

Presented by

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Jeff brings with him a wealth of nursing background, including clinical nursing in medical-surgical and emergency medicine, cruise-ship nursing, flight nursing, nursing management and administration, and as a state surveyor and nursing educator. Jeff is a well-known motivational and clinical speaker as well as an author. He has written more than 30 books, contributed to dozens more and has served as editor for numerous publications. Jeff, who is a Fellow in both the Academy of Emergency Nursing (AEN) and the American Academy of Nursing, served as president of the Emergency Nurses Association (ENA) in 2018 and as president of the Nursing Organizations Alliance in 2019 and 2020.

Aside from his work in the nursing field, Jeff founded the humanitarian organization Project Helping Hands, which deployed medical teams around the world. He has personally visited over 15 countries and led over 50 teams through his organization. He currently serves as the president of Solheim Enterprises while working part time in an intensive care unit in Portland OR. Jeff is the proud father of Brandon and is an equally proud grandparent of his grandson, Rylee. He combines his sense of humor with stories from his travels around the world to make each seminar a fun and unforgettable experience.

17 Contact Hours | Course Length: 1,045 minutes

Program Description

The Trauma Certified Registered Nurse (TCRN) Exam is a certification exam designed for nurses who seek board certification in trauma nursing. This educational program contains topics that are found on the TCRN Exam outline and is meant to increase the learner's knowledge in trauma nursing in preparation to successfully pass the TCRN Exam.

Key Learning Outcome

After completing the program, 80% of participants will report an increase in knowledge and confidence necessary to pass the certification exam.

Program Objectives

This program prepares the learner to:

1. Be able to describe appropriate assessment techniques used to assess a patient with various traumatic injuries.
2. Be able to describe appropriate interventions for commonly encountered traumatic injuries.
3. Be able to describe common traumatic injuries encountered by traumatic injuries.
4. Be able to list common complications that may occur after a patient sustains traumatic injuries.

Topics Covered

1 Preparing for the Exam

30 minutes

Module Description

The Trauma Certified Registered Nurse (TCRN) Exam is a certification offered by the Board of Certification for Emergency Nursing (BCEN). This certification is meant to provide board certification for nurses dedicated to the care of the traumatically injured patient. This module will look at the construct of the exam itself as well as hints to successfully pass the exam.

Module Learning Objectives

This module prepares the learner to:

1. Describe the purpose of completing a professional nursing certification exam.
2. Verbalize at least two study methods that can be employed to increase success on the exam.
3. List major areas that are tested on the TCRN Exam.

2 Continuum of Care for Trauma

242 minutes

Module Description

Nearly all patients with significant traumatic injuries will develop some degree of shock. Many of these patients will also develop a systemic inflammatory response syndrome (SIRS), and some will even go on into multi-organ dysfunction syndrome (MODS). This module will define various forms of shock, as well as SIRS and MODS. Symptoms of each will be reviewed, current treatment modalities will be discussed and prevention strategies will be covered. This module will also review injury patterns associated with various common mechanisms of injury for trauma.

Care of the traumatically injured patient is complex, rapidly evolving and requires a multidisciplinary approach across the continuum of care. This module reviews current concepts in trauma fluid resuscitation, including evidence-based resuscitation strategies and the appropriate use of crystalloids, blood products and massive transfusion protocols. Complications associated with trauma care and resuscitation will also be examined.

The module further explores post-acute trauma management, including rehabilitation, discharge planning and long-term recovery considerations. Psychosocial aspects of traumatic injury and strategies to support patients and families coping with trauma will be discussed. In addition, end-of-life considerations and compassionate care of the dying trauma patient will be reviewed. Finally, participants will examine principles of injury prevention and the development of effective injury prevention programs designed to reduce trauma-related morbidity and mortality.

Module Learning Outcomes

This module prepares the learner to:

1. Describe injuries associated with common mechanisms of injury.
2. List four broad classifications of shock.
3. Define SIRS and MODS.
4. Describe various blood components used in trauma resuscitation.
5. Differentiate current trauma fluid resuscitation strategies and the appropriate use of crystalloids, blood products and massive transfusion protocols.
6. Identify common complications associated with trauma resuscitation and implement evidence-based intervention to reduce morbidity and mortality.
7. Discuss the principles of post-acute trauma care, including rehabilitation, discharge planning, psychosocial support and end-of-life considerations.
8. Apply injury prevention principles to the development of effective trauma prevention and community education programs.

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3 Clinical Practice: Trunk and Pelvis

189 minutes

Module Description

Aside from the brain, the thorax houses the most vital structures in the body, namely the heart, great vessels and lungs. Trauma to these areas can cause both immediate as well as delayed mortality. This module will look at common injuries associated with thoracic trauma, as well as the assessment, planning, intervention and evaluation of care for patients with thoracic trauma from both a resuscitation as well as an inpatient standpoint.

The abdominal compartment contains both solid and hollow organs. Trauma to solid organs tends to cause rapid and severe blood loss. Trauma to hollow organs tends to cause delayed but infectious processes. Either way, the effects of abdominal trauma can provide numerous challenges for the trauma nurse. This session will review types of abdominal trauma, complications related to abdominal trauma, assessment of the abdomen and common diagnostic tests used to identify abdominal trauma. Symptoms, treatment and complications for each abdominal area will also be reviewed. Although there are fewer organs in the genitourinary system when compared with the rest of the abdomen and injuries to the genitourinary organs do not have the immediate life-threatening effects of the thoracic cavity, trauma to the genitourinary system can have significant and long-term consequences for trauma patients. This session will look at trauma to the various genitourinary structures as well as signs, symptoms and interventions. Complications of genitourinary trauma will also be discussed.

Module Learning Outcomes

This module prepares the learner to:

1. Describe symptoms associated with cardiothoracic trauma.
2. Describe care for patients who have experienced cardiovascular trauma.
3. List common complications associated with cardiovascular trauma.
4. Describe the components of an abdominal assessment on a traumatically injured patient.
5. Describe symptoms associated with injury to each abdominal organ.
6. Describe treatments for trauma with each abdominal organ,
7. Identify trauma to various genitourinary structures based on symptoms.
8. Discuss care for patients who have sustained trauma to genitourinary structures.
9. List advantages and disadvantages of hemodialysis vs. the continuous renal replacement therapy (CRRT) vs. sustained low efficiency dialysis (SLED) in the treatment of acute kidney injury (AKI).

4 Clinical Practice: Head and Neck

180 minutes

Module Description

Although spinal-cord injuries are fairly uncommon following trauma, the long-term negative sequelae of a spinal-cord injury on a patient's future causes the trauma team to protect the spinal cord from further injury during transport and care. This module will look at various types of spinal-cord injuries, the process of assessing a patient with a spinal-cord injury and a review of treatment modalities specific to the patient with a spinal-cord injury.

Trauma to the neck, maxillofacial area and the eyes can have far-reaching impact to the victim. This module will look at common injuries involving these structures, including assessment, planning intervention and evaluation of neck, maxillofacial and ocular trauma. We will also take learners on an in-depth review of spinal-cord injuries and neck trauma. Although spinal-cord injuries are fairly uncommon following trauma, the long-term negative sequelae of a spinal-cord injury on a patient's future causes the trauma team to protect the spinal cord from further injury during transport and care. This module will look at various types of spinal-cord injuries, the process of assessing a patient with a spinal-cord injury and a review of treatment modalities specific to the patient with a spinal-cord injury.

Module Learning Objectives

This module prepares the learner to:

1. Define different types of spinal-cord injury.
2. Describe assessment techniques for various types of spinal-cord injuries.
3. Review care of the patient in neurologic shock.
4. Define different types of partial spinal-cord injuries.
5. Describe the care of the patient in neurogenic shock.
6. Identify major structures in the neck that are vulnerable to trauma.
7. Describe techniques to maintain the airway of a patient with maxillofacial trauma.
8. List various types of ocular trauma.

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5 Clinical Practice: Musculoskeletal and Wound

77 minutes

Module Description

Musculoskeletal and wound trauma are often less immediately life-threatening than injuries to major organ systems, but they can cause significant pain, disability and long-term complications. This module reviews the assessment and management of common wounds, including an in-depth discussion of wound dressings and care techniques. Participants will also explore common orthopedic injuries, principles of musculoskeletal trauma management and potential complications associated with these injuries.

Module Learning Objectives

This module prepares the learner to:

1. Describe care for various forms of traumatic wounds.
2. Match various types of dressings to wounds for which they would be appropriate.
3. Discuss complications that may occur secondary to orthopedic injuries.

6 Professional Practice

140 minutes

Module Description

When preparing for the TCRN Exam, the questions surrounding professional issues may create challenges for many test-takers simply because the topics contained in this section are frequently less familiar to the trauma nurse who has not served in an administrative role. Topics that will be covered in this module will include trauma center designation/verification, legislation affecting trauma care, performance improvement, research- and evidence-based practice, mass-casualty incidents and ethics.

Module Learning Outcomes

This module prepares the learner to:

1. List three patient dispositions allowed by the Consolidated Omnibus Budget Reconciliation Act (COBRA)/Emergency Medical Treatment and Labor Act (EMTALA) legislation.
2. Apply the performance improvement loop to a case study exercise.
3. List five ethical principles utilized in the care of the trauma patient.
4. Identify requirements for various levels of trauma designation and verification.

7 Special Patient Populations

187 minutes

Module Description

Trauma can occur at any stage of life, and the assessment and management of injured patients must be tailored to their unique physiologic and developmental needs. This module will explore the care of two specialized trauma populations: the obstetrical patient and the pediatric patient. Special attention will be given to injuries and complications unique to pregnancy, as well as the recognition and treatment of trauma resulting from child abuse. Burn injuries present unique challenges that require specialized assessment and management strategies. This module explores the care of patients with thermal, chemical and electrical burns, emphasizing early recognition, stabilization and treatment priorities. Participants will also examine the trauma care needs of several complex and vulnerable patient populations, including individuals with self-inflicted injuries, bariatric patients and geriatric patients. In addition, the course will review principles of forensic evidence collection and preservation in the trauma setting.

Module Learning Objectives

This module prepares the learner to:

1. Understand physiological differences that may impact trauma care for pregnant patients and pediatric patients.
2. Care for injuries that are unique to the traumatically injured pregnant patient.
3. Recognize injuries that are associated with abuse.
4. Provide care to traumatically injured obstetrical patients and pediatric patients.
5. Differentiate the assessment and management priorities for patients with thermal, chemical and electrical burn injuries.
6. Apply evidence-based principles of trauma care to the management of self-inflicted injuries, including considerations for patient safety and behavioral health.
7. Describe the principles of forensic-evidence recognition, collection and preservation in the trauma-care setting.
8. Identify physiologic and clinical factors that influence the assessment and management of bariatric and geriatric trauma patients, and adapt care plans accordingly.

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Accreditation

RN/LPN/LVN/Other: 17 Contact Hours

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