

Other sources of support and information

Patient information

What information do we hold about our patients?

The Trauma Network keeps information about your child and their care in various formats including both paper and computerised records. The Trauma Patient Management System is used to track the patient's journey during their recovery. This also enables the Network to contact the patient 12 months after discharge and check their progress. The system is managed by the Major Trauma Centre and is accessible to the regional Trauma Units involved in your child's care.

The personal information held includes:

- name
- address
- date of birth
- your child's GP details.

Your child's records are also identified by a hospital number, and an NHS number, which can be used across the NHS.

The Trauma Network Office can also access patient outcome details through the national database, Trauma Audit Research Network (TARN). For further information please visit www.tarn.ac.uk

The way your information is stored and who has access to it is strictly regulated by the Data Protection Act 1998 and NHS information governance toolkit.

The East of England Trauma Network is hosted by Cambridge University Hospitals NHS Foundation Trust. For further information please ask for the Trust's guide 'Good practice guide – patient information, what happens to information held about you?'

Trauma Network Office
 Box 93
 Cambridge Biomedical Campus
 Cambridge University Hospitals
 Hills Road, Cambridge, CB2 0QQ

Email: info@eoetraumanetwork.nhs.uk
www.eoetraumanetwork.nhs.uk

Other formats



If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk



Please note: we do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

PALS

Further information can be obtained from your local hospital PALS office:

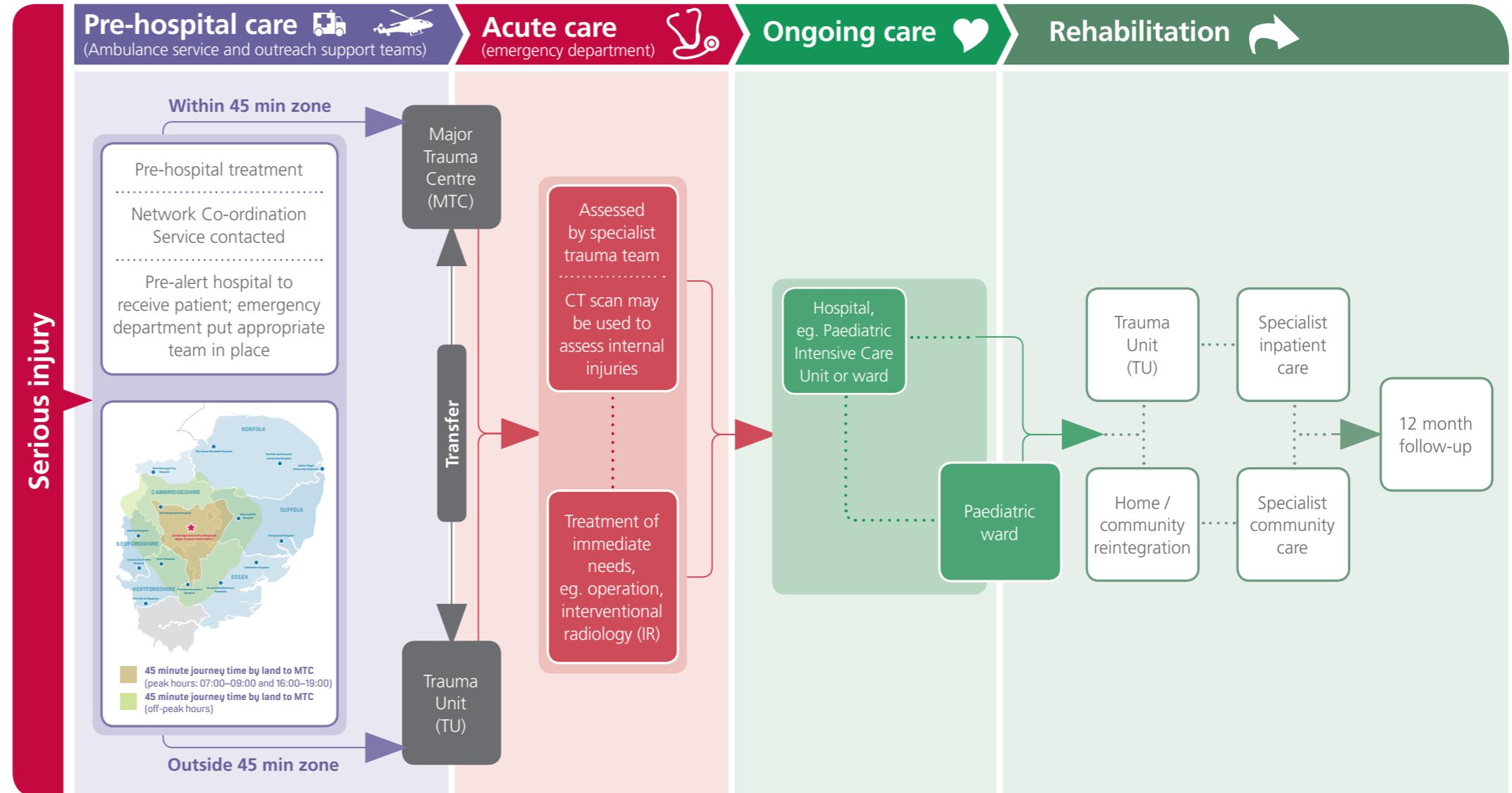


Your child's care with us

This leaflet provides information for you and your child and explains the stages of care after a serious traumatic injury.

PIN 100048 • TNVLSv1/09123/1016

The typical journey of a seriously injured patient



The East of England Trauma Network

Cambridge University Hospitals NHS Foundation Trust is the Major Trauma Centre for the east of England

Major trauma

Major trauma is considered to be a serious injury or multiple injuries which could result in severe disability or death.

Road traffic collisions are the most common cause of major trauma in the UK. Thankfully these incidents are very rare, accounting for around 0.1% of emergency admissions in the east, but it is crucial that we provide patients with the right care, in the right place, at the right time.

We can dramatically improve patient outcomes by bringing together all those involved in caring for you into a network, from expert treatment at the scene to providing complex rehabilitation.



East of England Trauma Network

The East of England Trauma Network has been set up to ensure that your child receives the highest quality appropriate care at the correct time. The Network is responsible for the care of major trauma patients in this region, covering the counties of Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk and Suffolk.

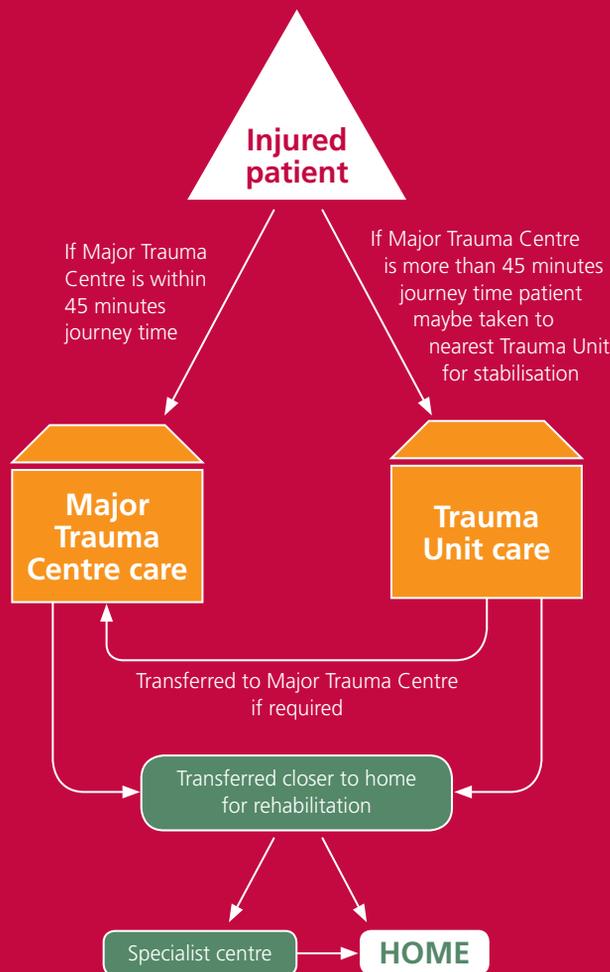
The Network comprises of the Major Trauma Centre (MTC), 12 Trauma Units (TU) and one local emergency hospital. It also includes the East of England Ambulance Service NHS Trust and a number of non-NHS sector healthcare providers.

In the east of England, Cambridge University Hospitals is the Major Trauma Centre as it is the only hospital in the region to provide all care services for a major trauma patient. A key factor in providing the expert care for major trauma is ensuring the availability of these specialties centred in one location.

Depending on journey time and injury, patients can be transported directly to the MTC following on scene assessment, or may be transferred from a Trauma Unit following initial care and stabilisation.

Co-ordinated care

Trauma Units play a vital role in the initial resuscitation of major trauma patients. They may also be involved in the on-going care, specialist needs such as burns, and rehabilitation.



What is trauma rehabilitation?

Rehabilitation

Trauma rehabilitation is all about you and your child and the healthcare team agreeing and planning ways in which to help your child with the injuries your child has sustained. The effects of the injuries could impact on your child's school and family life which needs to be taken into consideration. This might involve receiving help with physical injuries such as broken bones or with the less obvious problems, such as language, memory and emotional and psychological well being.

Who is involved?

The most important person in the rehabilitation team is your child, and all rehabilitation will be planned around what they need now and what they are likely to need in the future.

Your child's professional rehabilitation team may include some or all of the following, according to their individual needs:

- Family and friends
- Doctors
- Nurses – both ward-based and specialist
- Physiotherapists
- Occupational therapists
- Clinical psychologists
- Counsellors
- Play therapists

- Dietician
- Speech and language therapists
- Hospital chaplain or other appropriate spiritual support
- Hospital school teachers
- Other support workers

When and where does my child's rehabilitation happen?

Your child's rehabilitation will start within two working days of their admission and will continue throughout their stay after they have been discharged from hospital. A Rehabilitation Prescription will be developed in partnership with you and your child. This will outline the rehabilitation they require over the next days and weeks and will include goals to be achieved. It will provide you and your child with education about the injuries they have sustained and how they are likely to affect your child now and in the future. It is an important part of rehabilitation.

Hopefully, your child will be able to go straight home from hospital and any follow up rehabilitation they need will be discussed and organised with you and your child before they leave. If your child's rehabilitation needs are greater, they may spend several weeks on a paediatric ward at the Major Trauma Centre. They may be discharged directly from here to home or they may continue rehabilitation at their local Trauma Unit before going home. If a referral to a specialist centre is required there may be a waiting period before a bed is available. It is important to note that it might be necessary to transfer your child back to their local Trauma Unit whilst on the waiting list for a bed.

How is my child's progress measured?

Your child's progress will be checked at regular intervals to make sure that the goals set out in their Rehabilitation Prescription are being met. When your child leaves the Major Trauma Centre you will be given a copy of their Rehabilitation Prescription, and another copy will be sent to your child's GP. This will ensure that your child's GP is fully aware of what has happened to your child and the plans that have been made for their on-going care.

Various outcome measures are also used in rehabilitation settings to assess progress. These outcome measures form part of a national data collection system, the Trauma Audit and Research Network (TARN), and UK Rehabilitation Outcomes Collaborative (UKROC), and you will be asked if you are happy to give consent for your child to be contacted up to a year following their injury so that their progress can be checked. This will help us to see if what we are providing for people who have been injured is effective and will guide us in making improvements to services for future patients.





Support services for patients and relatives during rehabilitation

Spinal Cord Injury Community Peer Support Officer

07896 877200

A community peer support officer from the Spinal Injuries Association (SIA) offers face-to-face support and advice for patients with new spinal cord injuries, and also to their family/carers. The role covers the east of England and support continues after discharge.

Child Brain Injury Trust (CBIT)

www.childbraininjurytrust.org.uk

info@cbituk.org

Helpline: 0303 303 2248

This is the charity that supports children, young people, their families and professionals and helps them come to terms with what has happened and how to deal with the uncertainty that the future may hold.

A regional child and family support co-ordinator is based within Addenbrooke's Hospital (weekly on a Friday and fortnightly on a Tuesday).

Contact: 07881 228004 or lucyperkins@cbituk.org

The East of England Legal Consortium

The East of England Legal Consortium provides a comprehensive legal advice service free of charge to patients (including relatives or the patient representative). Advice is provided on a whole range of legal issues.

The Legal Consortium consists of specialist firms in the east of England who have been endorsed by Headway and/or the Spinal Injuries Association (SIA), and operates on a weekly rota. Appointments can be arranged at Addenbrooke's Hospital, at an alternative hospital, or at home.

For further information, please speak to a member of the Trauma Co-ordination Service team or email: traumacoordination@nhs.net

Frequently asked questions

What is major trauma?

Major trauma refers to the most serious injuries such as severe head injury, pelvic or leg fractures, bleeding from ruptured organs (such as the spleen or liver), spinal injury and amputation of limbs.

What is the difference between major trauma and other trauma injuries?

The difference is in the severity and/or number of injuries. Major trauma is used to define serious life-threatening and/or multiple injuries. Generally speaking, the term 'trauma' is used to describe single injuries such as a fractured (broken) hip, minor head injury or fractured ankle.

What is a Major Trauma Centre (MTC)?

A Major Trauma Centre is able to treat people with the most serious injuries. It has access to the specialist services you are likely to require to manage your injuries and recovery. Currently there are 26 MTCs in England including one in the east of England.

What is a Trauma Unit (TU)?

A Trauma Unit is a hospital that provides immediate resuscitation for some major trauma patients before transferring them to the MTC if needed. They may also be able to provide some specialist care. By taking into account these specialities, a true network of care can be created for patients so that they are treated in the hospital most appropriate for their needs at a particular time.

Trauma Units will also ensure that the patient returns from the MTC when it is appropriate and accesses community services for rehabilitation local to them and their family.

What is a Trauma Unit expected to do?

All Trauma Units are expected to provide the same high level of trauma care.

This includes:

- providing initial life-saving care and resuscitation for all major trauma patients regardless of the type or the extent of their injuries
- on-going care for patients with injuries that can be managed using local expertise
- the safe preparation and transfer of patients to other hospitals for specialist treatment when necessary
- rehabilitation
- adhering to procedures and guidelines set by the Trauma Network and meeting their performance and quality indicators.

Will all patients go directly to the Major Trauma Centre in Cambridge from the scene of the incident?

No. Patients will go to the Major Trauma Centre if:

- they trigger the pre-hospital 'major trauma' criteria
- they are within 45 minutes journey of the Major Trauma Centre
- their airway, breathing and circulation can be safely managed en-route.

Patients not meeting all of these criteria will be conveyed to the nearest Trauma Unit. Pre-hospital medical and ambulance teams are trained to make an initial assessment to decide where to transfer the patient. Some patients will be taken to the nearest

Trauma Unit for immediate management of life-threatening injuries before undergoing a secondary transfer to another hospital for specialist care.

Whilst Cambridge University Hospitals is the Major Trauma Centre, Trauma Units may provide specialist care.

Which patients should be transferred to the MTC?

Any patients whose needs exceed the Trauma Unit's capabilities. This will typically include patients with brain or spinal injuries, those with complex chest or abdominal injuries, and those with complex limb or pelvic injuries. Patients may also need to be transferred later for rehabilitation needs as well as for their acute care.

What are the benefits of a Trauma Network for trauma patients?

The Trauma Network helps to focus everyone involved on the care of the seriously injured patient. Working with services across the region and beyond, we hope to provide the best care possible in order to improve lives. Other countries with similar networks have shown:

- improved survival rates
- speedier recovery times
- reducing the severity of patient disability
- helping patients to live more independently, following their recovery and enabling more patients to return to work.