



# Managing Dual Roles

Melanie Bradshaw, BA, MSN, RN

March 28, 2024

MEMORIAL<sup>®</sup>  
HERMANN

# About Me

# Dual Roles

- › Former ER nurse, high school teaching, marketing professional
- › Level II Trauma Center 25 miles north of Houston, TX
  - > We have a Level I adult and pedi trauma center within our system
- › Been in this role for 3 years
- › Injury Prevention Coordinator (20%)
- › Trauma Survivorship Coordinator (80%)
- › Leadership and their view of your role

# Prioritization

# Prioritization

## Injury Prevention

- › Fall Prevention Program (Top Mechanism)
  - > One day a week for 1 hour
- › Stop The Bleed
  - > 4-6 classes per year
  - > All trauma staff
- › Local events
  - > ~8 per year
- › Local Presentations
  - > ~4 per year

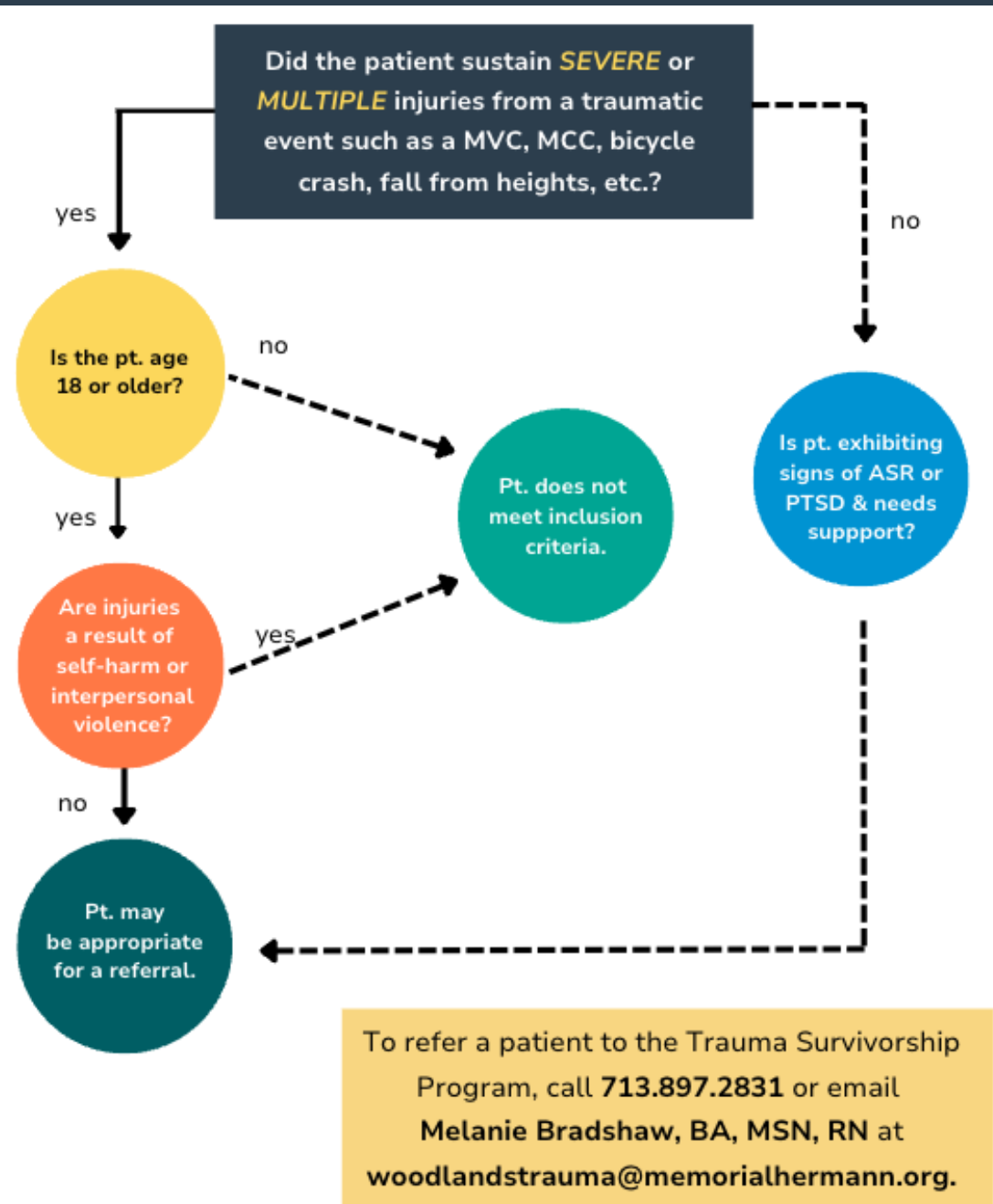
## Working With Survivors

- › Round 1-2 days a week
- › See approximately 4-10 pt. per month
- › Use a flow chart to determine bedside visits
  - > Started in June 2023
  - > Have served 60 survivors since

# Prioritization

## Bedside Rounding

- How I prioritize who I round on
  - One day a week for 1 hour



# Our Trauma Survivorship Program

MEMORIAL<sup>®</sup>  
HERMANN

# Trauma Survivorship Program

## Four Core Components

- ▶ Peer Support Group
  - > Started caregiver group in January
- ▶ Assist with Peer Connection
- ▶ Send out Monthly Newsletter
  - > Goes out on 1<sup>st</sup> of month
  - > 1-2 articles
  - > Upcoming events
- ▶ Email with “toolbox” of resources
  - > Custom tailored to each survivor/caregiver
  - > Local and National Resources



### Peer-to-Peer Support Group

Once a month

Join from anywhere

Virtual via Zoom



### Peer-to-Peer Survivor Connection

Chat one-on-one

Via Phone, Text, or Email

Nationwide network



### Monthly Survivor Newsletter

Delivered via email

Timely education and links

Upcoming Events



### Personal Support

Check-ins via phone or email

Assistance in finding resources

Facilitate peer-to-peer connections



# Trauma Survivorship Program

## Of Note

- › Trial and Error
- › Bedside visits have been key
- › Support group launch along with newsletter
- › Multidisciplinary approach
  - > Social Work/Case Management
  - > Chaplaincy
  - > Clinical Staff
  - > Medical Staff
  - > Rehab Staff



### Peer-to-Peer Support Group

Once a month

Join from anywhere

Virtual via Zoom



### Peer-to-Peer Survivor Connection

Chat one-on-one

Via Phone, Text, or Email

Nationwide network



### Monthly Survivor Newsletter

Delivered via email

Timely education and links

Upcoming Events



### Personal Support

Check-ins via phone or email

Assistance in finding resources

Facilitate peer-to-peer connections

# Support Group

# Trauma Survivorship Program

## Support Group

- › You just have to do it, fear or not!
- › #1 Most Helpful Resource
- › Easier than you think
- › 13 months and going
- › It's about RELATIONSHIPS



### Peer-to-Peer Support Group

Once a month

Join from anywhere

Virtual via Zoom



### Peer-to-Peer Survivor Connection

Chat one-on-one

Via Phone, Text, or Email

Nationwide network



### Monthly Survivor Newsletter

Delivered via email

Timely education and links

Upcoming Events



### Personal Support

Check-ins via phone or email

Assistance in finding resources

Facilitate peer-to-peer connections

# Final Thoughts

# Final Thoughts

- › Start small, dream big
- › Time management!!!
- › Focus on the grey book
- › Where can you make the biggest impact?



Thank You

MEMORIAL<sup>®</sup>  
HERMANN