


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”
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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



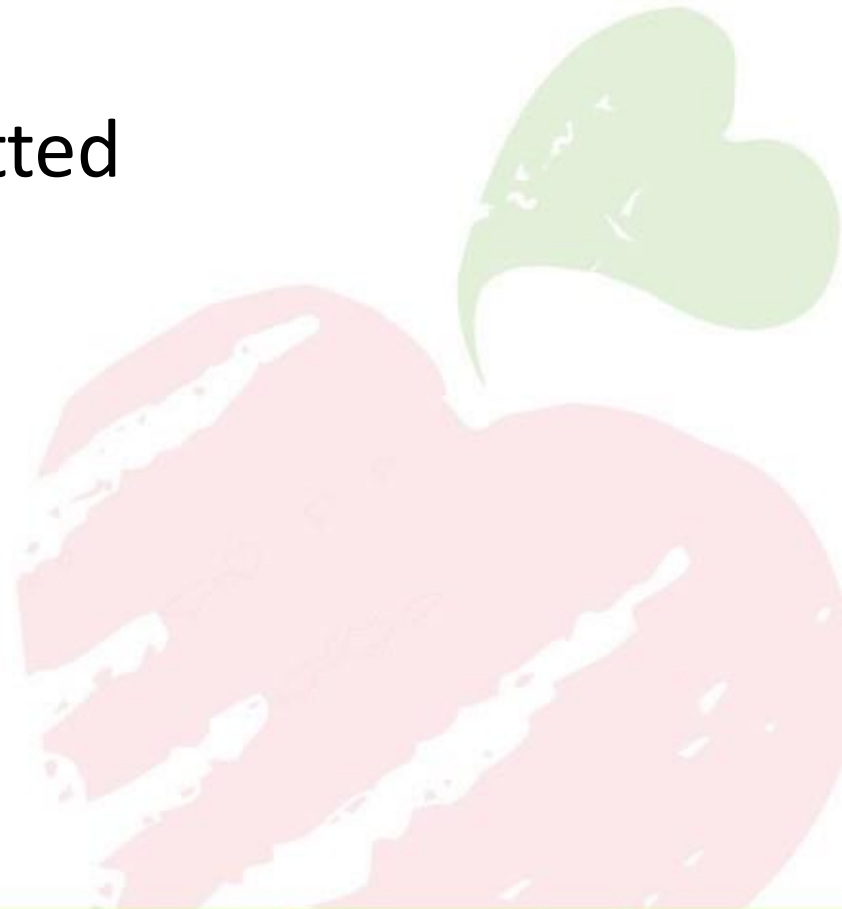
CONCUSSION STANDARD DEVELOPMENT

- 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

- Centers for Disease Control and Prevention (CDC).(March 2010). National Center for Injury Prevention and Control. Concussion/signs _symptoms. Atlanta (Ga): Center for Disease Control and Prevention; Available at www.cdc.gov/concussions/signs_symptoms.html
- Gioia, Ga.(2012). Pediatric Assessment and Management of Concussions. *Pediatric Annals*,41(5), 198-203.
- Halstead, ME.,& Walters KD and The Council on Sports Medicine and Fitness (2010). Clinical Report-Sport-Related Concussion in Children and Adolescents. *Pediatrics*,597-615. doi:10.1542/peds.2010-2005.

