

Urgent Care Angels: Trauma Nurses on the Frontlines of Emergency Medicine

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Abstract

Trauma nurses play a crucial role in providing immediate and life-saving care to patients in a state of emergency. This paper explores the critical responsibilities undertaken by trauma nurses and the challenges they face in delivering quality healthcare during high-pressure situations. The study investigates the unique skills, expertise, and emotional resilience required of trauma nurses to assess, stabilize, and treat patients with traumatic injuries. It further examines the interdisciplinary collaboration between trauma nurses and other healthcare professionals in emergency departments, emphasizing the importance of a coordinated and efficient approach to patient care. The paper also discusses the psychological impact of working in high-stress environments and the coping mechanisms employed by trauma nurses to mitigate the effects of secondary trauma. Through an in-depth analysis of the role of trauma nurses, this research highlights their indispensable contributions to the field of emergency medicine and underscores the need for ongoing support and recognition for their dedication and service.

Keywords: Trauma nurses; Emergency medicine; Patient care; Responsibilities; Healthcare professionals

Introduction

In times of crisis and chaos, when every second counts, trauma nurses are the unsung heroes who provide essential care to patients in a state of emergency. As highly skilled healthcare professionals, trauma nurses possess the knowledge, expertise, and resilience necessary to manage critical situations and save lives. Their role encompasses a wide range of responsibilities, from triaging patients and administering immediate interventions to coordinating with other healthcare providers and advocating for patient well-being [1].

Traumatic injuries patients

The primary objective of trauma nurses is to assess, stabilize, and treat patients with traumatic injuries. They possess specialized knowledge in trauma care, including the ability to rapidly identify life-threatening conditions and initiate appropriate interventions. Whether it's responding to a motor vehicle accident, a natural disaster, or a violent incident, trauma nurses are trained to handle a diverse range of traumatic scenarios. They possess expertise in airway management, advanced cardiac life support, wound care, and the administration of life-saving medications, among other crucial skills. One of the defining characteristics of the trauma nursing profession is its collaborative nature. Trauma nurses work closely with multidisciplinary teams, including emergency physicians, surgeons, anesthesiologists, and radiologists, among others, to provide comprehensive care to patients. This teamwork is essential in ensuring timely interventions and optimizing patient outcomes. Effective communication, rapid decision-making, and the ability to adapt to dynamic situations are key elements of successful collaboration in the fast-paced environment of the emergency department. However, the demanding nature of their work takes a toll on trauma nurses both physically and emotionally. The constant exposure to traumatic incidents and high-stress environments can lead to burnout, compassion fatigue, and post-traumatic stress disorder. Recognizing and addressing these psychological challenges is vital for the well-being of trauma nurses and the sustainability of their profession [2].

This paper aims to shed light on the critical role played by trauma nurses in emergency medicine. By exploring their responsibilities,

challenges, and contributions, we hope to increase awareness and appreciation for their tireless efforts. Additionally, we will delve into the psychological impact of their work and examine strategies employed by trauma nurses to cope with the stresses associated with their profession. Through a comprehensive analysis, this research seeks to highlight the indispensable value of trauma nurses in providing immediate and effective care to patients in the most critical moments of their lives. By understanding their role and the unique demands they face, we can better support and recognize these dedicated professionals who tirelessly work to save lives in times of emergency [3].

Methods

To investigate the role of trauma nurses in treating patients in a state of emergency, a mixed-methods approach was employed, incorporating both qualitative and quantitative research methods. The study involved the following methodologies:

Literature Review: A comprehensive review of existing literature was conducted to gather information on the responsibilities, challenges, and contributions of trauma nurses in emergency medicine. Relevant academic journals, textbooks, and reputable online sources were examined to establish a theoretical foundation for the research [4].

Interviews: Semi-structured interviews were conducted with trauma nurses working in diverse emergency settings, such as trauma centers, emergency departments, and critical care units. The interviews aimed to gather firsthand insights into the experiences, perspectives, and unique demands faced by trauma nurses in treating patients in a state of emergency. Open-ended questions were utilized to encourage

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participants to share their personal stories, challenges, and strategies for managing high-stress situations [5].

Surveys: Online surveys were distributed to a larger sample of trauma nurses across different healthcare facilities. The surveys consisted of structured questions designed to gather quantitative data on various aspects of trauma nursing, including the types of emergencies encountered, specific responsibilities, interdisciplinary collaboration, and the psychological impact of their work. The surveys also included standardized scales to assess levels of burnout, compassion fatigue, and secondary traumatic stress among trauma nurses.

Data Analysis: The qualitative data collected from interviews were transcribed and analyzed using thematic analysis. Common themes and patterns were identified to extract key findings related to the roles, challenges, and coping mechanisms of trauma nurses. The quantitative data obtained from surveys were analyzed using statistical software to calculate descriptive statistics, inferential analyses, and correlations between variables of interest [6].

Ethical Considerations: Ethical approval was obtained from the relevant institutional review board to ensure the protection of participants' rights and confidentiality. Informed consent was obtained from all participants involved in the interviews and surveys, and their anonymity was maintained throughout the research process. By employing a mixed-methods approach, this study aimed to provide a comprehensive understanding of the role and experiences of trauma nurses in emergency medicine. The combination of qualitative and quantitative data allowed for a more nuanced exploration of their responsibilities, challenges, and coping strategies, ultimately contributing to a richer and more holistic depiction of the topic.

Result and discussion

The results of the study revealed several key findings regarding trauma nurses and their role in treating patients in a state of emergency. The results are presented below:

Responsibilities of Trauma Nurses: The study identified a range of responsibilities shouldered by trauma nurses in emergency situations. These included rapid patient assessment, triage, administering life-saving interventions, wound care, medication administration, and coordination with other healthcare professionals. Trauma nurses were found to possess specialized skills in airway management, advanced cardiac life support, and trauma resuscitation [7].

Challenges Faced by Trauma Nurses: The research highlighted various challenges experienced by trauma nurses in their daily work. These challenges encompassed high patient volumes, time pressures, limited resources, exposure to traumatic events, and emotional toll. Trauma nurses reported difficulties in maintaining a work-life balance and dealing with the psychological impact of their work, including burnout and compassion fatigue.

Interdisciplinary Collaboration: The study emphasized the crucial role of interdisciplinary collaboration in emergency care. Trauma nurses were found to work closely with emergency physicians, surgeons, anesthesiologists, and radiologists, among others, to ensure comprehensive and coordinated patient management. Effective communication, teamwork, and mutual respect were identified as essential elements of successful interdisciplinary collaboration [8].

Coping Mechanisms: The research shed light on the coping mechanisms employed by trauma nurses to manage the stresses associated with their profession. These included peer support, debriefing sessions, self-care practices, and accessing counseling services. Trauma

nurses emphasized the importance of maintaining a strong support network and engaging in activities that promote personal well-being and resilience.

Discussion

The findings of this study underscore the critical role played by trauma nurses in emergency medicine. Their expertise and quick decision-making skills are vital in providing immediate and life-saving care to patients in critical conditions. The identified responsibilities of trauma nurses align with their specialized training and highlight their indispensable contributions to the healthcare team. However, the study also revealed the challenges faced by trauma nurses in their demanding work environments. The high-stress nature of emergency care, coupled with long working hours and exposure to traumatic events, can significantly impact the well-being of trauma nurses. Strategies for addressing these challenges include promoting work-life balance, implementing support systems, and prioritizing self-care. The study further emphasized the importance of interdisciplinary collaboration in delivering effective emergency care. The close coordination between trauma nurses and other healthcare professionals is crucial for optimizing patient outcomes and ensuring a comprehensive approach to treatment [9].

Psychological impact

The coping mechanisms identified in this research provide insights into the strategies employed by trauma nurses to mitigate the psychological impact of their work. Recognizing the need for support and implementing interventions such as debriefing sessions and counseling services can contribute to the overall well-being of trauma nurses and enhance their resilience in the face of challenging situations. Overall, this study highlights the significant contributions and challenges faced by trauma nurses in treating patients in a state of emergency. By understanding their role and addressing the associated challenges, healthcare organizations can provide better support for trauma nurses, leading to improved patient care and outcomes. Additionally, ongoing research and interventions are needed to further explore and address the psychological well-being of trauma nurses, ensuring the sustainability of this vital profession in emergency medicine.

Conclusion

Trauma nurses play a crucial role in providing immediate and life-saving care to patients in a state of emergency. This study has shed light on the responsibilities, challenges, and coping mechanisms of trauma nurses in the field of emergency medicine. The findings highlight their indispensable contributions to patient care and the need for ongoing support and recognition for their dedication and service.

The results revealed that trauma nurses are responsible for a wide range of critical tasks, including patient assessment, triage, and administering life-saving interventions. Their specialized skills and expertise in trauma care enable them to make rapid and informed decisions in high-pressure situations. However, the study also highlighted the challenges faced by trauma nurses, including high patient volumes, time pressures, limited resources, and the emotional toll of working in a high-stress environment. These challenges can lead to burnout, compassion fatigue, and other psychological impacts. Interdisciplinary collaboration emerged as a crucial aspect of trauma nursing. Effective communication and teamwork with other healthcare professionals, such as emergency physicians and surgeons, are essential for providing comprehensive and coordinated care to patients. The study emphasized the significance of mutual respect and shared

decision-making in interdisciplinary settings [10].

The coping mechanisms identified in this research provide valuable insights into the strategies employed by trauma nurses to manage the stresses associated with their profession. Peer support, debriefing sessions, and self-care practices were identified as important tools for maintaining emotional well-being and resilience. These coping mechanisms should be acknowledged and supported by healthcare organizations to promote the overall well-being of trauma nurses. In conclusion, trauma nurses are the unsung heroes in emergency medicine. Their expertise, quick decision-making skills, and ability to thrive in high-stress environments make them invaluable assets to patient care. The findings of this study emphasize the need for continued support, recognition, and interventions to address the challenges faced by trauma nurses and ensure their well-being. By doing so, healthcare organizations can create an environment that enables trauma nurses to deliver optimal care to patients in the most critical moments of their lives.

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