Background

- Mild Traumatic Brain Injury (mTBI) brings nearly half a million pediatric patients to the emergency room each year.
- Currently, nurses report a lack of confidence and knowledge in caring for patients with mTBI.
- The CDC published a set of comprehensive guidelines on the assessment, diagnosis, and management of pediatric mTBI patients in 2018.
- It is unclear if emergency department nurses are aware of the new guidelines or utilizing them.

Objectives

The purpose of this evidence-based project is to determine if emergency department nurses have adequate knowledge of the CDC pediatric mTBI 2018 guidelines.

Project Plan

- Nurse participants completed a knowledge questionnaire based on the 2018 CDC Pediatric mTBI guidelines.
- Nurse participants also completed a demographic questionnaire including age, years in the nursing profession, and experience with pediatric mTBI patients.
- After the knowledge assessment, nurses attended an inservice on the 2018 CDC pediatric mTBI guidelines including:
  - CDC’s definition of mTBI
  - Recommendations related to use of imaging, validated/age-appropriate symptom scales in combination with cognitive testing as the strongest predictors of mTBI outcome
  - Appropriate counseling regarding return to non-sports activities, and
  - Risk factors for recovery including medical history, injury characteristics, and patient demographics.

Results

- Twenty emergency department nurses completed the knowledge assessment.
- The average score was 57% with a minimum score of 27% and a maximum score of 80%.
- Only 1 emergency room nurse scored above 74%, representing a majority do not have adequate knowledge to apply the CDC pediatric mTBI 2018 guidelines.

Evaluation and Practice Implications

- Emergency room nurses do not have adequate knowledge of pediatric mTBI guidelines.
- Increased continuing education on new evidenced based guidelines needs to be systematic.
- Continuing education on new evidenced based guidelines will improve nurse knowledge and improve patient nursing care.

Bibliography