

THE
University of Vermont
MEDICAL CENTER

trauma survivors

network
provided by **ATS**

SURVIVOR NEWS

Newsletter for Resilience and Rebuilding

IN THIS ISSUE

Meet Nick [pg. 1]

M&T Bank Marathon Supporting

Survivors [pg. 2]

Adaptive Technology Car Show [pg. 3]

Life After Trauma 2024 [pg. 4]

Upcoming Events [pg. 4]

HOME INTERVENTIONS FOR SAFETY SOLUTIONS



Meet Nick

Nick isn't a survivor of traumatic injury, instead he is a community paramedic for Mobile Integrated Health who has made it his job to prevent traumatic injuries. "As a community paramedic, preventing emergencies ahead of time is something that is very fulfilling and important to me. I've stood witness to families being completely uprooted by predictable and very preventable injuries my entire career." Nick explained why he was motivated to develop the Home Interventions for Safety Solutions program in collaboration with the Trauma Center's Injury Prevention Program.

Home Interventions for Safety Solutions is a unique pilot program that works to negate barriers to preventative care and resources to improve home mobility and safety. Home Interventions for Safety Solutions works with community members who are at risk of falling and feel unsafe in their homes. One of the questions during enrollment is if the person feels they could safely escape their home in case of an emergency, like a fire. For many participants, their physical health has limited what they feel safe doing around their homes. Something as basic as showering can feel like a high risk challenge.



What makes the program unique is rather than participants coming to Nick, he meets them in their homes. This allows Nick to assess their health and talk through their real and perceived risks for injury and do a walk-through of their home with them. The walk-through can help identify more areas where small adjustments can make a big impact on day to day safety. Nick and the participant discuss different modifications and identify which ones will make the participant feel safer in their home.

Nick is then able to install equipment and do basic home modifications right there during the appointment. There is no need for participants to try to install safety equipment themselves or try to find someone they can hire for it. Nick can install new grab bars or railings, tape down rugs, and improve lighting inside and outside their home as part of the appointment.

(Continued on page 2)

M&T Bank Marathon Supporting Survivors

By Dr. Adam Ackerman

The UVM Medical Center sees over 2000 trauma activations each year. As one of the trauma surgeons on faculty, I am so proud of everything our team does to get our patients on the road to getting the most out of their lives. I am moved by the stories of trauma survivors. For example, Frank Driscoll was on mile 16 of a 20 mile long run in preparation for his first marathon in honor of his 70th birthday when he was hit by a truck. He suffered a serious traumatic brain injury, but through his inspiring perseverance and the support of our trauma team he ran the Humboldt Marathon in Eureka, California one year later. Recovering from serious trauma takes determination, support, and financial assistance. The costs of recovery add up and too frequently our patients go without. This difficult reality is the inspiration behind the Vermont City Marathon Trauma Survivors Fundraiser.

Through this charity, marathon and half marathon runners can sign up to raise funds that will be used for the immediate needs of our trauma patients and their families. From travel expenses and medical devices to basics like nutritious food – sometimes trauma survivors need a little help to get back to life. Please consider running and raising money for the Vermont City Marathon Trauma Survivors Fundraiser. Through the generosity of RunVermont, runners will be able to register for the race at a discounted rate. All proceeds will go directly to the immediate needs of our patients. You don't need to be a runner to contribute. By visiting our website, you can donate directly to the fund or support one of the participating runners. For more information, or to sign up or donate visit <https://give.uvmhealth.org/Marathon2024>.

To register for the race or learn more about the 2024 M&T Bank Vermont City Marathon & Relay check out their website: <https://www.runvermont.org/vermont-city-marathon-relay/>

Meet Nick

(Continued from page 1)



The feedback from participants who have enrolled and participated in Home Interventions for Safety Solutions has been overwhelmingly positive.

“Nick was so thorough and kind. He really took the time to understand me and what would be helpful for my safety and general health. I think this program is a really wonderful idea. With all the focus on crisis management, we often forget the value of prevention. This program is a perfect example of this concept.”

“I think it's just wonderful that in the same day Nick was able to tell me what I needed to make me safer in my home and then go right to work doing it! This program was just really nice to be a part of, and I am recommending it to everyone I know.”

The Home Interventions for Safety Solutions is geographically limited to EMS District 3 in Vermont which includes Chittenden County, and parts of Grand Isle and Addison Counties. If the pilot is proved to be successful at improving the safety of participants, Nick hopes to expand it over more of the state as well as offering EMS

and other first responder agencies the opportunity to adopt the program.

If you or anyone you know is interested in learning more about the program or enrolling, fill out the online interest form and Nick or another staff member will reach out to you.

<https://forms.microsoft.com/r/2CupRU7nKY> or scan the QR code.



Hosted by UVMCC Driver Rehabilitation Program and Trauma Survivors Network

Interested in exploring adaptive technology?

Want to meet local adaptive partners?

Like free, fun, family-friendly events?

1st Annual Adaptive Technology Car Show

Saturday, August 24th

10 am to 1 pm

Fanny Allen Campus

790 College Parkway,
Colchester VT 05446



**Want to show off your vehicle and
its adaptive tech?**

Register for free by July 31, 2024!

Prizes Available for Registered Vehicles!



Life After Trauma: Celebrating Survivors

Wednesday, May 15th, 2024



WendyJaine Summers sharing her survivor story at the 2022 Life After Trauma event.

Life After Trauma is a night to celebrate the recovery process and the lives of those who have survived trauma. The event offers opportunities to network with fellow survivors and recognize champions in the community and in trauma care. The highlight of the evening is Survivor Stories, where trauma survivors share their stories and struggles around trauma and recovery. This year, we have three amazing speakers who have agreed to share their tales of recovery!

There is also an award ceremony at Life After Trauma. We take the time to recognize individuals who have provided *Excellence in Trauma Care* as well as *Community Champions for Trauma*. Each award goes to a maximum of two recipients each year to recognize their efforts and actions. Previous winners include Debbie Drewniak, a traumatic injury survivor who uses her story to educate teens on the dangers of distracted driving, Jess Lukas, aquatics director at the Greater Burlington YMCA who strives to reduce the risk of drowning in underserved communities, Toby Rockwood, case manager for Trauma Services who goes above and beyond for her patients, and Michelle Greeson, who is the reason HealthNet Critical Care Transport has blood products on their ambulances and helicopters to better treat injury patients during transport. Past winners have diverse backgrounds, but all share a passion for preventing injury or improving the treatment and recovery process for survivors.

If you know someone who you believe deserves to be recognized at the 2024 Life After Trauma, please take a moment to nominate them! <https://forms.microsoft.com/r/ppmg121m9u> or scan the Black QR Code.



We hope you will join us for the May 15th event either in-person at the UVM Medical Center Davis Auditorium or on zoom. RSVP at UVMHealth.org/LifeAfterTrauma2024 or scan the Orange QR Code.



FOR RESILIENCE AND REBUILDING

Survivor News is produced quarterly

NEWSLETTER EDITOR

Abby Beerman, TSN Coordinator

ACUTE CARE SURGERY INJURY PREVENTION

111 Colchester Ave
Smith 240
Burlington, VT 0501

PHONE

(802) 847-2291

E-MAIL

TraumaSurvivors@UVMHealth.org

Website

UVMHealth.org/TSN

More Upcoming Events

The Brain Injury Alliance of Vermont is back with their webinar Wednesdays!

You can also check their website for more events: biavt.org/advocacy/events/

- April 10 at 11 am. "Vermont Adaptive Ski and Sports— Who we are and How to get involved"

The recordings of previous webinars and trainings are also available on the BIAVT website.

Have you joined our Facebook support group? Scan the QR Code!

