

### **How does this simulation apply to this course?**

The abusive head trauma gives nurses educational facts about the different types of brain injuries from a head trauma and describes what you will see and expect with the injuries. This video also explains different diagnostic tools, such as CT and MRI, a nurse would see performed to identify different imaging patterns that support that a child has had a traumatic brain injury. This is important for a nursing student to learn because it provides basic knowledge related to different brain injuries. This knowledge can help a nurse decide nursing care for this child. A nurse in Pediatrics and ER would benefit from this video because it gives different clinical presentations of children with abusive head trauma which will help guide them when caring for a child who has been abused.

### **Name three ways this clinical site impacts Pediatric Health.**

“Abusive head trauma is the leading cause of physical child abuse deaths in children under 5 in the United States” (Center for Disease Control and Prevention, 2020). Being a pediatric nurse or someone who works in pediatrics, it is important to assess a parent or caregiver when they are around their child. Even good parents can become frustrated when their child is inconsolably crying. If the parent does not have support and becomes overwhelmed, the parent may shake, throw, or hit the baby.

When taking care of a child who can be inconsolable and irritable, spending extra time supporting and educating the parent is critical. A nurse can give the parents support systems ideas on how to help. A nurse could suggest giving a parent a break and encourage putting the baby in the crib and allow self-soothing (Center for Disease Control and Prevention, 2020). The nurse should educate a parent or caregiver that crying is normal and the how the infant communicates his or her needs. The parents should rock, offer a pacifier, sing, talk softly, walk, or drive in the care to help calm the baby. It is important for the nurse to stress that staying calm is key. If the parent becomes irritable, it is crucial to put the baby in a safe place, crib, walk away and calm down, and check on the baby. As a nurse, being able to help protect a child by identifying risk fast and riggers, providing support to parents and finding support within their community can help reduce the risk of their child suffering from a head trauma caused by abuse.

### **What are the health risks of the population served during today’s simulation based on your observations today?**

Infants are at risk for abusive head trauma. Infants are cute and sweet but can be challenging when trying to figure out what they need. It is easy to become irritated and overwhelmed from lack of sleep and the feeling of never being able to relax and take care of yourself. The infants who suffer from abusive head trauma can have detrimental consequences such as “vision problems, developmental delays, physical disabilities, and hearing loss” (Centers for Disease Control and Prevention, 2020). The children who suffer from seizures, delayed development, speech and learning disabilities, memory and focusing disabilities, cerebral palsy, and other disabilities will spend the rest of their lives with these deficits, but will also have long-term care from neurology, neurosurgery, ophthalmology, endocrinology, rehab, speech-language, physical therapy, and occupation therapy.

**Choose one of the health risks identified in question three and develop a plan of care to address this. Include a nursing diagnosis, a measurable goal, and at least three nursing intervention to achieve this goal.**

An infant who has suffered an abusive head trauma can have cerebral palsy. This disorder is a neurological disorder that impacts an individual's movement, balance, and posture. It also affects the child's speech. This is a lifelong deficit from a head trauma, but those who have cerebral palsy can set goals and outcomes to help optimize their mobility.

**Nursing diagnosis:** Impaired verbal communication related to neurological impairment related to difficulty to vocalizing words

**Goal:** the child will verbally communicate their needs to the nurse and family

**Nursing Intervention:**

1. Maintain an environment that is calm and unhurried → Giving time for the patient to speech will help the patient to be clear and communicate effectively
2. Provide alternative communication techniques → white boards, flash cards, a book full of pictures which will help the child communicate with the nurse if they are in need to a drink and/or bathroom
3. Reduce the number of stimuli in the room when communicating with a child → this allows the child to focus on the nurse and communicate more effectively.

**How will your knowledge gained during this stimulation impact your nursing practice?**

This knowledge that I have gained through this stimulation has taught me the importance of education prior to discharge before mom and dad leave the hospital with their child for the first time. I am currently working in NICU, which on its own has its own challenges. Mothers and fathers are challenged every day with their baby's health improving and declining and the neonate may have difficulties self-soothing and are inconsolable. With little to no sleep and not having a baby that is "normal" increases the risk for the parents to be easily angered which can lead to shaken baby syndrome. "Babies less than one year old are at greatest risk of injury from abusive head trauma" (Centers for Disease Control and Prevention, 2020). The education provided to the infants are crucial for their safety. Teaching the parents how to calm a child down like singing, rocking, offering pacifier, calling a friend or parent helpline for support, and setting infant in the crib to cry it out is okay to help them recollect themselves is essential during discharge instruction. As a future nurse, I have benefited from this stimulation.

**Reference**

Centers for Disease Control and Prevention. (2020). *Violence prevention: Preventing Abusive*

*Head Trauma.* <https://www.cdc.gov/violenceprevention/childabuseandneglect/Abusive-Head-Trauma.html>