

THE
University of Vermont
MEDICAL CENTER

trauma survivors
network
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SURVIVOR NEWS

Newsletter for Resilience and Rebuilding

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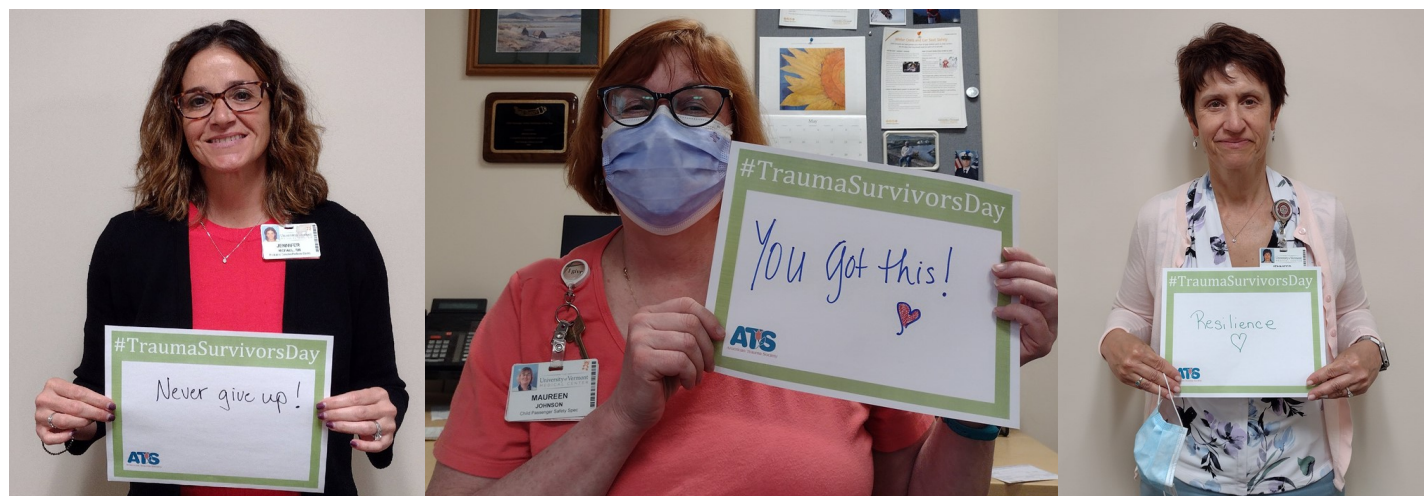
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#TRAUMA SURVIVORS DAY



Trauma Awareness Month Recap

By Abby Beerman

May was Trauma Awareness Month and May 18th was National Trauma Survivors Day. Across the country, over 100 Trauma Centers celebrated the strength it takes for survivors and their supporters to travel the road to recovery. From posting messages of hope, support and inspiration to participating in the Race to Rebuild, survivors, their friends and family, and hospital staff showed their support through compassion and solidarity.

While we were unable to gather in person, our staff took part in a message campaign to show their support for our traumatic injury survivors. While taking pictures, the question I kept getting was when are we going to host another Life After Trauma: Celebrating Survivors event in person. We have our fingers crossed for next year, but the truth is I don't know. This year's event was hybrid, and the speakers were invited to Davis auditorium to share their stories virtually with our TSN community. (continued on page 2)

Trauma Survivors Night: Survivor Stories

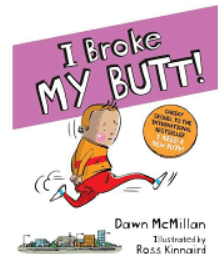
Despite some technology hiccups, we had a great time with this year's Life After Trauma: Celebrating Survivors. The highlight of the event with the Survivor Stories. We are so grateful to WendyJaime, Ben, and Chelsey for taking the time to share their experiences with traumatic injury and what impacted their journey of recovery. The presentations had us laughing, reflecting, smiling, and even tearing up. Quite the whirlwind of emotions!



WendyJaime Summers. There are 3 elements that were key for my recovery: Trust, Gratitude, and Humor. I had 3rd degree chemical burns on my arms, shoulder, buttocks, and my face. Upon arrival in an E.R., the doctors spoke with great respect for a Burn Injury Specialist in the UVMMC in Burlington. I consented to go meet her, Dr. Margaret Tandoh, MD. When Dr. Tandoh and members of her Team entered, they sat down. Her calm voice, demeanor, and behavior of sitting down to talk, helped to calm me down. I felt trust. This trust and calmness influenced my decision to consent to the treatment plan of skin graft surgeries.

During my hospitalization, the pain, anxiety, and fear seemed to control my thoughts and emotions. I was grouchy. One night, I yelled at staff members. My pain was not their fault and I made a decision to change my attitude. I began asking everyone's name and role as they entered the room. Some people seemed surprised that a patient wanted to know them, and when each one completed their duties I spoke their name and said, "thank you".

Post hospitalization, I purchased a children's book, I Broke My Butt, by Dawn McMillan. In the story, the child breaks his butt, but courageously puts it back together with glue and a Band-Aid. I admire him. When I could not fix my broken burned butt, I needed to trust the OR team to use their skills to stitch and staple me back together. Humor and imagination is a valuable factor influencing my recovery.



Ben and Chelsey. In 2014, Ben was in a devastating car accident. He almost lost his life, spent a week in a medically induced coma, and spent a total of 8 months in the hospital. Ben had to relearn how to walk and talk, and do everything all over again. After a lot of hard work and support from his loving family, friends, and community, Ben made a miraculous recovery. Today, Ben has been married to his wife Chelsey for four years. They currently reside in St. Albans with their 16 month old son, Carter, and their dog Rue. Here is some advice in Ben's words: "Life's too short. Don't give up and fight every second. Just be positive. My family and friends were there for me. It's crazy. At first I couldn't talk and look at me now. I used to be shy and now I'm not. Now every day I walk or go to the gym. I have a wife and a happy little boy. And I'm just so lucky to be alive. So cherish it every time."



Trauma Survivors Night: Award Ceremony

As part of the celebration, we presented two awards to those who make a difference when it comes to traumatic injury. The Excellence in Trauma Care award is for a care provider who goes above and beyond to improve the care and outcomes of the patients they serve. The Community Champion for Trauma award is to recognize an individual who actively promotes outreach about traumatic injury, engages in prevention activities, participates in advocacy, or provides support for trauma survivors and their care givers. Read below to learn more about the 2022 award winners!

Excellence in Trauma Care was awarded to Michelle Greeson. Michelle was instrumental in the implementation of HealthNet Critical Care Transport carrying blood products on their helicopter and ambulances. She wrote policies, guidelines, and workflows while also serving as the infection control officer and a critical care nurse. Since the implementation of the program, the blood has been administered to dozens of patients by the air and ground teams, making a direct impact on the survival of traumatic injury patients! Congratulations to Michelle and a huge thank you for all she has done to improve the prehospital care for traumatic injury patients!



Community Champion for Trauma was awarded to Michael Chiarella, Director of Richmond Rescue. Michael is dedicated to preventing traumatic injury, especially among children. As a Child Passenger Safety Technician, he has done over 750 car seat fittings in the last twelve years. Additionally, he recently provided an in-depth squad training on the mechanisms by which a car seat protects children, as well the best practices for pediatric transport.

Michael also organized a biannual bike helmet giveaway for the last decade to ensure kids in their community not only have a new helmet, but to educate parents and caregivers on proper helmet fit and use.

Nutrition and Chronic Pain

By Emily Clairmont, MS, RD, CD

A new area of research is the topic of the role of nutrition in treating and preventing chronic pain syndrome (when pain persists past 3 months). At this point, the evidence is clear enough for researchers, doctors, and dietitians to agree that some foods will promote inflammation, regardless of where we are from, how we are built, or how strong we think our stomach is. These foods are added sugar, red and processed meats, trans-fat (hydrogenated and partially hydrogenated oil), high omega-6 oils, and refined carbohydrates.

For many of us, it's difficult or seemingly impossible to think of changing our diet in ways that eliminate all of these foods, and yet there is always room to change a little bit at a time. It is encouraged to work on making small changes to your diet that you will be able to do for a long time (maybe even the rest of your life!). And if that means eating less of these inflammatory foods then that is where you need to start. A suggestion to anyone wanting to make anti-inflammatory changes to their diet is, first make sure your meals are balanced ($\frac{1}{4}$ plate protein, $\frac{1}{4}$ plate whole grain or starch, $\frac{1}{2}$ plate non-starchy vegetables – see diagram “Foods for Chronic Pain”), next eliminate (or reduce) known inflammatory foods (just mentioned), and then work to include known anti-inflammatory foods (vegetables, fruits, whole grains, seeds, nuts, spices). These 3 steps will help make your diet much more anti-inflammatory. The resources below help to explain nutrition, inflammation, and chronic pain.



Foods that Fight Inflammation and Chronic Pain

- [Diet Review: Anti-Inflammatory Diet | Harvard T.H. Chan School of Public Health](#)
- [Anti-inflammatory food superstars for every season - Harvard Health](#)
- [Nutrition and Chronic Pain - International Association for the Study of Pain \(IASP\)](#)

Inflammation and the Role of Nutrition

- [Inflammation | Linus Pauling Institute | Oregon State University](#)

Upcoming Events

The Nation Trauma Survivors Network is hosting virtual support groups in July and August.

- Wednesday, July 13th from 3-4:30 ET and on Wednesday, July 27th from 6:30-8:30 ET.
 - <https://www.surveymonkey.com/r/85HWJ6C>
- Wednesday, August 10th from 3-4:30 ET and Wednesday, August 24th from 6:30-8:30 ET.
 - <https://www.surveymonkey.com/r/VQLD2Y2>

New sessions of NextSteps Managing Life after Trauma start July 6th and August 24th. It is a free virtual 6-week course. See the next page for more information and sign up at www.nextstepsonline.org.

Save the Date! Brain Injury Association of Vermont is hosting the 34th Annual Brain Injury Conference at Killington Grand Resort on October 12, 2022. Stay up to date on the conference at BIAVT.org/Advocacy/Events.



*“This class taught me in six weeks what it took me six years to learn”
-NextSteps Participant*

Sign up today at:
www.nextstepsonline.org
CLASS BEGINS: July 6, 2022

NextSteps is a FREE online program to help you manage your life after a serious injury. You can engage in the weekly education modules and live chats with other trauma survivors. NextSteps can help you explore the ways your life has changed after traumatic injury and how you can move forward on your journey. This program can help you manage difficult emotions and find the courage to achieve your goals. Join us!

Date	Topic	Live Chat
July 6-12	Lessons 1 & 2: Taking Stock Explore where you are on the Road to Recovery, learn more about self-management, and begin to practice self-management tools.	July 12 at 7:00 pm ET
July 13-19	Lessons 3 & 4: Moving Forward Identify problems related to your injury, set goals, and begin to use problem-solving to find solutions.	July 19 at 7:00 pm ET
July 20-26	Lessons 5 & 6: Managing Emotions I Learn about emotional adjustment, including myths and common reactions following a traumatic injury and begin to use tools to improve your mood.	July 26 at 7:00 pm ET
July 27-August 2	Lessons 7 & 8: Managing Emotions II Learn to identify, reduce, and break the cycle of anxiety by confronting negative thinking and using relaxation.	August 2 at 7:00 pm ET
August 3-9	Lessons 9 & 10: Friends and Family Begin to get the help you need from family and friends by learning the signs of a healthy relationship, getting the most of your support system and recognizing helpful and unhelpful “help”.	August 9 at 7:00 pm ET
August 10-16	Lesson 11 & 12: Looking Ahead Learn how to overcome setbacks that may arise in your recovery. Take time to reflect on the future and celebrate the progress you’ve made.	August 16 at 7:00 pm ET



Meet the Trauma Team

Michelle Rickard, Trauma Clinic Nurse

Michelle Rickard, RN, BSN-BC has been working with the Acute Care Surgery/Trauma/Burn team for almost 6 years at the UVM Medical Center and has worked here for almost 11 years this fall.

She is the clinic nurse, responsible for getting patients scheduled back into clinic after their admission or ER visits for follow up care. She also helps navigate patient care for labs, radiology testing, referrals to other providers and home health agencies. She is the contact for the patients in clinic when they need assistance after discharge. She also works closely with the team to coordinate care prior to discharge. "I take pride in my job, love my team and our patients. It is important to me that they know that we are here to help even after they go home"



Free Integrative Health and Wellness Coaching

By Janet Franz



Are you ready to make a lasting change to improve your health and well-being? Consider working with a UVM student preparing to sit for the National Board for Health and Wellness Coaching certification exam. To qualify for the exam, students need to collect coaching practice sessions, and so they are offering free coaching to community members.

Integrative health and wellness coaches guide clients to establish goals and make lifestyle changes for improving physical fitness, nutrition, mind-body health, sleep, work-life balance or personal development. They do not prescribe exercise or nutrition plans. They use motivational interviewing, visioning and goal-setting strategies to help clients self-determine priorities, action steps and new behaviors.

Some students in the UVM Integrative Health and Wellness Coaching program are undergraduates in majors including exercise science, nutrition, health sciences, neuroscience and psychology. Continuing and Distance Education students in the program are professionals working in various fields who want to add health and wellness coaching to their services. UVM does not supervise the sessions or participate in the coaching.

Visit the health coach trainees page on the Integrative Practitioner Network to learn more about student coaches, choose one to work with and email them directly to schedule your visit. <https://bit.ly/3MWNRHE>

Reminder: Facebook Support Group

Have you joined our Facebook support group? We are working to build an online community of traumatic injury survivors where you can talk, ask questions, and find support and friendship. No matter where you were treated for your injury, you are welcome to join the group!



UVMHealth.org/TraumaSurvivorsFB

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