

SCREENING FOR ACUTE STRESS REACTIONS IN PEDIATRIC TRAUMA PATIENTS

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INTRODUCTION

- Pediatric trauma patients can develop acute stress reactions (ASR) following a traumatic event
- ASR may include the following:
 - Flashbacks, nightmares, difficulty sleeping, concentration problems, defiant behaviors
- Untreated can develop into post traumatic stress disorder (PTSD) or additional mental health disorders

PROBLEM:

- Chart review from 3/1/21-6/30/21 revealed 52.6% of admitted trauma patients received a screening for ASR
- Arkansas Children's benchmark is 80% for assessing all trauma patients for ASR
- RNs lacked understanding of the screening tool
- RNs lacked knowledge regarding the screening tool and ASR
- No formal education implemented to the nursing staff

TEAM MEMBERS:

- Psychiatric Mental Health Nurse Practitioner
- Trauma Program Director
- Program Developmental Specialist
- Surgeon-In-Chief for Department of Pediatrics

AIM:

- To increase knowledge of the STEPP tool and ASR among RNs after implementation of an educational module from 7% achieving a score of 90 or greater pre-quiz to 60% achieving a score of 90 or greater post-quiz over a 6-week period.

PRACTICE SETTING:

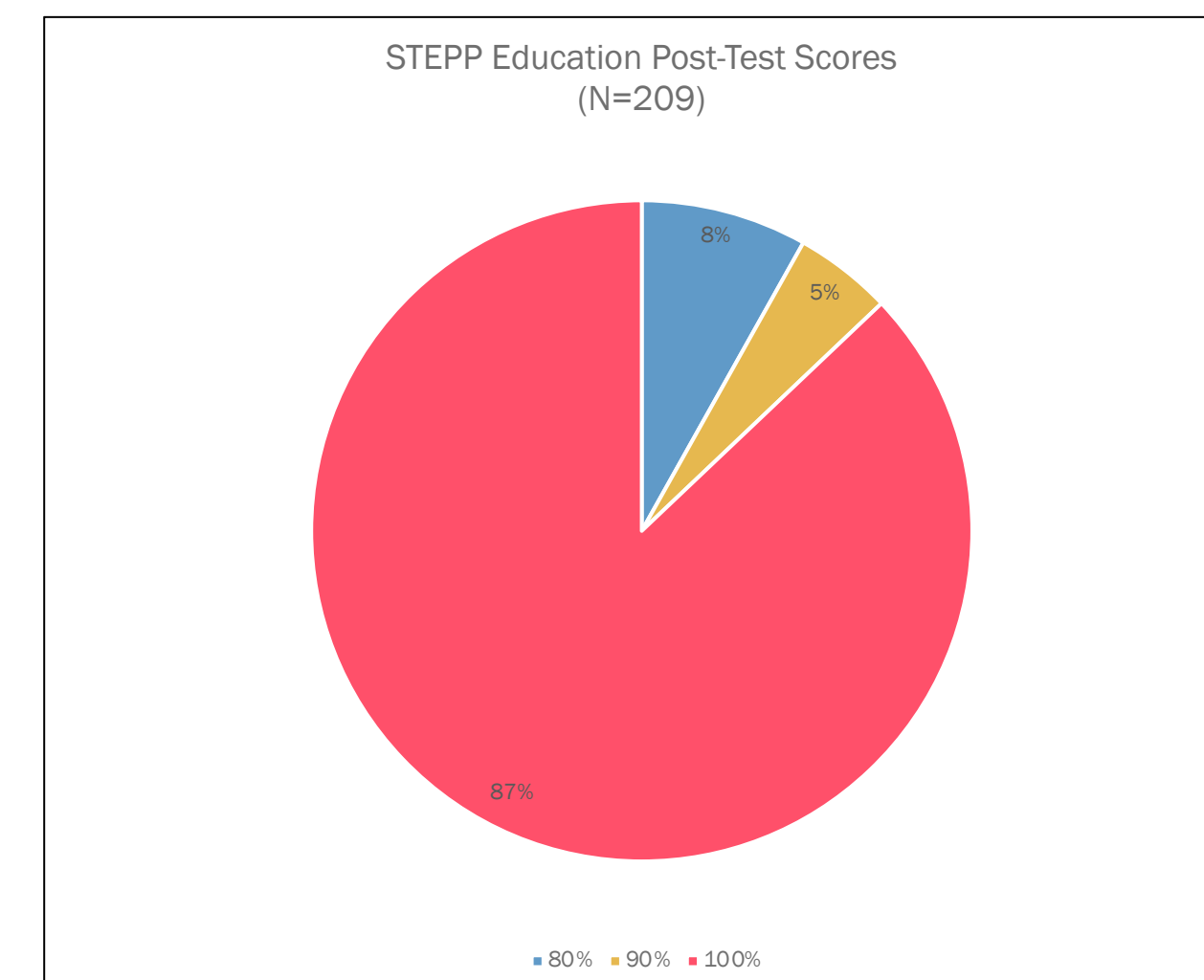
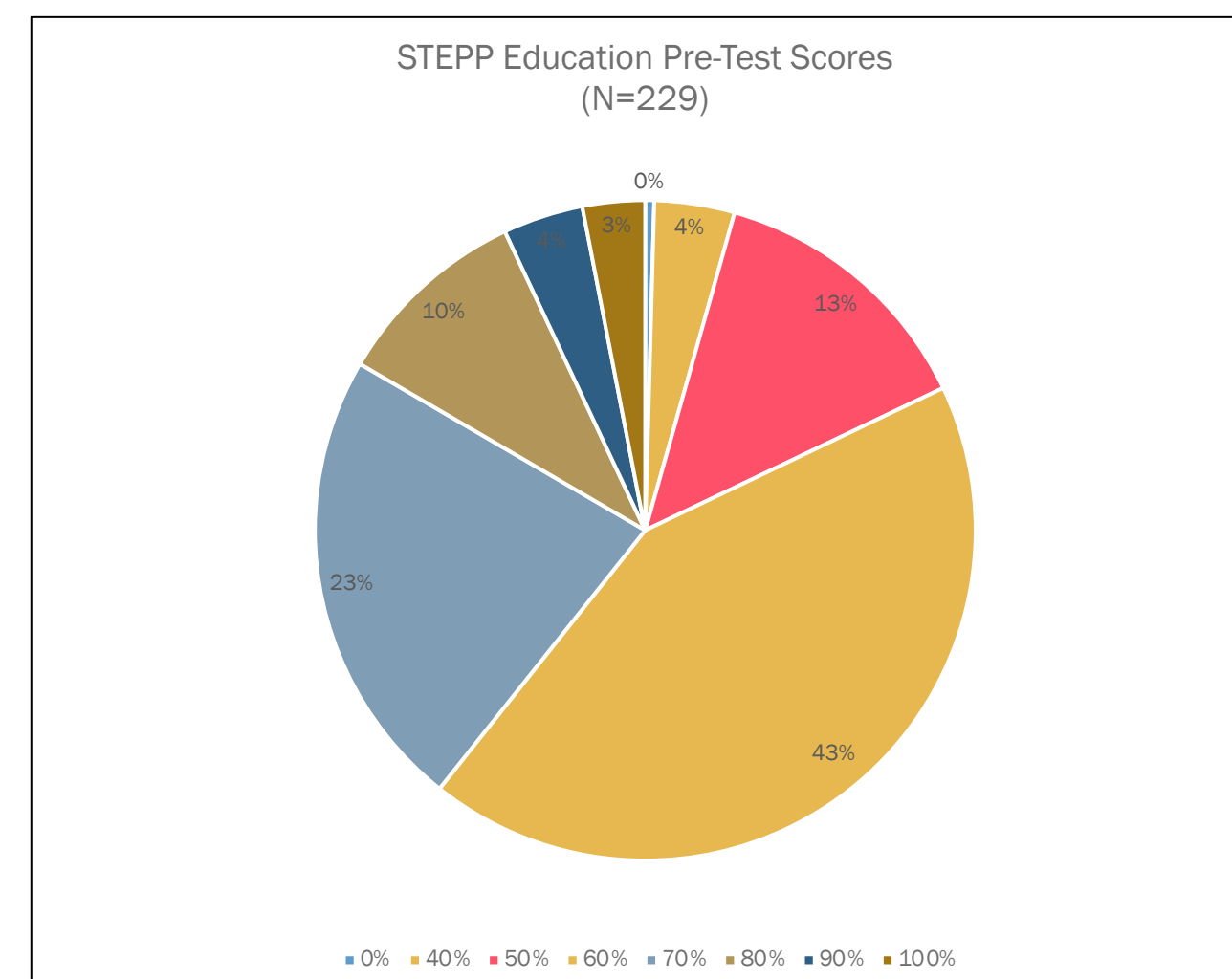
- Arkansas Children's Hospital (ACH) has been designated a level I pediatric trauma center by the American College of Surgeons (ACS)
- Screening Tool for Early Predictions of Post Traumatic Stress Disorder (STEPP) is the screening tool chosen by the pediatric trauma department
- RNs screen on the inpatient units

RESULTS

- 209 out of 617 (34% completion rate) RNs completed STEPP module during 1st six weeks of 4th quarter
- Pre-quiz: 7% scored a 90 or greater
- Post-quiz: 92% scored a 90 or greater
- Nurses scoring 90% or greater increased STEPP tool knowledge by 1214%

Department Totals for Module Completion

Department	Total
ICU Cluster (Burn, PICU, NICU, CVICU)	161
Med-Surg Cluster (Surgical, Medical, Neuroscience, HEM/ONC, ITU, Progressive)	165
Emergency Department	2
Clinics	6
Nurse Resource Pool	38
Nursing Professional Development	4
Surgery	4
Trauma Center	6
Vascular Access Team	2
Research Center	2
Business Applications	2
Interventional Radiology	43
Travelers	3



METHODS

Plan-Do-Study-Act Cycle

Plan

- Talk with stakeholders regarding barriers for screening
- Gather collateral data
- Retrospective chart review
- Create educational video
- Create quiz

Do

- Record educational video
- Present to stakeholders for review
- Quiz nursing staff pre and post completion of educational video
- Prepare for 4th quarter implementation in Arkansas Children's University (ACU)

Study

- Analyze pre and post quiz to assess nursing knowledge
- Compare pre-education and post-education screening rates

Act

- Adopt change if 60% of RNs achieve a score of 90 or greater
- Abandon if lack of education is not found to be primary reason for failed screenings
- Repeat cycle

IMPLICATIONS FOR PRACTICE

- Implementation of educational module to all RNs significantly increased nursing knowledge of the STEPP tool.
- Accurate data collection allows for allocation of mental health resources for positive screenings



Take a picture to download the references