TRAUMA PROGRAM MISSION

Texas Health Harris Methodist Hospital Fort Worth is committed to improving the health and well-being of the people in the Fort Worth area. The hospital aims to integrate multidisciplinary clinical excellence with education, prevention and research in order to provide quality of care to every trauma patient. Quality and safety are concurrently monitored through an internal performance improvement process that is driven by the trauma registry, facilitated by trauma administration, and overseen by the trauma medical director.
In 2015, Texas Health Fort Worth treated more than 3,000 trauma patients. As a Level II Trauma Center, the hospital provided those patients with immediate, 24-hour access to the trauma team, consisting of surgeons, anesthesiologists, emergency department physicians on the medical staff and critical care nurses to help minimize the extent of their injuries and manage their recoveries.

Each member of the trauma team is committed to providing patients with exceptional care, and you will note many of our departments have received awards and recognition for their excellence during 2015.

Texas Health Fort Worth is also proud to provide injury prevention education to members of our community to help prevent trauma before it happens.

We are pleased by these accomplishments, but that doesn’t mean we will rest on our laurels. Each day presents us with a new opportunity to truly make a difference in the lives of our patients, and we remain grateful for the opportunity to serve our neighbors.

Lillie Biggins, RN, FACHE
President, Texas Health Harris Methodist Hospital Fort Worth

Texas Health Fort Worth is a 720-bed, nonprofit, faith-based hospital that serves 23 counties in the Fort Worth area with advanced medical treatments and an experienced staff that provides compassionate care. The hospital features a Level II Trauma Center, as designated by the American College of Surgeons, and also has achieved Magnet status from the American Nurses Credentialing Center.
Leadership
Lillie Biggins, MSN, RN
President
Michael Thornsberry, M.D.
Chief Medical Officer
Elaine Nelson, DNP, RN
Chief Nursing Officer
Debbie Phillips, MSN, RN
Director of Restorative Services

Trauma Surgeons on the Medical Staff
David Smith, M.D.
Trauma Medical Director
Michael Hickey, M.D.
Stephen Rush, M.D.
Mohammad Siadati, M.D.
William Witham, M.D.

Trauma Administration Staff
Deborah Krauser, DNP, APRN
Trauma Program Manager
Kelly Davis, RN
Performance Improvement Coordinator
Kimberly McFarland, BSN, RN
Injury Prevention, Trauma Outreach Coordinator
Cathy McNeill, MSN, RN
Trauma Research Coordinator
Heather Crites, BSN, RN
Trauma Nurse Clinician
Angela Harris, BSN, RN
Trauma Nurse Clinician
Danielle Lesell, BSN, RN
Trauma Nurse Clinician
Patrice Lucas, RN
Trauma Nurse Clinician
Crystal Martz, MSN, RN
Trauma Nurse Clinician
Ashley Overstreet, BSN, RN
Trauma Nurse Clinician
Robbin Quillin, MSN, RN
Trauma Nurse Clinician
Julie Vidal, RN
Trauma Nurse Clinician
Denise Best-Powell, LVN
Trauma Registrar
Thomasina Burke
Trauma Registrar
Daune Messenger
Trauma Registrar
Debbie Presney
Trauma Registrar
Charlotte Williams
Trauma Registrar
Liz Mitchell
Administrative Assistant
Each year, according to the National Trauma Institute, trauma accounts for more than 41 million emergency department visits and more than 2.3 million hospital admissions in the United States. With more than 192,000 people losing their lives to trauma injuries each year, it is the primary cause of death for people ages 1 to 46. Because trauma affects all ages, races and genders, the impact on life years lost is equal to the life years lost from cancer, heart disease and HIV combined.

In 2015, Texas Health Harris Methodist Hospital Fort Worth’s Emergency Department treated 26,009 injured patients. Patients who suffered severe enough injuries to be included in the Trauma Registry numbered 3,147. Falls, motor vehicle collisions and assault were among the most common mechanisms of injury.

The vast majority of trauma patients – 76 percent – arrived at the Emergency Department via ambulance. Fifteen percent arrived by private vehicle, and 9 percent by helicopter.
Total Trauma Registry Patients: 3,098

Trauma Activation Levels by Day of Week

<table>
<thead>
<tr>
<th>Day</th>
<th>Level 3</th>
<th>Level 2</th>
<th>Level 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>215</td>
<td>222</td>
<td>53</td>
</tr>
<tr>
<td>Monday</td>
<td>211</td>
<td>176</td>
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<tr>
<td>Tuesday</td>
<td>187</td>
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<tr>
<td>Wednesday</td>
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<td>Thursday</td>
<td>180</td>
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<tr>
<td>Friday</td>
<td>163</td>
<td>167</td>
<td>26</td>
</tr>
<tr>
<td>Saturday</td>
<td>248</td>
<td>193</td>
<td>51</td>
</tr>
</tbody>
</table>

Trauma Registry Patients by Gender

- Female: 48%
- Male: 52%

Trauma Registry Patients by Age

- 0 to < 20: 8%
- 20 to < 40: 23%
- 40 to < 60: 21%
- 60 to < 80: 27%
- 80 to < 100: 8%
# E-code Summary

**Patient Count:** 3098  |  **Processed Patients:** 3098

<table>
<thead>
<tr>
<th>E-code</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>E880-E888 ACCIDENTAL FALLS</td>
<td>1740</td>
<td>56.17</td>
</tr>
<tr>
<td>E810-E819 MOTOR VEHICLE TRAFFIC ACCIDENTS</td>
<td>650</td>
<td>20.98</td>
</tr>
<tr>
<td>E916-E928 OTHER ACCIDENTS</td>
<td>314</td>
<td>10.14</td>
</tr>
<tr>
<td>E960-E969 HOMICIDE AND INJURY PURPOSELY INFLICTED BY OTHER PERSON</td>
<td>129</td>
<td>4.16</td>
</tr>
<tr>
<td>E826-E829 OTHER ROAD VEHICLE ACCIDENTS</td>
<td>94</td>
<td>3.03</td>
</tr>
<tr>
<td>E820-E825 MOTOR VEHICLE NON-TRAFFIC ACCIDENTS</td>
<td>86</td>
<td>2.78</td>
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<tr>
<td>E900-E909 ACCIDENTS DUE TO NATURAL AND ENVIRONMENTAL FACTORS</td>
<td>49</td>
<td>1.58</td>
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<tr>
<td>E950-E959 SUICIDE AND SELF-INFlicted INJURY</td>
<td>13</td>
<td>0.42</td>
</tr>
<tr>
<td>E830-E838 WATER TRANSPORT ACCIDENT</td>
<td>9</td>
<td>0.29</td>
</tr>
<tr>
<td>E890-E899 ACCIDENTS CAUSED BY FIRE AND FLAMES</td>
<td>4</td>
<td>0.13</td>
</tr>
<tr>
<td>E840-E845 AIR AND SPACE TRANSPORT ACCIDENTS</td>
<td>3</td>
<td>0.10</td>
</tr>
<tr>
<td>E980-E989 INJURY UNDETERMINED WHETHER ACCIDENTALLY OR PURPOSELY INFLECTED</td>
<td>3</td>
<td>0.10</td>
</tr>
<tr>
<td>E970-E979 LEGAL INTERVENTION</td>
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<td>0.10</td>
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<tr>
<td>E800-E807 RAILWAY ACCIDENTS</td>
<td>1</td>
<td>0.03</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>3098</strong></td>
<td><strong>100.00</strong></td>
</tr>
</tbody>
</table>

*Total does not equal 100 because of rounding. The actual total is 100.01*
Since 2012, Texas Health Fort Worth has been designated as an Emergency Center of Excellence™, a national designation from the Emergency Excellence organization that recognizes excellence in emergency care.

Emergency departments are evaluated based on more than 100 key performance indicators. In the 100-bed Emergency Department, 26 board-certified physicians on the medical staff treated more than 123,000 patients in 2015, resulting in an admission rate of 24 percent. The Emergency Department features three resuscitation bays, each with the ability to convert to an operating room, if needed.

**Medical Simulation Training Center**

The Amon G. Carter Medical Simulation Training Center at Texas Health Fort Worth provides multidisciplinary medical simulation training, using high-fidelity simulation mannequins, to many health-care providers, including medical students, nurse practitioners, physicians, nurses, Emergency Medical Service providers and chaplains. This unique center creates training opportunities that replicate real-life patient care situations from routine procedures to acute management crises. The training center helps to build confidence in new graduate nurses, evaluates processes to improve patient safety and tests core competencies and critical response skills among health-care providers across north Texas thanks to philanthropic support from the community.

**SANE Program**

In 2012, Texas Health Fort Worth launched a Sexual Assault Nurse Examiner (SANE) program dedicated to providing compassionate care to patients who have come to the Marion Emergency Care Center after experiencing sexual trauma. In 2015, SANE treated 107 patients in the program’s private center in the Emergency Department. Thanks to philanthropic support, Texas Health provides this dedicated across the 16-county North Texas region.
Fall Prevention

Community Health works with the Area Agency on Aging to bring A Matter of Balance, an evidence-based fall prevention program, to Texas Health Fort Worth. The national program, which consists of eight two-hour sessions, is designed for older adults to reduce the fear of falling and increase activity. Since 2008, more than 3,000 graduates of the MOB program in Tarrant County have learned how to set realistic goals for increasing activity, while making positive environmental changes to reduce fall hazards.

Motor Vehicle Crash Prevention

The Texas Department of Transportation and Texas Health Fort Worth facilitate the Reality Education for Drivers Program in Fort Worth. The training includes interactive education for teens and their parents/guardians on driving secure, silent and sober. The program includes a simulation and path of injury tour of a real-life distracted teen driving incident that is based on a former trauma patient’s experience. Presentations are also available to schools, special groups and clubs.

The National Safety Council developed Our Driving Concern, a program that helps employers teach safe driving to their employees. The proven program uses interactive multimedia presentations to educate employees on the dangers of distracted, impaired and aggressive driving, as well as the importance of passenger restraint. Texas Health Fort Worth offers a train-the-trainer program for employers, or as lunch-and-learn presentations for employees.

Trauma Survivors Network (TSN)

This network is a community of patients and families who are looking to connect with one another and rebuild their lives after a serious injury. Together with the American Trauma Society, Texas Health Fort Worth, provides programs and resources for patients and families who seek help managing their recovery and improving their lives.

Stop the Bleed

This training program teaches basic lifesaving medical interventions, including bleeding control with a tourniquet, gauze packs or topical hemostatic agents, in addition to opening an airway, to the general public, teachers, security personnel, non-tactical law enforcement officers and firefighters. Texas Health Fort Worth also offers this program as a train-the-trainer course.

For more information about our Trauma Outreach and Injury Prevention Programs, please contact:

Kimberly McFarland, BSN, RN
Injury Prevention and Trauma Outreach Coordinator
(817) 250-3338
“The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse.” — Helen Keller

It was a normal Sunday when Truman Duncan, then 36, and one of his co-workers were coupling railcars at a rail yard southwest of Fort Worth. An accidental fall from one of the railcars sent Truman tumbling to the ground, where he was then run over by one of the railcars, essentially cutting him in half and dragging him more than 75 feet. First responders were able to begin treatment immediately, and staged a coordinated response from fire/rescue, ground and air emergency medical personnel, and the Level II trauma center at Texas Health Harris Methodist Hospital Fort Worth. Truman received his first surgery within minutes of arriving at the hospital, and he underwent 22 more surgical procedures in the next 41 days. Today, he is working and enjoys camping, family, and staying active.

On Nov. 27, Connie Chancey, 73, headed out of the door of her Fort Worth home, excited to do some Christmas shopping. Also excited to get out of the house was her dog, a Labradoodle. In an attempt to stop the dog from running away, Connie grabbed the dog’s collar and was dragged to the ground, finding herself on the cold floor of her garage in excruciating pain and unable to move. Connie’s daughter quickly called 911 and her mother was taken to Texas Health Harris Methodist Hospital Fort Worth, where she was seen immediately in the emergency room and diagnosed with a fractured hip and shoulder. After sustaining a potentially life-altering injury, Connie received prompt pain relief and emergent surgical repair of her hip, as well as treatment for her shoulder. Connie credits her recovery to the compassionate care provided by the geriatric-trained trauma nurses in Texas Health Fort Worth’s Level II Trauma Center for helping her return to her previous level of activity, including shopping, enjoying her grandchildren and walking her dog.
More than 50 percent of the population treated at Texas Health Fort Worth is older than 60, which means expertise in the senior population is of paramount importance.

**NICHE Program**
Nurses Improving the Care of Healthsystem Elders (NICHE) designation indicates a hospital’s commitment to elder-specific care. Texas Health Fort Worth received the national distinction in 2011 and has since advanced to a Level 3 designation. More than 50 nurses—in units including Trauma Administration, Trauma ICU, and Trauma Step-down—have completed specialized Geriatric Resource Nurse (GRN) certification.

**Geriatric Hip Program**
Texas Health Fort Worth employs a multidisciplinary approach to the management of isolated hip fracture patients with a focus on early treatment and improved outcomes. In 2010, the Joint Commission recognized Texas Health Fort Worth with a two-year Disease Specific Certification for hip fractures. The Joint Commission renewed that certification in 2011, 2013 and 2015.
Texas Health Harris Methodist Hospital Fort Worth

Multidisciplinary Excellence

The Joint Commission recognized Texas Health Fort Worth as **fourth in the nation** for Disease Specific Certification for Orthopedic Trauma in 2014. The orthopedic trauma team earned re-certification in 2015.

Texas Health Fort Worth has 14 board-certified orthopedic surgeons and 12 board-certified neurosurgeons on its medical staff, who provide 24/7 emergency coverage for the hospital’s trauma program. Many of these physicians have been recognized by Fort Worth, Texas magazine as “Top Doctors.”

**Trauma Intensive Care Unit**

The Trauma Intensive Care Unit (TICU) at Texas Health Fort Worth is a 20-bed intensive care unit that provides critical care and holistic care to adolescent, adult and geriatric patients who require treatment for life-threatening, multisystem injuries. More than 80 percent of nurses in the TICU have advanced degrees, and nearly 75 percent are nationally certified. The American Association of Critical Care Nurses awarded Texas Health Fort Worth’s TICU its highest designation, the Gold Beacon Award, for exceptional patient care and a supportive, collaborative work environment. Trauma surgeons and other specialists on the medical staff, pharmacy support, respiratory therapy, physical therapy, occupational therapy, speech therapy, dietitians, social workers, case managers, palliative care, ethics representatives, trauma clinicians and nursing staff make rounds on the unit, and focus on the values of Respect, Integrity, Compassion, and Excellence.

The TICU at Texas Health Fort Worth has earned the **Gold Beacon Award for Excellence**. The American Association of Critical-Care Nurses (AACN) created the Beacon Award to recognize individual units that distinguish themselves by collecting and using evidence-based information. For critical-care nurses, a Beacon Award can mean a positive and supportive work environment with greater collaboration between colleagues and leaders, higher morale and lower turnover.
Disaster Preparedness

All employees at Texas Health Fort Worth participate in disaster-preparedness drills throughout the year, making the hospital qualified to provide care during a large-scale community crisis event. Texas Health Fort Worth has two 20-bed mobile medical units that can provide triage and minor care near the scene of a disaster to reduce transport and minimize emergency room overload or can increase hospital surge capacity during a pandemic. The mobile medical units are also regularly used as first aid patient care stations at community events such as the Alliance Air Show and Mayfest.

Texas Health Fort Worth is also prepared to serve the community in mass chemical emergencies, with a large external decontamination shower area consisting of two separate lanes with five decontamination shower stalls in each lane. This can be used to remove chemicals for all patients with exposures, whether they are ambulatory or not. In addition to this external decontamination resource, Texas Health Fort Worth also has seven additional decontamination showers located within the Emergency Department. This unit has a dedicated 750-gallon holding tank to help offer access to clean water, even in the face of a disaster.
Healing from a trauma often necessitates specialized care after the injury as part of a patient’s personalized treatment plan. Texas Health Fort Worth offers programs and services dedicated to getting patients back to leading as normal a life as possible after injury. These include:

**Brain Injury Transitional Services (BITS)**
Brain Injury Transitional Services is an intensive outpatient program to help patients with traumatic brain injuries transition from inpatient settings back to their homes, communities, jobs and school. Comprehensive services include physical, occupational and speech therapy; rehab nursing; case management; psychological counseling; and therapeutic recreation.

**Rehab Day Program**
The Rehab Day Program coordinates outpatient therapy services for patients with any diagnosis other than a traumatic brain injury. Patients may require multiple therapies, including physical, occupational and speech therapy, or supplemental therapies like group education, exercise and recreation.

**Concussion Clinic**
The Ben Hogan Sports Concussion Center is the only designated sports concussion center in Tarrant County and is dedicated to the brain health of youth and adults. The concussion team offers an extensive concussion management program aimed at the prevention, diagnosis and treatment of traumatic brain injuries due to high-impact sports maneuvers and other traumatic events. The multidisciplinary concussion treatment program includes trauma assessments, concussion evaluations and treatment, ImPACT cognitive test interpretation, balance assessment and vestibular testing.

**Outpatient Specialty Therapy Programs**
A complete set of therapy programs is offered to trauma patients, including:
- Hand Center
- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Vision Therapy

For all rehab appointments call 817-250-2797 or email TherapyServices@TexasHealth.org
Texas Health Fort Worth’s 18th Annual Trauma Conference

Offered an opportunity to provide/enhance current knowledge on the care of the trauma patient, from the pre-hospital setting through discharge and rehabilitation. Topics included high value/low volume procedures, non-invasive hemodynamic monitoring, pre-hospital endotracheal intubation, mass casualty, ethics in trauma, rehabilitation for traumatic brain injury, and several dramatic survivor stories. Medical professionals from throughout our service area were invited and feedback from attendees was overwhelmingly positive.

Advanced Trauma Life Support (ATLS)

Provided by Texas Health Fort Worth’s trauma program a minimum of four times per year. The American College of Surgeons developed this course to provide physicians a concise approach to assessing and managing multiple injured patients.

Advanced Trauma Care for Nurses (ATCN) and ATCN Instructor

Advanced course designed for registered nurses interested in increasing their knowledge in management of the multiple trauma patient. This course is provided by Texas Health Fort Worth’s trauma program twice each year.

“Stop the Bleed” Train the Trainer Course

Trains instructors to provide essential training to the lay public.

Trauma Nurse Core Curriculum (TNCC)

Offered six times per year and provides nurses with the knowledge, critical thinking skills, and hands-on training to provide expert care for trauma patients.

Trauma Care after Resuscitation (TCAR)

A course facilitated annually by Texas Health Fort Worth’s trauma program this program is specifically designed for acute care, critical care and perioperative nurses. TCAR is a two-day educational offering that provides inpatient staff with the foundational, evidence-based information and critical thinking skills necessary to provide excellent care to a challenging population.

Trauma Talk

Quarterly lunch conference where guest speakers are invited to highlight specific topics of interest related to trauma care. This program is open to the professional community.

Trauma Journal Club

Quarterly lunch conference where trauma surgeons on the medical staff of Texas Health Fort Worth review and discuss the most current literature and research regarding research and trends in trauma care.
2015

Kindra McWilliam-Ross, MSN, APRN, ACNS-BC, Cory Collinge, MD, Peter Fitzpatrick, BSN, CCRN, RN Zane Holland, RN. Before and After Implementation of an Open Fracture Protocol at a Level 2 Trauma Center. Poster presented at Society of Trauma Nurses in Jacksonville, Florida, on March 25-28, 2015

McWilliam-Ross, K. Alexander, R. Allen, Y. INTERMEDIATE CARE for High Risk Geriatric Hip Fracture. Poster presented at the Nurses Improving Care for Healthsystem Elders conference in Orlando, Florida, on April 14-17, 2015

Witham, W., McNeill, C., “A Controlled Resuscitation Strategy is Feasible and Safe in Hypotensive Trauma Patients” Journal of Trauma and Acute Care Surgery, April 2015

McWilliam-Ross, K. Alexander, R. Allen, Y. Creating a Best Practice Osteoporosis Protocol in Elderly Hip Fracture Patients. Poster presented and won first place at the Nurses Improving Care for Healthsystem Elders conference in Orlando, Florida, on April 14-17, 2015


Witham, W., McNeill, C., “Rebound Coagulopathy in Patients with Snakebite Presenting with Marked Initial Coagulopathy,” Wilderness & Environment Medicine, June 2015

Witham, W., McNeill, C., “Copperhead Snakebite Recovery Outcome Group” BMC Emergency Medicine, June 2015

McWilliam-Ross, K. Creating a Best Practice Osteoporosis Protocol in Elderly Hip Fracture Patients. Webinar Presentation for Nurses Improving Care for Healthsystem Elders on Sept. 9, 2015

2016

McWilliam-Ross, K., James, A. Alexander, R. Outcomes of Evidence Based Standardized Orthopedic Trauma Program at a Level 2 Trauma Center. Poster presented at Society of Trauma Nurses in Anaheim, California, on March 24-25, 2016

McWilliam-Ross, K., James, A. Alexander, R. Outcomes of Evidence Based Standardized Orthopedic Trauma Program at a Level 2 Trauma Center. Poster presented at National Association of Orthopaedic Nurses Conference in Orlando, Florida, on May 21-24, 2016


*All research is IRB-approved.