



trauma survivors

network

provided by **ATS**

survive. connect. rebuild.

TRAUMA SURVIVOR'S NETWORK UPDATES

PRESENTED BY CARLI & COURTNEY

OPEN ITEMS: QUESTIONS FOR THE GROUP

1. Target Audience:

Adults:

- We reached out to Shawna + Ryan NPs. Meeting next Tuesday 4/8 @ 1pm.

Pediatrics:

- Preferred to do Social Work.

- Should both Adults and Pediatrics have the same target audience?
- If we targeted bedside nurses to role this out, we could empower the Trauma Champions for both Adult and pediatrics to help achieve buy in, answer questions during the role out, intentionally round on the specific unit we go live with (ex. B3 for adults).

2. Education

1. Educational material was attached to this meeting invite, if everyone can review as soon as possible and provide edits/corrections, we can begin finalizing the documents.
2. Once staff education is approved, we can work with CLD to upload to HealthStream and assign to the designated target audience – **at least two weeks prior to Go Live**
3. Patient Education (handbook and brochure) have been sent to marketing for approval. Once marketing approves, these documents will need to be sent through CLD and Standards. CLD and Katy Nagy (Standards) have been notified and are awaiting the documents. – **Marketing will not be able to get to this until May. Emailed to see if it could be looked at sooner.**
 1. Once approved, we will need to print all documents and make available to all applicable units/teams in preparation for go live. There is a print shop, could we investigate printing a large quantity at once?
 2. Depending on the target audience, where do we want all printed documents to live? (nurse's stations, SW offices etc.)
3. Print flyers for National Peer support groups for patients to put in out the trauma units and in clinic
4. Print brochures to put in waiting areas (clinic)

TIMELINE: SHORT TERM- 2025

MONTH OF APRIL

- Advertise for virtual Race to Rebuild
- Send out a messenger with our Race to Rebuild flyer
- Advertise on social media
- Send notification to the region via email of this event
- Buy in from Trauma Champions

MAY 6TH

Education role out to target audience with a Go Live date of June 2nd

- Go live with web page on TSN website
- Send out a messenger with our TSN flyer
- Link and advertise for the T shirt for Trauma Survivors Day
- Work with all Trauma Champions to help with buy in

MAY 21ST

- National Trauma Survivors Day
- Advertise on social media, on AMC Intranet
 - Send out a messenger informing staff of Trauma Survivors Day
 - Set up a booth in the cafeteria for advertising TSN

JUNE 2ND Go Live TSN

- Presence on the designated units for TSN support for the target audience
- Qualtrics survey for the target audience to put in their feedback anonymously
- Ensure target audience has the material they need
- Ensure Trauma Champions presence

MONTH JUNE

- Staying in touch with the designated units and target audience, to ensure success
- Monitor Qualtrics surveys
- Frequent rounding

JULY/AUGUST

Check in with designated units to evaluate effectiveness

SEPTEMBER

- Establish planning committee for an AMC Trauma Survivors Day, where we host trauma survivors we cared for., Discuss Trauma survivors' initiatives to implement in Spring 2026.
- Tullip garden
 - Race to rebuild
 - AMC Trauma Survivors Day

OCTOBER + DECEMBER

Evaluation surveys to designated teams to evaluate effectiveness of TSN, change items necessary to further success.

1

2

3

4



RACE TO REBUILD 2025

- Scheduled for the Intranet and Messenger notice for April 15th



Trauma Survivors Network present

RACE TO REBUILD



About the event

A virtual walk/run/cycle/roll event to support trauma survivors as they Survive, Connect and Rebuild after a serious injury. The race benefits the Trauma Survivors Network.

Please ensure that you sign up for Albany Medical Center!

If you need assistance signing up.
Please reach out to Courtney Archino!
newcomc@amc.edu
(518)262-5141

Participate Anywhere Anytime
between May 1 and May 31, 2025



TSN WEBPAGE – ALBANY MEDICAL CENTER

Albany Medical Center Hospital x New Tab x +

traumasurvivorsnetwork.org/trauma-centers-303/

UKG Workforce Cen... ACS Trauma Review... TraumaOne Medlists v3 - 1.0 American Trauma S... ILliad Main Menu Albany Medical Cen... Log In – TSN 2024


TSN 2024 0 + New Edit Page Howdy, Courtney Archino

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Home Who We Are v What We Do v Get Involved v Get Support v Admin/Coords v

Private: Albany Medical Center Hospital (303)

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The anchor of the Albany Med Health System, **Albany Medical Center** has a 766-bed hospital, which offers the widest range of medical and surgical services in the region. Albany Medical College, which trains the next generation of doctors, scientists, and other health care professionals. The College includes a biomedical research enterprise. As the only academic medical center within a 150-

7:06 AM
4/1/2025

T-SHIRT PROPOSAL

- Re-sent to Marketing
 - Marketing team's advice would be to skip the art on the back



LONG TERM GOALS

- Create an internal peer support group
- National Trauma Survivors Day for 2026
 - Carli and Courtney to meet in the fall to begin planning
 - Invite designated patients/families to join us for this event
 - Plant a Tulip Garden
 - Have a ceremony for past and present Trauma patients to reunite with AMC caregivers to express gratitude and share successes
 - AMC staff to invite specific Trauma Survivors
 - Team with a local sports group to have an event for the patients and or have a patient participate in the sporting event
 - Throw the first pitch, be announced at the beginning of the event etc.
- Reach out to local businesses to see if they'd like to donate/sponsor towards the program
 - Social media advertising
- Have a bulletin board on the Trauma units
 - Have TSN material readily available for staff
 - Uplifting stories from past trauma survivors
 - Any updates to the program
- Snack and chat carts for patients' families' members- maybe we can partner with the volunteer services to help facilitate.
- Apply for grant through TSN



LONG TERM GOALS: EPIC DISCHARGE

- This is an example of a discharge summary of TSN and their resources.
 - Do we want something like this to be automatically added to the discharge paperwork?
 - Do we want to have a documentation section on the Discharge Navigator indicating TSN material was provided to the patients/families?

Emotional Recovery

After the injury, you may feel tired and irritable. It takes time to heal. Use this time for rest and quiet-activities. Please know you have access to the Trauma Survivor's Network (TSN) where there are free resources available for you to access.

Trauma Survivors Network (TSN)



TSN is a program of the American Trauma Society (ATS). It is a community of patients and families who have experienced trauma and are looking to connect with one another to rebuild their lives after a life-altering injury. Joining this community can help ease the anxiety and frustration following a sudden injury and the resulting hospitalization.

Becoming part of the TSN is easy to do and is FREE. Please visit the [website](#) below and register an account to take advantage of the many resources available to navigate you through this time.

Some of the benefits of joining the TSN include:

- Connecting with others in similar situations and sharing your experiences
- Learning about injuries and their treatment from trauma experts
- Discovering how to meet the challenges of everyday life after injury
- Giving hope and inspiration to others

Please visit the link below to learn more about the full line of TSN services and resources

https://www.traumasurvivorsnetwork.org/trauma_centers/155

Follow-up

A referral was also placed to the Concussion Clinic -- follow up is recommended with this service to help with injury as well as assess for return to work/school.

Nutrition

You may not feel like eating a regular diet right away, but a balanced diet and fluid intake is important.

Activity Restrictions After Concussion Injury

Plan quiet-activities for the first several days at home.

Do not participate in rough activity, contact sports, or high risk activities (hiking, biking, climbing, etc.) until you have been cleared by the trauma surgeon and concussion clinic.

Returning to Work or School

You will be evaluated for your ability to return to work/school at your outpatient visit and also at the concussion clinic. The trauma program will assist with your return to work if needed.

Incidental Findings

Please be aware of incidental findings that may have been found on your imaging/lab work as you were worked up for your traumatic injuries

It is recommended that you follow up with your Primary Care Physician for follow up of these findings and any additional work-up or surveillance that may be needed

Please also refer to you MyLVHN account for any additional information

RACE TO REBUILD 2026

- Vision

- Book Washington Square park as the venue
 - Make sure this is a day where Injury Prevention can attend to set up a booth
 - Order rubber bracelet/other items that say “Trauma Survivor” or “Race to Rebuild” to hand out
 - Have the race start at the lake house
 - Before the race kicks off have trauma patients share their stories
 - Participants will take a lap around the pond
 - We will have signs around the pond created by staff and patients' families' members, as words of encouragement
- Try to get local businesses involved
 - For funding
 - Have them donate items that could be handed out
 - Food or ice cream trucks
- Once participants have completed the walk, hand out a flower