31/19
Denise McCurdy RN, BSN
509-474-4924
Denise.mccurdy@providence.org

Tacoma General Hospital

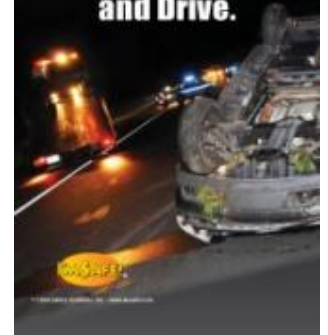
5/3/19-5/4/20
Heather Pounds RN,BSN, CEN
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**Give your friends
the gift of being here
this holiday season.**



**Don't Drink
and Drive.**

**Don't Text
and Drive.**



**WE'RE ON THE WEB
TRAUMATRUST.ORG**



**Trauma Trust
Mission**

To provide expert comprehensive care in Trauma, Emergency General Surgery and Surgical Critical Care in the South Puget Sound and the West Region.



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**For Trauma
Transfers and
Consults,
call the transfer
center to be
connected with the
on-call surgeon:
(253) 792-6531.**

OLDER ADULT FALLS

Falls are a growing health problem for older adults, and there are many myths about falling. The most important message we can share with our communities is that falls are preventable.

Falls in Washington State:

- One in three Washington residents over age 65 fall each year
- Falls and fall-related injuries account for more than half of all injury-related deaths of adults aged 65+ in Washington State, and 70% of all injury-related deaths for adults aged 85+
- From 2010-2015, Washington State was in the top 30% of the country for fall-related death rates in adults 65+
- The total number of deaths from falls and fall-related injuries has more than doubled in the last 15 years, from 393 in 2000 to over 887 in 2016
- In 2016 there were 19,060 hospitalizations for falls among adults age 65+, and 887 deaths from falls
- 25% of all fall-related hospitalizations for adults age 65+ are for people with a diagnosis of dementia
- The cost of health care and rehabilitation can be financially debilitating for an individual, as well as a community. Although costs are not available for Washington State specifically, in 2015, direct medical costs for falls in the U.S.—what patients and insurance companies pay - totaled \$50 billion (CDC).
- One in three older adults in Washington State falls each year. Falls can cause moderate to severe injuries, such as hip fractures and head injuries, and can increase the risk of early death. Fortunately, falls are a public health problem that are largely preventable.
- *Washington's 65+ population will grow 42% by 2025*
- Washington' population is aging. In 2014, the population of Washington residents age 65 and older totaled 989,124; that number is projected to reach 1.4 million by 2025.

Community Strategies to Reduce Falls

- Fitness
- Provide education to older adults on risk factors and fall prevention strategies, in combination with exercise programs and assessments.
- Increase the availability of low cost, accessible exercise programs tailored for older adults.
- Medication Management
- Encourage older adults to identify an individual health care professional to help them manage their medications.
- Educate and encourage health care providers to review medications.
- Home Safety
- Expand and enhance the delivery system for home modifications, home safety and related safety services.
- Provide caregivers and family members with guidance on how to discuss the need for home modification and where to locate resources.
- Health Care
- Use the Medicaid Annual Wellness Visit as a pathway to wellness; encourage practitioners to screen, assess and intervene to reduce a patient's fall risk.
- Increase multi-factorial fall risk assessment and management programs that include tailored follow-up interventions for older adults at high risk for falls.

What YOU can do to prevent falls

- Talk to your doctor
- Ask for a fall risk assessment. Share your history of recent falls.
- Exercise to improve your strength and balance
- Find a program you like and take a friend
- Review your medicines with your doctor or pharmacist
- Make sure side effects aren't increasing your risk of falling.
- Get your vision and hearing checked annually.
- Poor vision can increase your chances of falling.
- Keep your home safe
- Remove tripping hazards, increase lighting, and install grab bars in key areas.

For more information:

Older Adult Falls Prevention Specialist
Washington State Department of Health 360-236-2861

Trauma Trust Injury Prevention
julierabeau@traumatrust.org
253-403-8667



Falls Free®

Pierce County Fall Prevention Coalition