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#### **Authors**

Savidan, Kim, BSN, RN

Rivera, Faye, BSN, RN

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# ADVANCING NURSING PRACTICE: TRAUMA PROGRESSIVE CARE UNIT

By Kim Savidan, RN, BSN and Faye Rivera RN, BSN, PCCN

In 2009, 11 East staff members received notice that they would be moved to 5 West. The Unit Based Quality Counsel (UBQC) comprised of staff nurses Ruth Cardenas, Faye Rivera, Tara Wetmur, Nikki Adlaon and Rosemarie Dumayag and the nurse management team (Claire Jenkins and Kim Savidan), took this opportunity to create a new unit identity through staff education in trauma nursing care. Staff education included eight weeks of the Critical Care Intern Program, Advance Resuscitation Training, Moderate Sedation, and Trauma Nurse Casualty Care. On January 18, 2012 the staff formally celebrated the opening of the Trauma Progressive Care Unit and the successful completion of staff education on providing nursing care to trauma patients needing medical-surgical, telemetry, or intermediate level of care.

The following story told by Faye Rivera exemplifies the unit and staff's transformation: "I have always loved working with heart patients and had ten years of cardiac experience before joining UCSD in March of 2007... Two years later we received an announcement that we would be moving to 5 West and become a Surgical Trauma Progressive Care Unit (PCU)." 5 West is designed to take all levels of care (except for Intensive Care), and to cohort the trauma patients. The benefits of this model include decreasing transfers to different floors, providing specialized nursing care to trauma patients, improving RN/MD collaboration, and improving the continuity of care throughout the patient's hospitalization. Faye states, "I was saddened at first, then realized that the change would bring many



Opening Day Trauma PCU with Dr. Raul Coimbra Trauma Division chief with the Trauma Department and Nursing Unit Staff.





Upper Left/Lower right: Opening Day Trauma PCU and Ribbon Cutting.

Upper Right/Lower left: 5West Trauma PCU Nursing Unit Staff.



new challenges and opportunities. To prepare, each nurse received three months of specialized training. The training included attending a Critical Care Internship Program, didactic in nature, involving six weeks of intensive education covering every system of the body. The move opened up a new door for me. I pursued advanced training and education by becoming certified in Trauma Nurse Casualty Care allowing me to provide even better care to my patients. Other courses such as Moderate Sedation, Advanced Resuscitation Training (known as ART which is UCSD's version of the American Heart Association's Advanced Cardiac Life Support) were part of my ongoing training. I wasn't finished as my next goal was met when I became a certified Progressive Care RN. After much preparation, staff training, and

marketing, in January 2012 we had our ribbon cutting ceremony and marked this day as the opening day of the Trauma PCU. It is a very challenging environment which can be emotionally stressful yet very rewarding...To see a patient recover from a traumatic brain injury or be able to walk again after an extensive injury thanks to the care they received is the purest definition of joy. I am proud to have been a part of this journey that has been one of personal and professional growth. I work with a great group of nurses; there is a sense of belonging and camaraderie on both shifts. Respect for one another, teamwork and exemplary leadership make us a family and has made the transition much easier."

