

TSNotes

Quarterly Newsletter of the Trauma Survivors Network



From the Editor

Dear Readers,

In this edition of TSNotes, we will announce the topic for National Trauma Awareness Month and our plans for celebrating National Trauma Survivors Day. We also welcome our new TSN sites, and feature a survivor story from MetroHealth's TSN.

I hope you enjoy this edition and as always, feedback is welcome.

Elizabeth Wysocki, MS
National TSN Coordinator

NTAM

May is National Trauma Awareness Month



The American Trauma Society, in collaboration with the Society of Trauma Nurses, is once again pleased to present National Trauma Awareness Month. This

May, National Trauma Awareness Month celebrates its 28th anniversary with the campaign slogan, "Safe Steps for Seniors" and focuses on senior safety and falls. Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls result in more than 2.5 million injuries treated in emergency departments annually, including over 734,000 hospitalizations and more than 21,700 deaths. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

We hope the campaign and its materials will continue to draw attention to these issues and invoke change by the community.

We also encourage trauma centers to have a "trauma survivors' day" to reunite patients and families who have been served by the trauma center. You can read more about National Trauma Survivors Day on page 2.

We urge you to start planning activities and make this year's celebration the best one yet!

National Trauma Survivors Day 2016

#NTSD2016

We are excited to celebrate our 3rd Annual National Trauma Survivors Day on May 18, 2016. We invite you to join in the celebration. It is easy to participate. All you have to do is print out our [2016 sign](#), write a message of hope, take a picture and post it to Twitter, Instagram or Facebook using the #NTSD and @traumasurvivors.



You can also create a video. Visit our [YouTube](#) page to check out a video from the National TSN Chair and trauma survivor, Peter Thomas. He will provide instructions for creating your own video along with sharing his survivor video. We hope that you are willing to participate and share your story with others. Don't forget to check with your local TSN site to see if they are having a survivor celebration.

Stay Connected

Check out our [website](#) and sign up to receive our newsletter.

Follow us on [Facebook](#) and [Twitter](#)

Welcome to our new TSN Sites

We are excited to welcome the
following new sites:

**University of Tennessee
Medical Center, Knoxville**
Knoxville, TN

Mercy Hospital
St Louis, MO

Grand Strand Medical Center
Myrtle Beach, SC

**Children's Hospital of
Philadelphia**
Philadelphia, PA



Join the TSN

Interested in establishing a TSN Chapter in your trauma center?

Join the TSN and become one of a growing number of hospitals around the country that are setting the standard for trauma care. By becoming a TSN facility, your center will be on the leading edge of trauma care and stand out from competing facilities. We look forward helping trauma centers and those affected by traumatic injuries.

Call ATS at 800-556-7890 or email us at admin@traumasurvivorsnetwork.org

Please also visit our website

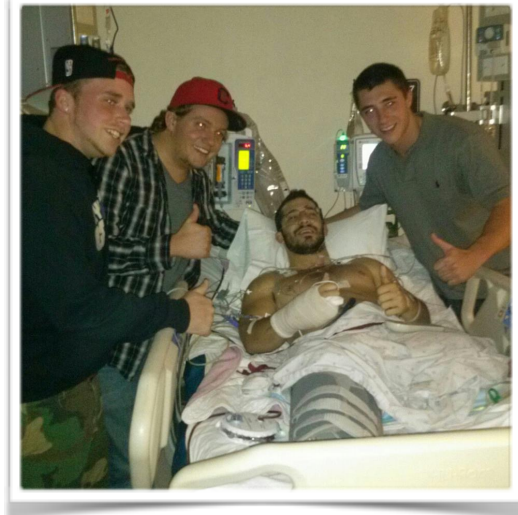
www.traumasurvivorsnetwork.org

SURVIVORS CORNER

Trauma Survivor, Mark Kalina's: Life After Trauma

The Trauma

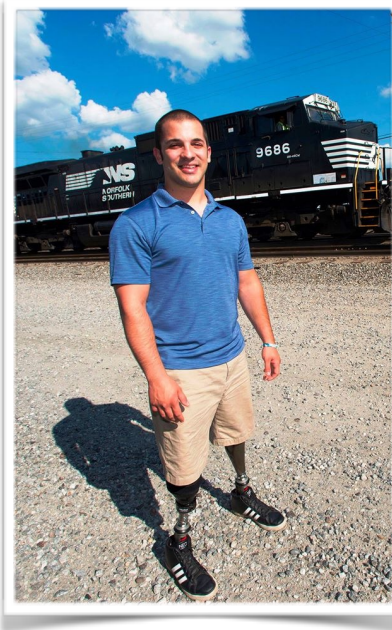
On October 13th, 2012, I was walking home when I came across some train tracks. There was a train stopped on the tracks and I couldn't see the beginning or end of the train. My apartment was on the other side of the tracks so I decided to walk next to the stopped train until I could walk around it. As I am walking next to the train I lost my footing on the gravel incline and fell. As I am falling, I reach out with my right hand to grab onto whatever I can. My sleeve gets snagged on something on the train. Right then, the train starts moving. Slowly at first but I am panicking. I cannot get unhooked from the train. The train is pulling me backward by my sleeve. The train is moving faster to the point where I can no longer keep up with it. I pull myself onto the train car I am stuck to. I unhook my sleeve as I stand on the edge of the coal hopper car. We go around a curve and the rail car jostles me so much I fall down. As I am holding on for dear life my left leg is pulled



under the train wheel. I am rolled around under the train and that is when both of my legs are cut off. I ended up on my stomach in between the two rails covering my head as the train was speeding above me. I wait for what felt like hours for it to pass. When it finally did I rolled onto my back. I saw my left leg was gone about mid thigh. I didn't notice that my right leg was missing below the knee. I tried to put pressure on the left leg but it didn't slow the bleeding. I tried pulling myself off the track but it felt like all my strength was gone. I ended up pulling out my cell phone and dialing 911. Two police officers arrive on the scene first. One pulls me off the tracks the other officer pulls my legs off of the tracks. Eventually more police officers arrived as well as an ambulance. I remember being loaded into the ambulance then they took me to The Ohio State University Medical Center. I arrived at the hospital with no blood pressure and no pulse.

I had four surgeries. I spent six days in the SICU and another six days in the hospital before being transferred to inpatient rehab. I spent five days in inpatient rehab. I went home living life in a wheelchair. After the hospital, life consisted of intense phantom pain that my nerve pain medicine no longer relieve. Constant phantom pain caused me to have insomnia. It wasn't until three weeks after I got home that I

finally met with a pain management doctor. A month after my return home I was fitted for prosthetic legs. Prosthetic legs aren't a "put on and go" type of accessory. It was a very slow and painful process but I pushed myself. Six months after I got home from the hospital I got into rehabilitation at MetroHealth Hospital. My first visits were just working on balance and core strength. Then we worked on proper walking and eventually progressed to more difficult tasks such as stairs and obstacles. About a year after I started at rehab I finally got to a place in my recovery where I was happy. I was finally satisfied with my mobility. I still walked with a cane but over the next few months I got rid of that. I have recently gone back to rehab to learn how to run. Running is something I loved to do before my accident and something I never thought I would get back to, but I wanted to try.



Rehabilitation

A lot has impacted my recovery and I am grateful for all of it. My worst memory in life is the reason I had a successful and motivated recovery. While I was laying on those railroad tracks I could not make peace with myself dying. I thought about not getting married or having kids or grandkids. I thought about missing class on Monday. I thought about everything I ever wanted and how I was going to miss out on that. The most upsetting thought I had was why am I wasting time on the phone with 911 when I should be calling my mom and dad and telling them how much I love them and how sorry I am. I was alone, in the dark and dying slowly and there was nothing I could do to change it. Even when the police officers and ambulance showed up, I still felt I was too far gone to save. I was lying in a puddle of blood, feeling my strength diminish thinking I would fall asleep and not wake up. When I woke up the next morning I was so happy. I looked down and saw both of my legs were gone. I looked at my hand and saw my pinky was almost gone. I thought, even though I am missing some body parts, I am so glad that I woke up. I was happy to be alive from that moment on. My family and

friends visited and they were the greatest support system any patient could wish for. They made me feel like me, which was something I never thought I would need help with.

I had a really great recovery and rehabilitation. My family, friends and community came together to help me through it all. Without them I wouldn't be where I am today. Getting hurt can be expensive and without people to lean on recovery and rehab can be incredibly hard. That is why we started **The Mark Kalina Jr Foundation**. Our mission is to provide support to traumatic injury survivors, promote education on the prevention of traumatic injury, and assist similar non-profit endeavors. The foundation has given away a few grants and is working with other non-profits on future projects. This year we are giving a trauma survivor a van. He will be able to use that van to transport his wife and two girls when he is ready to use hand controls.



The Trauma Survivors Network

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