

Major Trauma: What patients tell us.....

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MTN-11
Rehabilitation

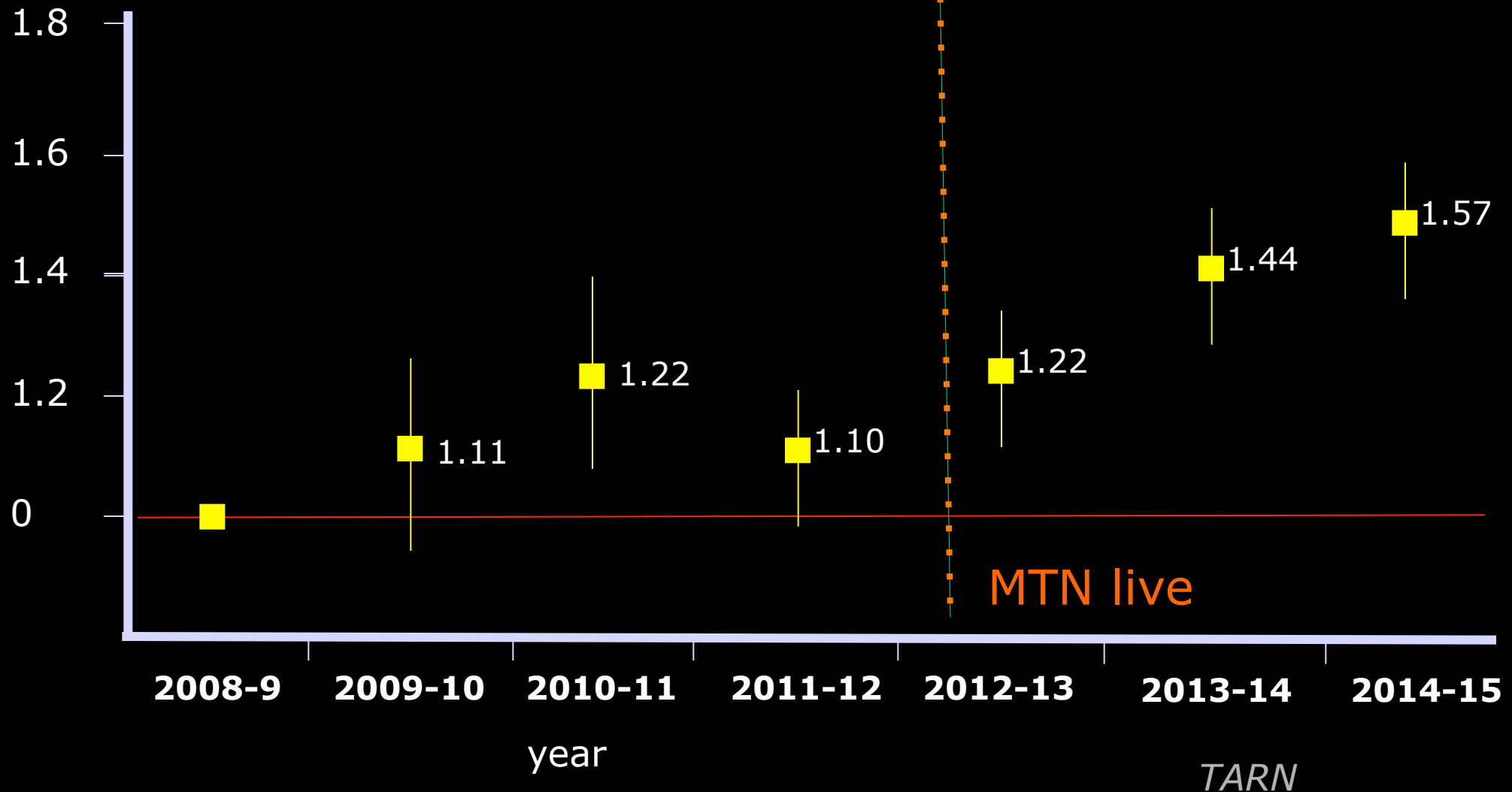
St Bartholomew's Hospital,
London Feb 2016

Major Trauma Networks

10,000 more patients
treated at
Major Trauma Centres

Major Trauma in England:

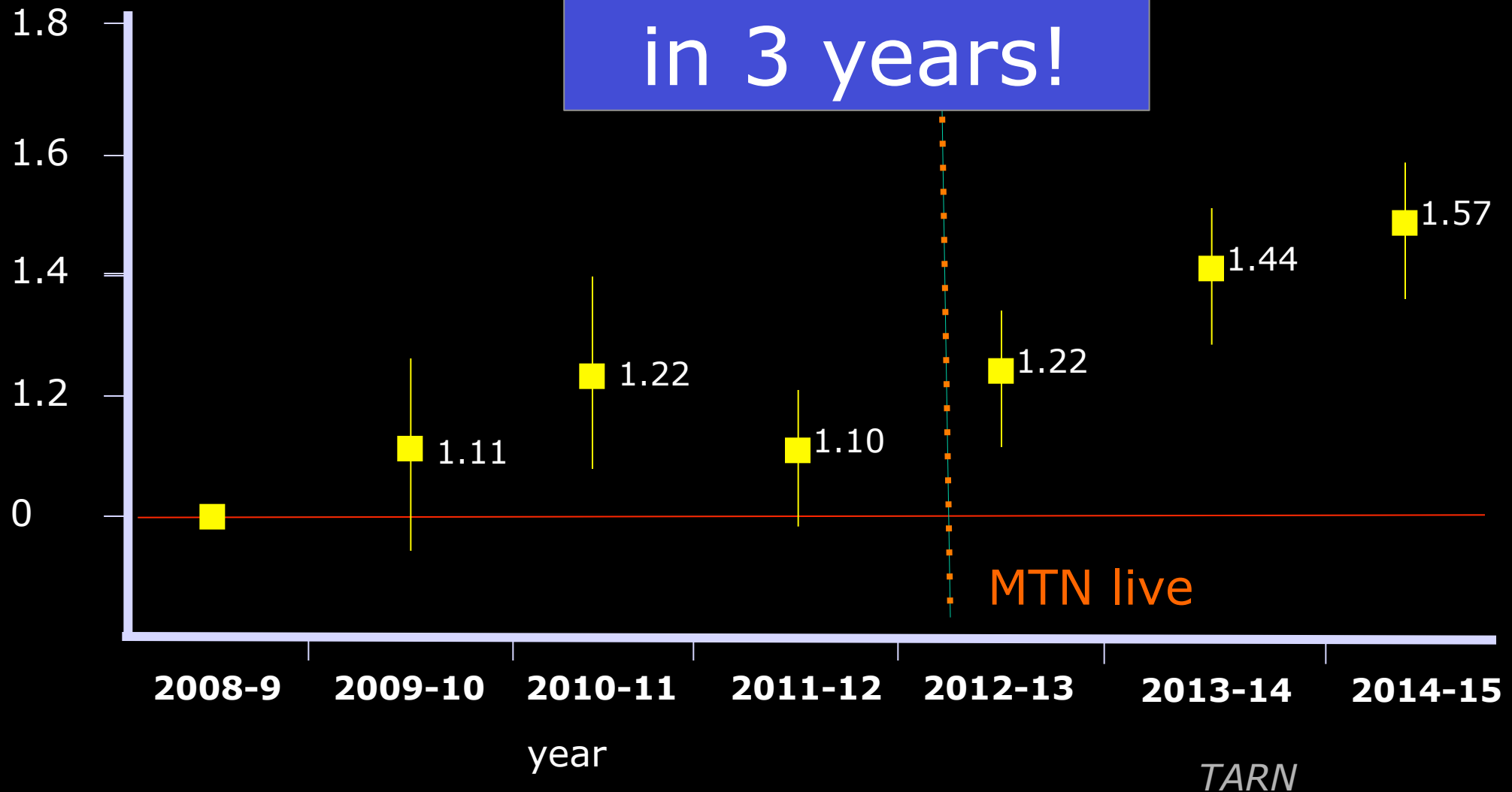
Odds of survival



Major Trauma in England:

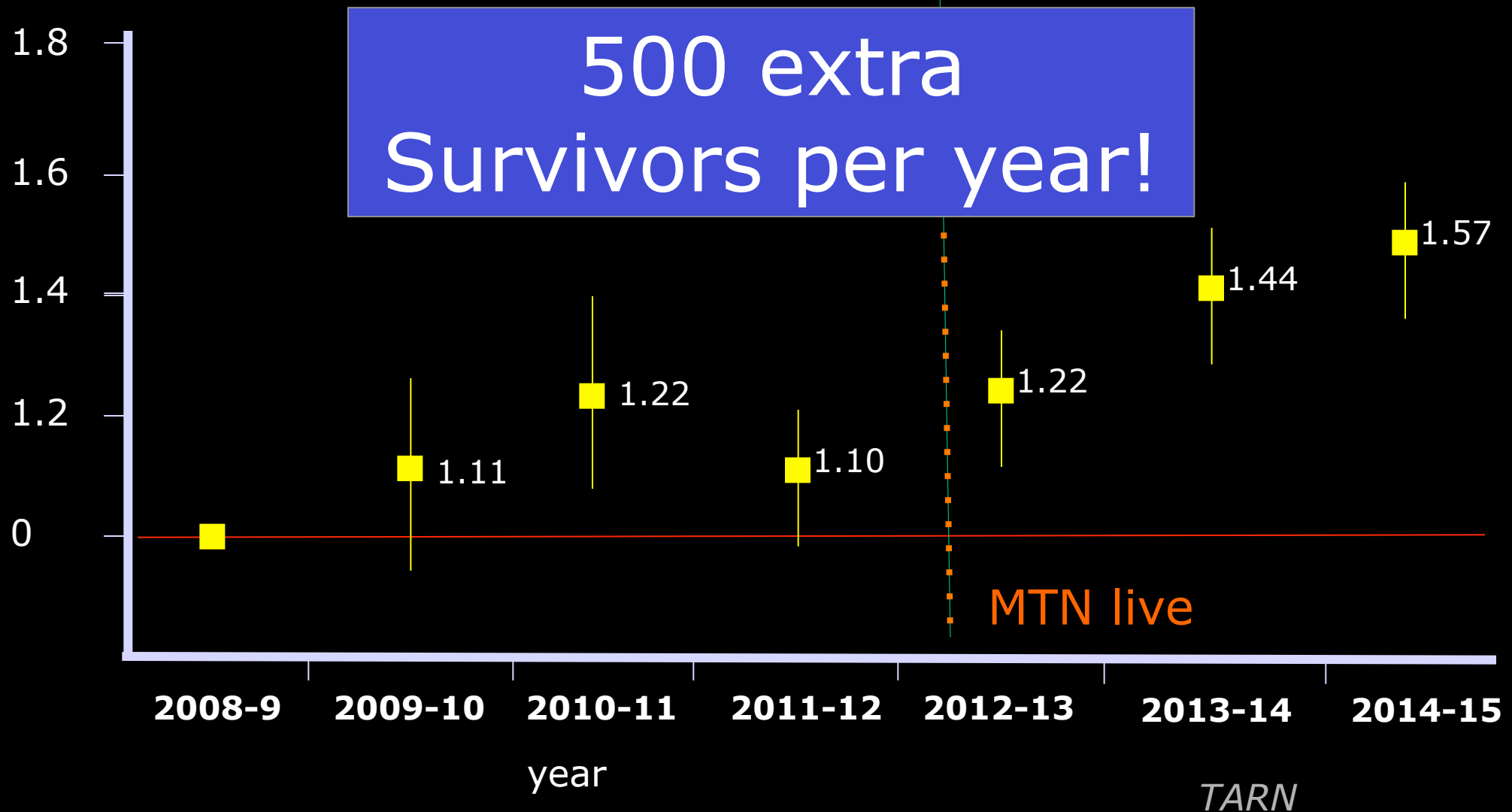
Odds of survival

50% increase
in 3 years!



Major Trauma in England:

Odds of survival



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MTC-27
Patients & Carers

Birmingham, Sept 2015

THANK YOU,

THANK YOU,

But.....

NHS Process

- Sudden transfers very distressing
- Accountability: named consultant
- No lack equipment, just can't get it!
- Self and personal experience
more important than process

Trauma & Rehab Coordinators

- Meet relatives early
- Business card, mobile, email
- Hospital information: MTC & TU
- Early contact with GP
- Point of contact post discharge
- Regional network of coordinators

Psychological factors

- Patients feel guilt
- Loss self worth
- Family may need psychological support
- Psychological support needed in:
MTC / TU / Community

Communication

- Information at the right time & place
- Fill the memory gap

Communication

Plain English written summary

- Information at the right time & place
- Fill the memory gap

Communication

Key target dates

Communication

Key target dates

- Return home: monumental day
- Weight bearing
- Driving
- Work

Communication

Key target dates

Written care plan for patients

- Return home: monumental day
- Weight bearing
- Driving
- Work

Communication

- Peer support
- Welfare benefits advice
- Legal advice
- Self-management

Communication

Discharge planning

- Pain: a plan for home
- After hospital “Care Plan”
- MTC to TU information

Leaving hospital

Leaving hospital

"like falling off a cliff"

Leaving hospital

"like falling off a cliff"

"left in limbo"

Leaving hospital

"like falling off a cliff"

"left in limbo"

"frustrating – just do it!!"

Leaving hospital

Challenges

- Equipment and resources
- Disability prejudice
- Access issues – no temp Blue Badge
- Psychological factors
- Workplace support, vocational rehab

Facilities

- Trauma Units: lack major trauma exp.
- Single follow-up clinics
- MSK rehab in younger patients

Children & their families

- 50% parents PTSD symptoms
- 50% parents low mood – social dysfunction
- Significant emotional impact on parents
- Psychological support parents inadequate

Older patients

- 30% of patients and rising
- 70 is the new 50
- Co-morbidities
- Social support
- HCOP integral to major trauma service

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I want an operation.
In the best place.
By experts, who talk to each other
And who talk to me, when I'm ready.

After I've been fixed, it's up to me.
But I need people to show me what to do and answer my
questions
So I can regain my independence
And start to enjoy life again

Anon.
Thanks to Jacqueline Claydon