

# Implementation of Injured Trauma Survivors Screen for Traumatically Injured Patients

Liane Sweeney, BSN, RN  
Tracey Wilson, DNP, CRNP  
University of Maryland School of Nursing

## Problem

- Approximately 20-40% of traumatic injury survivors experience Posttraumatic Stress Disorder (PTSD) and/or Depressive symptoms
- Early identification of those at risk and provision of resources and support can reduce psychological sequelae of trauma
- Screening for PTSD/Depression recommended for all trauma patients
- Trauma Survivors Network (TSN) addresses psychological sequelae of trauma and aims to improve post-trauma outcomes
- Baseline data revealed that there was no screening protocol in place and considerable variability in patient education and utilization of TSN

## Objectives

**Quality Improvement (QI) Project:** Implement Injured Trauma Survivors Screen (ITSS) to identify survivors at risk for PTSD/Depression and provide access to resources for support.

**Goals:**

- Implement PTSD/Depression risk screening into routine care of trauma patients
- 100% of trauma patients screened using the ITSS
- Educate and connect trauma patients to TSN

## Methods

**Setting:** Intermediate-Care Unit for traumatically injured patients at a large, urban trauma center

**Population:** Adult patients admitted for care due to physical traumatic injury

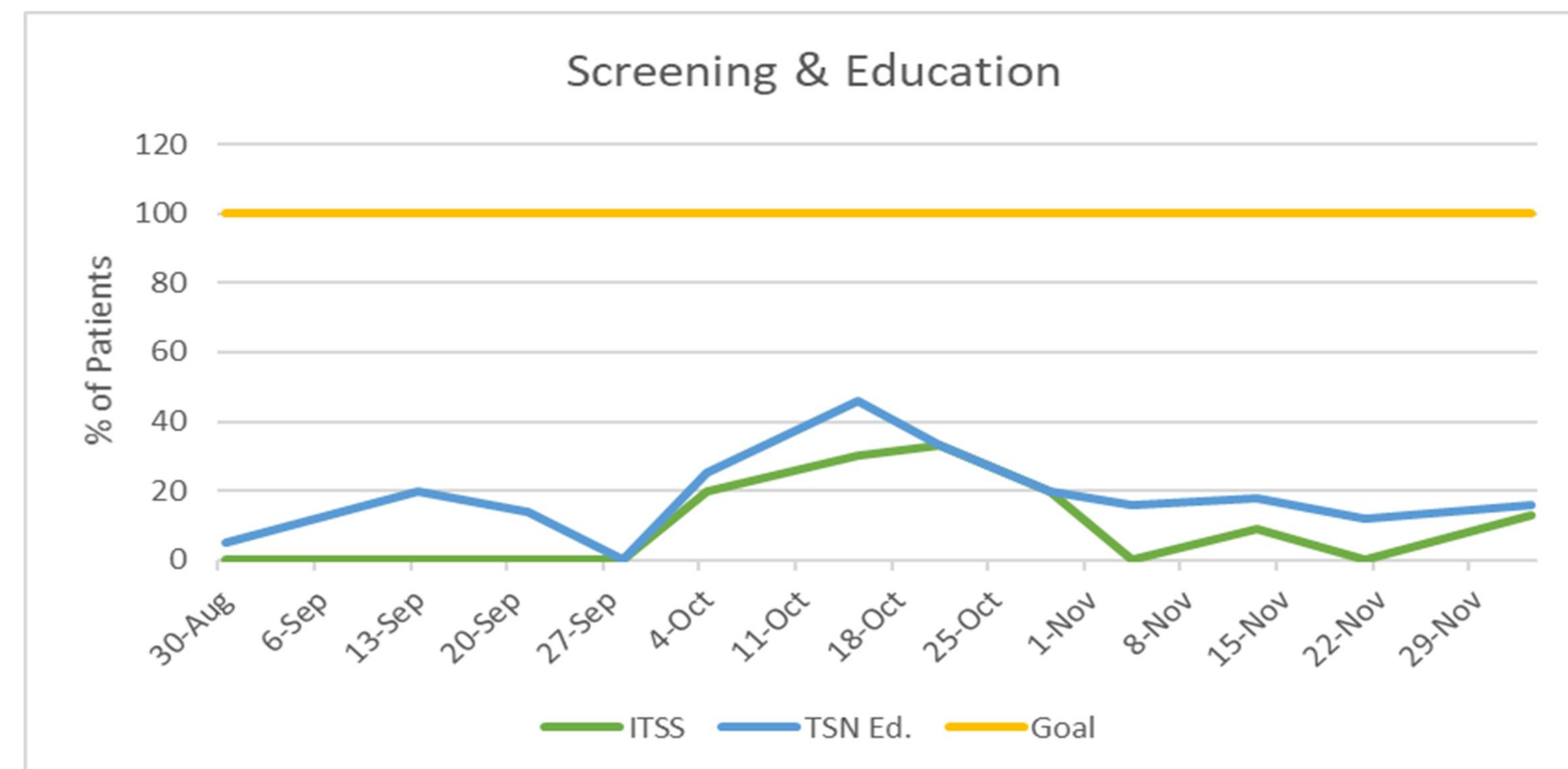
**Intervention:** ITSS and education on TSN program

**Implementation Strategies and Measures:**

- Use of ITSS, a validated screening tool for the population
- Staff education on TSN, ITSS and potential for improvement in long-term patient outcomes
- Data collection from setting's report sheet on screening and education conducted

## Results

Figure 1. ITSS and TSN Education Conducted



## Conclusions

**Practice Implications:**

- Based on results, sustainability of the project is challenged due to barriers/limitations discussed
- Active engagement with staff and presence in setting is vital to the sustainability
- Efforts should continue to ensure that this already vulnerable population receives screening for risks that predispose them for the development of PTSD/Depression, as well as education on the potential for development of psychological sequelae.
- Providing this population with education on TSN and the intended goals of the program should continue to increase utilization, improving trauma survivors' resiliency and long-term outcomes.

**Future Opportunities:**

- Increase staff engagement with TSN
- Collaboration among the multi-disciplinary care team to address the psychological needs of trauma patients, both during hospital stay and after discharge.
- Promote the use of screening tools, such as ITSS, to initiate conversations about mental health.

## Discussion

- More patients were screened for PTSD/Depression risk and educated on the TSN program, compared to baseline
- The data illustrates a three-week run of increased percentage of patients being screened with the ITSS and a two-week run of increased TSN education, both occurring close to the beginning of the implementation phase when staff engagement was highest.

**Limitations:**

- Not all eligible patients were agreeable to completing screening
- Staff turnover and pre-existing workload presented time limitations and competing priorities
- Challenging climate to fully engage staff and patients in the implementation phase and education on importance of screening and TSN resources

## References & Acknowledgements



Special Thanks to:  
Francis Grissom, BSN, RN, TSN Coordinator  
Paul Serdyuk, BSN, RN  
Dominique Meier, BSN, RN  
Alison Lembo, MSN, MBA, RN, CMSRN, Nurse Manager