

**Abusive Head Trauma Debriefing Journal**

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This virtual simulation relates to this course because it was talking about abusive head trauma in children. Shaken baby syndrome (SBS) is a form of abusive head trauma that occurs when an infant gets violently shaken and impacted against a surface (McInerney et al., 2020). The caregiver's frustration when their infant cries is a common stimulus for shaking the infant (McInerney et al., 2020). Up to about twenty to thirty percent suffer from Abusive Head Trauma, and about eighty percent of children have permanent brain injury (McInerney et al., 2020). Many caregivers seem to get frustrated when their infant constantly cries because that is their only form of communication that they get annoyed and want the infant to stop.

This clinical experience impacts Pediatrics because it is the leading cause of child abuse death in the United States (McInerney et al., 2020). Abusive Head Trauma impacts pediatric health because it can cause severe brain injury when the infant is shaken hard back and forth. The last way this clinical experience impacts Pediatrics is that Abusive Head Trauma can sign that the child is being abused or neglected. The physical abuse that one can see is burns, bruises, fractures, lacerations on the child's skin (Martin, 2018). In the hospital setting, the caregivers can choose to get an education or decline education without any repercussions (McInerney et al., 2020).

Health risks that are affected by Abusive Head Trauma are children during today's virtual simulation. Babies that are younger than one are at the most risk for injury from Abusive Head Trauma (Centers for Disease Control and Prevention, 2020). Children that are affected by Abusive Head Trauma can cause long-term effects such as vision problems, developmental delays, physical disabilities, and hearing loss (Centers for Disease Control and Prevention,

2020). Babies can not fully hold the weight of their heads, so the violent and forceful shaking or impact causes a baby's brain to be injured (American Academy of Pediatrics, 2020).

One health risk that I choose for Abusive Head Trauma is abuse or neglect that can be caused by the shaking movement of the child's head. A nursing diagnosis for this would be a risk for trauma related to the child's environment and caregiver, as evidenced by evidence of physical abuse on the infant (Martin, 2018). A nursing intervention would be to assess the abuser for any violent behavior or any abusive patterns (Martin, 2018). Another nursing intervention would be to instruct the parents to identify the events that lead up to the infant being abused and methods to deal with this type of behavior without harming the child (Martin, 2018). The last nursing intervention would be to initiate a referral to a social worker before being discharged home (Martin, 2018). A measurable goal would be to follow up with the infant and parent to see if any other bruises or abuses have happened after the incident.

The knowledge that I gained during this simulation impacted my nursing practice by gaining a lot of knowledge on child abuse and way to prevent it. I learned that there is an acronym called PURPLE that is used in the education of abuse, such as Pain-like face, Unexpected, Resists soothing, Peak of crying, Long-lasting, Evening (McInerney et al., 2020). I also learned that the most common clinical findings to know when I will see child abuse. Some of Abusive Head Trauma's clinical findings are Bulging fontanel, Chills, decreased level of consciousness and increased sleep (Joyce & Huecker, 2019). I learned that there are many different types of neurological injuries and bleeds that can be caused because of abuse.

### Reference Page

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