

Concussion Guideline Use in Pediatric Patients.

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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 core 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).

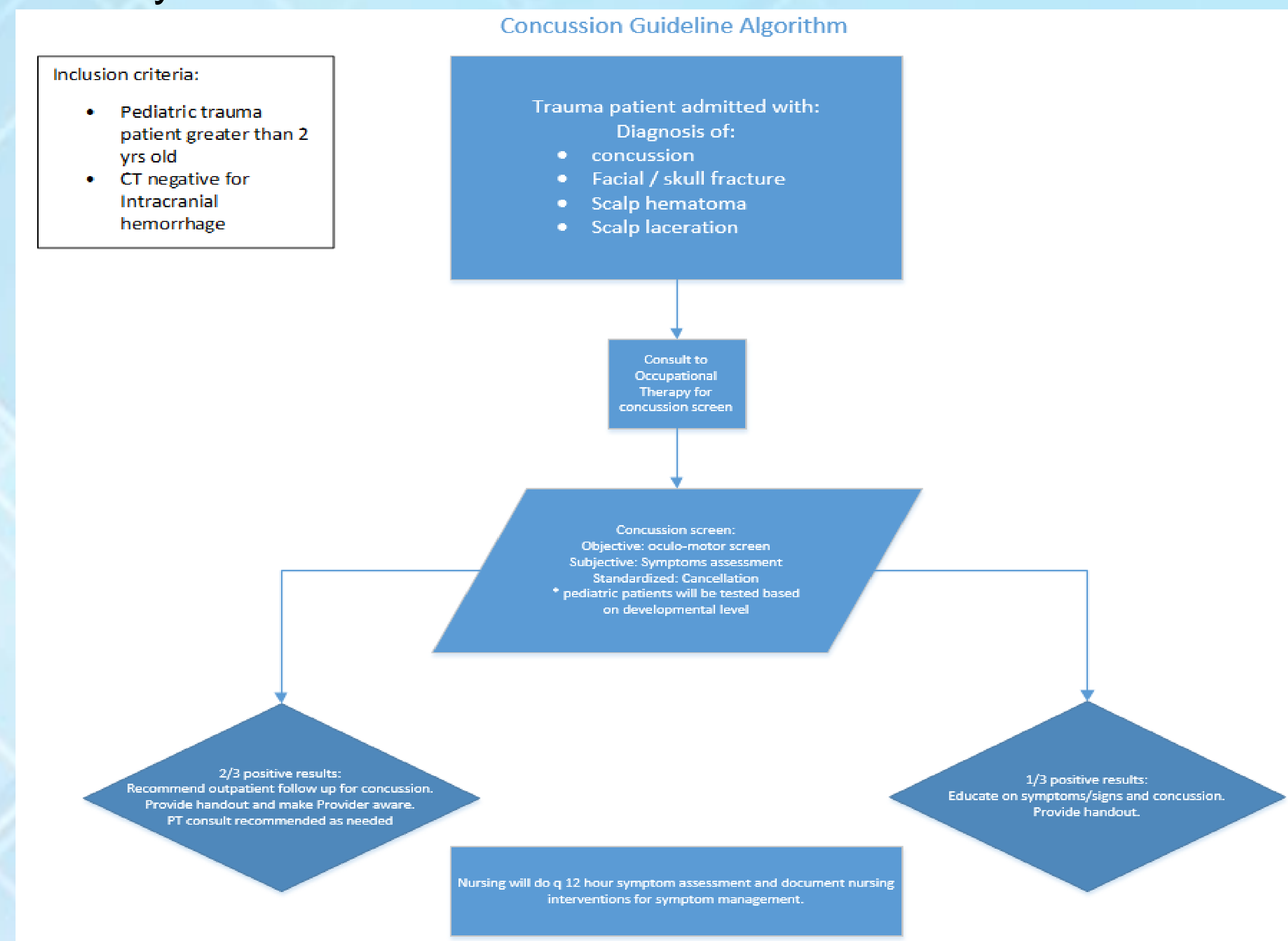
PICO

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
- RN Post Survey on PICU and Pediatric Unit
 - 21 RN's
 - 100% completion of education for post survey results
- Analyzed results



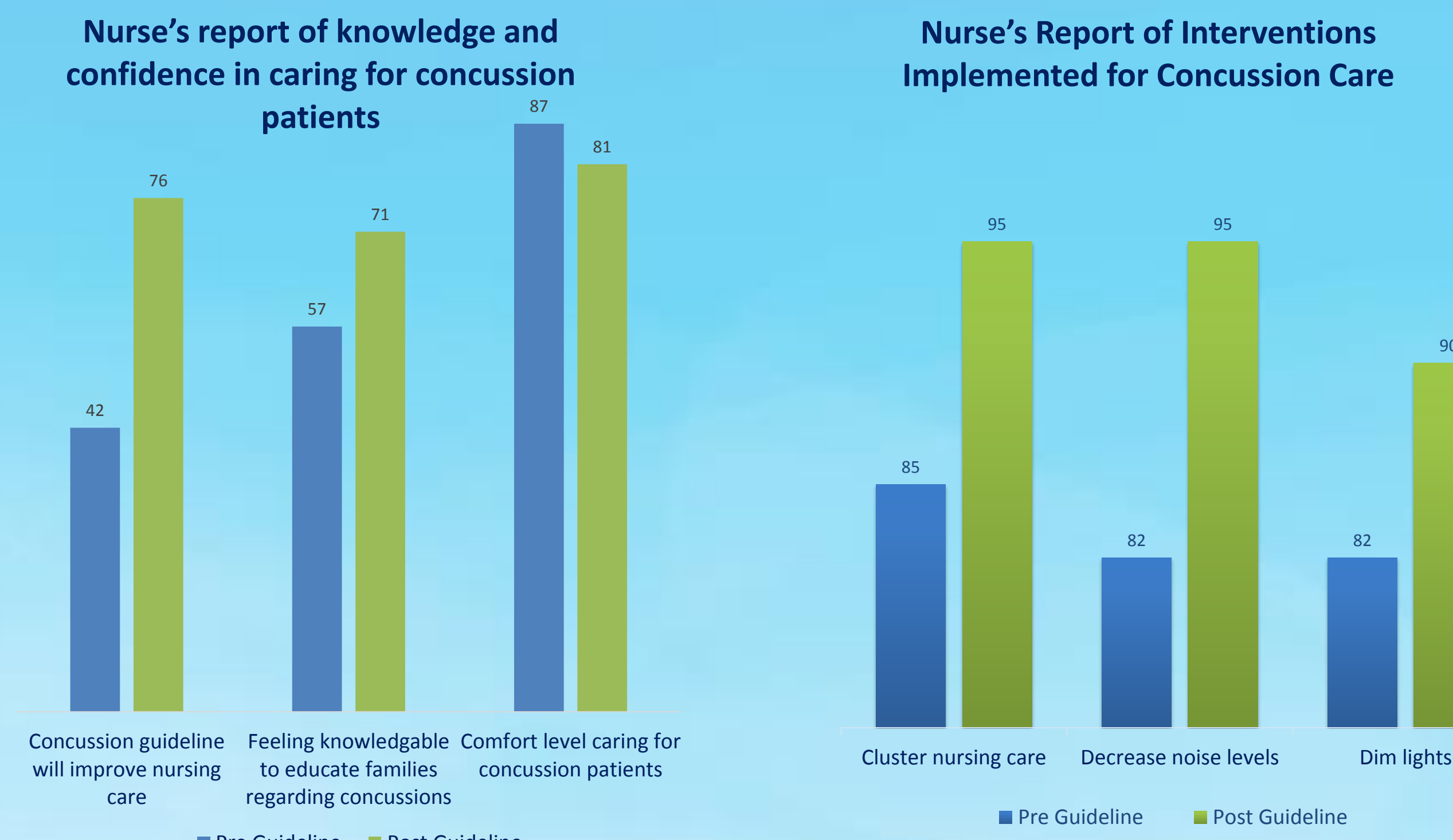
Symptom list

Headache
Nausea
Vomiting
Balance problem
Dizziness
Visual problems
Sensitivity to light
Sensitivity to noise
Neck pain

Nursing Interventions

Cluster nursing care
Limit noise /provide earplugs
Limit light
Physical rest
Cognitive rest
Suggested limit cell phone use / video games
Suggested limit texting to 10 -20 minutes
Limit use of smaller screens for TV / Movie
Medication administration

Results



Outcome

- 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 patients and families 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 rate
 - Provide education on concussion in orientation.

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