

TRAUMA READY

WINTER 2014

TRAUMA: Sudden, Serious and Not So Rare

People usually need emergency care either because of a new or worsening medical problem, such as the flu, heart attack, stroke or chronic disease, or because of trauma, which has many causes, such as falls, blunt or penetrating impacts, vehicular accidents, interpersonal violence, or environmental exposures.

Trauma is, in fact, the #1 cause of death for Americans between the ages of 1 and 44, and the fifth most frequent cause for all age groups combined. Statistics compiled by the California Department of Public Health show that in 2011, in just three counties alone (Yuba, Sutter and Nevada), there were 182 deaths from trauma and that more than 20,000 people suffered injuries serious enough to require treatment at an Emergency Department, with another 2,434 requiring hospitalization.

Unlike most medical emergencies, traumas occur suddenly and without warning. Swift response by trained trauma specialists can spell the difference between life and death. Rideout Regional Medical Center's Level III Trauma Center serves Yuba, Sutter, Colusa, Nevada and portions of Butte and Placer Counties. It is a critical part of the emergency

medical services system for 10 counties in the North Valley, and as a designated base hospital is empowered to direct EMTs and ambulances to the best facility for each patient's unique situation. Rideout's Emergency Department -- the entry point for most trauma victims -- handles about 55,000 visits annually.

trau·ma noun

[trou-muh, traw- muh]

From the Greek, 'wound'

1. Any sudden change to the body caused by an external force or agent.
2. Injury resulting from fall, accident, violence, environmental factor.
3. The specialized team and system that cares for victims.



Rideout Health's Trauma Team: Members of the Rideout Trauma Team are seen above inside the new 5,000-square foot addition to the Emergency Department at Rideout Regional Medical Center. The recently-completed \$6.2 million expansion is ready to serve patients following a final inspection by the California Office of Statewide Health Planning and Development.

RIDEOUT TRAUMA: Streamlined Patient Care

“One of the chief driving forces behind the physical expansion of the hospital was our trauma services,” said Joseph Dougherty, MD, Medical Director of Rideout’s trauma program. Most of the impact can be seen and felt in the emergency department, with new trauma bays, dedicated trauma patient rooms and placement of various trauma-related equipment.



Jennifer Crawford, RN, MICN:
Trauma Program Manager

Trauma care, however, involves the entire hospital, beginning with emergency medical services in the field right through to recovery and rehabilitation. Trauma Manager Jennifer Crawford, RN, emphasizes that the trauma center is a collaborative effort

with the entire hospital. Beyond the physical layout and additional equipment, the center now incorporates a revised and formalized procedure for treating patients with trauma-related injuries.

According to Dr. Dougherty, one of the biggest improvements is to the physical layout and how it will streamline care. From the moment a trauma patient comes in, a series of teams will be called into action. “We’ll have the ability to get a patient to a scanner or an operating room much more smoothly. The speed for which we can care for a critically injured patient is much greater.”

“We see a huge number of trauma patients,” said Eric Morgenroth, RN, a Clinical Nurse Educator at Rideout who focuses on emergency care. “Our expanded facility will make a significant difference

to the people we serve. We’ve developed a team approach and system to provide trauma patients with swift, specialized care.”

Jamison Earley, a Physician Assistant who spent 24 years in the Air Force, the last five years working in critical care, and is part of the Trauma care team, also emphasizes the efficiency of the center. “Rideout has always been able to care for sick and injured people, but now we have instituted a formal,

standardized approach. It becomes more reflex, more automatic. It’s pretty exciting. Rideout is committed to providing the best trauma care possible here.”

“It definitely raises the standard of care,” said Emergency Medical Services Coordinator Shawndel Meder, RN. “We can now get people to the right place more quickly.”

“... The speed for which we can care for a critically injured patient will be much faster.”

— Joe Dougherty, MD



Shawndel Meder, RN: Disaster Preparedness Manager/
Prehospital Liaison Nurse



Jamison Earley, PA:
Physician Assistant



Eric Morgenroth, RN:
Clinical Nurse Educator ED

RIDEOUT: The Best Place for Your Worst Day



Joseph Dougherty, MD: Trauma Medical Director

Rideout's professional staff of Acute Care surgeons, Emergency Medicine physicians, and highly specialized nursing staff have worked diligently over the past several years to implement a streamlined team approach to the treatment of critically injured patients. Those efforts have resulted in the creation of standardized response protocols that allow the system to respond consistently and effectively to each new patient, and give that person the highest quality individualized care possible. These protocols are based on proven treatment strategies and comply with the standards of the American College of Surgeons, the national organization that oversees the

verification of trauma centers across the U.S. The Rideout team's deep, collaborative ties with the greater trauma community in the region, especially in Sacramento, means fast consults and smooth transitions for patients requiring treatment at a specialized facility such as a burn unit or a pediatric specialty center.

Rideout's multidisciplinary trauma team includes Board-certified specialists in emergency medicine, anesthesiology, trauma surgery, orthopaedics, cardiothoracic and neurosurgery, radiology, lab, intensive care and physical rehabilitation. The Rideout Heart Center opened in 2002, and the Neurosurgery Center opened in 2009.

Injuries to the brain and spinal cord put victims at particularly high risk for death or serious -- even permanent -- impairment to their cognitive or motor functions. The exceptional surgeons of Cobb, French, Prasad and Babbitz Neurological Associates, who practice at the Rideout Neurosurgery Center, are on a 24/7 trauma-call rotation as well, ensuring that a neurosurgeon is available whenever needed. They are highly-skilled experts in neurotrauma, neurovascular,

“Now, if someone comes in with a head injury we can have them in the operating room in 15 minutes.”

Praveen Prasad, MD: Neurosurgeon



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brain, spinal and other neurosurgical specialties. Neurosurgeon Praveen Prasad, MD notes that one of major benefits of the trauma center is the speed with which trauma patients in Rideout's service area can now receive care, without the delays involved in transporting them to another location. "If someone has a severe injury, all those steps of evaluation and transport time increase the time to treatment, which can mean many hours before reaching definitive care treatment begins, and that can be fatal," he said. "Now, if someone comes in with a head injury we can have them in the operating room in 15 minutes."

As Rideout's Medical Director for Trauma, Dr. Joseph Dougherty, sums it up, "Rideout is the best place to be on your worst day."



Christopher Bradburn, MD
Medical Director, Rideout
Emergency Department

RIDEOUT EMERGENCY: First Stop for Trauma Victims

The opening of the bigger Emergency Department means a major change for Rideout's busiest units, through which many of the hospital's inpatients are admitted. The much-anticipated -- and much needed -- \$6.2 million expansion adds 5,000 square feet to the ED, including special rooms for victims of sexual assault and those with psychiatric issues. The extra space and new configuration provides more privacy for patients and allows a more efficient workflow for staff, especially important when lives may hang in the balance.

Dr. Christopher Bradburn, Medical Director of Rideout's Emergency Department noted that "the expansion provides more resources to care for trauma patients. It is equipped with some of the most advanced technology available for diagnostics and treatment." At Rideout, "the most common trauma injuries we see are falls and motor vehicle accidents, but you never know what will come through the doors, so we have to be ready to take care of anything and everything," he added.

When the new Rideout Regional Medical Center is completed in spring 2015, the ED will expand further to a total of 20,000 square feet, with 49 patient beds and a rooftop helipad for flying critical patients to and from the facility.

A Designated Trauma Center Since 2001

Rideout Memorial Hospital has been a Level III Trauma Center since 2001, officially designated by the Sierra-Sacramento Valley Emergency Medical Services Agency, (S-SVEMSA), the Joint Powers Agency responsible for EMS planning, certification and implementation of Emergency Medical Services in ten northern California counties.

Trauma patients in the counties of Yuba, Sutter, Colusa, Nevada and parts of Butte and Placer Counties as well can be transported to and treated at Rideout within the so-called Golden Hour, those first 60 to 90 minutes that are so critical to preventing death and preserving brain function, heart muscle and, ultimately, the patient's quality of life after recovery.

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Neurosurgeon Praveen Prasad, MD, also notes that having these resources closer to home allows families to more easily visit their loved ones, providing the emotional support that is an important factor in the patient's recovery. "We're excited about the trauma program, which has been a very positive development for the community," he said.



**RIDEOUT
EMERGENCY
DEPARTMENT**

Trauma is Preventable

While Rideout's trauma team stands ready to treat the injured, we also are interested in eliminating the causes. Our series of tips on preventing falls, violence, car accidents and other injuries can be found at ...

RideoutHealth.org/TraumaTips

Rideout Regional Medical Center
726 4th Street, Marysville, CA 95901
530.749.4300
www.rideouthealth.org/trauma

If you or another has been injured, dial 911 immediately!