Emergency Department Nursing Competency for Pediatric Patients with Mild Traumatic Brain Injury

Madeline Ohlms, Lindsey Garfield, PhD, RN.

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