Caring for Patients Diagnosed with Concussions at an Urban Level 1 Trauma Children’s Hospital; Development and Implementation of a Standard of Care

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PURPOSE

• Identify a baseline knowledge level of pediatric nurses' related to current best practices of concussion care
• Develop and implement a “Concussion Standard of Care”
PILOT STUDY

• Pre-Presentation Survey
• Neurosurgeon Concussion Presentation
• Post-Presentation Survey
RESULTS

• Identified need for a comprehensive “Concussion Standard of Care”
INTERPROFESSIONAL TEAM

• Clinical Care nurse led team!
• Nursing
• Physicians
• Non-Nursing
CONCUSSION STANDARD DEVELOPMENT

- Blank Slate
- Evidence Based Practice
- “Algorithm for Cognitive Rest”
- “Recovering from a Concussion” Discharge Instructions
STANDARD OF CARE

• Inclusion/Exclusion Criteria
• Target Users
• Patient Evaluation – Admitted
• Cognitive/Brain Rest
COGNITIVE/BRAIN REST

• Complete or Modified:
  • Physical Activities
  • School Work/Homework
  • Visitor Restrictions
COGNITIVE/BRAIN REST (continued)

- Computer Use
- Television
- Video/Hand Held Games
- Text Messaging/Social Media
INTERVENTIONS

- Treat pain and symptoms with medication
- Reinforce/educate patient and caregivers about cognitive rest
- Notify physician of changes in patient condition
DISCHARGE

• Review “Recovering From a Concussion” discharge instruction sheet
• Document teachback, interventions and responses in patients’ medical record
IMPLEMENTATION

• Target User Education
• View on-line .EDU Site Lecture Presentation
• Review “Concussion Standard of Care”
• “Algorithm for Cognitive Rest”
• “Recovering From a Concussion” Discharge Sheet
REFERENCES


