Concussion Guideline Use in Pediatric Patients.

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**Background**

- Currently not using a concussion care guideline
- Variability of nursing care / symptom assessment
  - Identified through chart reviews
- Lack of knowledge related to nursing symptom assessment and interventions for pediatric patients with concussions.
  - Identified through survey of Pediatric and PICU RN’s
- Low comfort level providing parents and patients with post concussion care education
  - Identified through survey of Pediatric and PICU RN’s
  - 57% of nurses felt somewhat or very comfortable providing post concussion education

**Evidence**

- There is a significant relationship between immediate cognitive and physical rest, a quicker recovery time and a decreased risk of a prolonged recovery (Tabuman, Rosen, McHugh, Grady, Okan, & Elci, 2016).
- Educational interventions effectively increased trauma care nurses’ knowledge and confidence in applying content into practice in regard to concussion care (Hingley & Ross, 2015).
- Many nurses have varied beliefs for caring for patients with TBI which needs to be addressed for consistent and accurate patient care (Oyesanya, Thomas, Brown, & Turkstra, 2016).

**PICO**

For RN’s caring for pediatric trauma patients with a concussion, does utilizing an established concussion guideline versus not using a guideline increase nursing knowledge and confidence in caring for and providing education to patients with a concussion and their family?

- **P** RN’s caring for a pediatric patient with a concussion
- **I** Utilization of an established guideline for concussions
- **C** versus not using a guideline
- **O** increase nursing knowledge and confidence in caring for and providing education for patients with a concussion and their family

**Implementation**

- Collaborated with Occupational Therapy, Concussion Clinic, and Trauma to develop a concussion guideline including symptom assessment/intervention checklist
- RN Pre-survey on PICU and Pediatric Units
  - 33 RN’s
- Developed staff education
  - Obtained Pediatric Quality Improvement Council approval
  - Staff education
    - TLC learning module & Reference card
  - Provide education on concussion in orientation.
- Decrease noise levels
  - Dim lights
  - Limit light
  - Limit noise /provide earplugs
  - Decrease in nurses that felt comfortable caring for patients with a concussion
  - ICU nurses & PICU nurses
  - Decrease in nurses that felt comfortable caring for patients with a concussion
  - ICU nurses vs PICU nurses
  - Of nurses in post survey with less than 2 years experience.

**Results**

- Nurses report through survey that they are implementing recommended interventions after education and implementation of a guideline for concussions.
- Increase in percentage of nurses that feeling knowledgeable to provide education to families and patients about concussion care.
- Decrease in nurses that felt comfortable caring for patients with a concussion. Could be attributed to higher percentage of nurses in post survey with less than 2 years experience.
- Next steps
  - Symptom assessment and intervention documentation request in EPIC
  - While some symptoms are currently present in EPIC, they are not grouped together.
  - Interventions currently need to be free texted
  - Monitoring documentation compliance
  - Follow up with individual RN’s to achieve 100% education completion

**Outcome**

- Nursing’s Report of Interventions Implemented for Concussion Care

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**REFERENCES**


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