

## Abusive Head Trauma Virtual Stimulation

### Debriefing Questions

1. How does this assignment relate to this course?

The virtual simulation on abusive head trauma relates to this course because, as healthcare providers, we need to be aware of signs and symptoms of a patient with abusive head trauma and be well educated on what to do for that patient's plan of care. One of the most important things this simulation teaches us is recognizing imaging patterns on both CT and MRI's when looking for trauma. That is essential information for this course because working with pediatrics is difficult when the patients are too young to tell us what is wrong with them or where their pain may be located. That is especially important when dealing with family members who may not be forthcoming with information responsible for the head trauma.

2. Identify three ways this activity affects nursing practice when caring for the pediatric population.

Clinical sites will impact pediatric health in many ways. I am thrilled for our clinical rotation this semester to get hands-on pediatrics experience. Specifically, it was great for this virtual assignment to learn about handling head trauma cases. The simulation gave great detail on how to get child protective services involved, interpret the imaging findings in abusive head trauma, and manage care for patients after being diagnosed. I found the aftercare process for these patients very important. We must know how to continue caring for these patients once they are allowed to go back home, whether it be their parents or foster care if their family is responsible for their injuries.

3. What are some potential health risks (short-term and/or long-term) for a child who sustained an abusive head trauma injury?

The health risks for a child who sustained a severe head trauma can vary. Most patients who experience abusive head trauma can suffer from developmental delays, hearing loss, poor eyesight or blindness, seizures, cerebral palsy, and memory loss problems. If a child's issues are mild, caregivers might not notice them until they start school and have difficulties with learning, focus, or behavior. When cases are less severe, you might look for signs and symptoms from the child as hard to comfort, eating less than usual, and have difficulties lifting their head independently. All of these are so unfortunate as abusive head trauma is entirely preventable.

4. Choose one of the health risks identified in question 3 and develop a plan of care to address this. Include a Nursing diagnosis, a measurable goal, and at least 3 Nursing interventions to achieve this goal.

When asked to develop a care plan for an issue that can occur with abusive head trauma, I would have to choose cerebral palsy. Cerebral palsy affects body movement and muscle coordination. We may notice impaired physical mobility related to neuromuscular impairment as evidenced by the inability to control extremities. The nursing interventions I

would include would allow the child to rest in between tiring activities, facilitate activities that will help develop fine and gross motor skills, and continuously assess developmental milestones. I would also consult other medical providers such as physical therapists, occupational therapists, and speech-language pathologists to help with their development.

5. How will your knowledge gained during this assignment impact your nursing practice? The knowledge I gained during this simulation will impact my career as a nurse for years to come. Even if I choose not to work in a pediatric department, this simulation gave me enough information to take anywhere. I enjoy learning about these pediatric situations even though I have no interest in working with pediatric patients. I enjoyed learning about the different types of hemorrhages that can occur during a head trauma and how that can affect the patient. This simulation gave much detail on how to plan care for a patient who has gone through a head trauma, which is beneficial to me as a future healthcare provider.

#### References:

Deutsch, S. A. (2019, November). *Abusive head trauma (shaken baby syndrome)*. Kids Health. <https://kidshealth.org/en/parents/shaken.html>