

Implementing Recovery Resources in Trauma Care: Impact and Implications

Sarah B. Hendrickson, MD; Mary A. Breslin, BA; Heather A. Vallier, MD;

Department of Orthopaedic Surgery, MetroHealth Medical Center, Cleveland, Ohio, USA

Purpose: The purpose of this project was to identify resources that patients perceive as potentially helpful to their recovery and to characterize the impact of Trauma Survivor Network (TSN) services. The TSN is a community of patients, their support systems, and trauma providers committed to education and engaged recovery. We hypothesized that patients exposed to TSN resources would be more likely to be satisfied with their hospital course and would be more likely to feel that they would recover from their injuries.

Methods: Over a 5-month period after implementation of TSN programming, 177 adult patients admitted to a Level I trauma center for musculoskeletal injuries were exposed to TSN services (Group 1). Services included TSN coordinator and peer survivor visits in the hospital, printed educational materials, and referral to online services and support group meetings. During that same period a group of patients admitted for musculoskeletal injuries with no recorded exposure to TSN was identified from a registry, matched to Group 1 by fracture type (Group 2, n = 92). A second control group of patients treated 1 to 3 months prior to any implementation of TSN programs, also matched to Group 1 by fracture type, was identified (Group 3, n = 83). 114 patients (32%) completed a survey regarding their hospital experience and the perceptions of TSN services and resources potentially helpful to their recovery.

Results: On a Likert scale from 0 to 5, patients were overall highly satisfied with their hospital stay, mean 4.25, with no differences among the three groups. Patients exposed to TSN services were more likely to believe they were likely or very likely to recover from their injuries: mean 3.73 versus 3.02, Group 1 versus Group 2 ($P = 0.026$). Group 1 patients were also over twice as likely to perceive peer support relationships (59% vs. 28%) and support groups (31% vs. 11%) to be helpful to their recovery (both $P < 0.0001$). Patients who recalled utilization of TSN services were overall highly satisfied with these services, mean 4.46. The majority of Group 3 patients, treated prior to implementation of TSN services, identified one or more resources they would have benefited from during their hospitalization and recovery. These included counseling services (44%), support groups (55%), peer visitation/relationship (44%), printed educational materials (44%), and an online community (22%).

Conclusion: Patients were overall highly satisfied with their hospital stay, with those exposed to TSN services more likely to believe they were going to recover fully. Development of nontraditional services, including peer visitation and support groups, is perceived to be helpful in recovery. This project will not only provide insight into the current effectiveness of the TSN program and areas to improve upon, through feedback from patients, but will also serve as a baseline to revisit in the future. As the program continues to grow in awareness, expertise of peer visitors, and meaningful patient interaction, this data will be used as a tangible gauge of the progress and evolution of the program.

- The FDA has not cleared this drug and/or medical device for the use described in this presentation (i.e., the drug or medical device is being discussed for an "off label" use). For full information, refer to page 600.