

Multiple Trauma Can Have Many Different Symptoms

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Abstract

Multiple traumas can often be recognized by the emergency department based on the location and condition of the patient. The diagnostic focus is on checking vital signs. Blood pressure, EKG and breathing are key factors in determining whether an injured person can be taken to a hospital for treatment. Certain injuries can only be accurately determined in the clinic. An ultrasound examination gives the first findings about injuries to internal organs, including the chest. In addition, computerized tomography of the whole body is performed today. A classic X-ray can also contribute to the diagnosis, but often cannot be done depending on the condition of the patient with multiple traumas. Multiple traumas always mean a serious injury, consisting of at least two injuries to the patient. Danger to life can only come from one or more injuries at the same time, depending on their severity.

Keywords: Multiple Trauma, X-ray, PTSD, Airway, Retraumatization, Health

Introduction

Trauma is the main motive of loss of life for humans 1–44 years old and the fourth main motive of loss of life within side the western world [1]. Despite the big popularity of simple ideas of trauma resuscitation, the applications of those ideas continue to be sporadic in many trauma facilities. This is in part secondary to an end result of adjustments in clinical education. With the discount in resident paintings hours, rapid creation to new clinical technology and clinical knowledge, the want to guarantee affected person protection in dynamic surroundings turns into an increasing number of hard. The major targets of a trauma group is too hastily resuscitate and stabilize the affected person, decide the character and quantity of accidents, prioritize the control of accidents, and put together the affected person for switch to the web page of definitive care. Successful trauma resuscitation now no longer best calls for highly skilled clinical professionals, however it additionally calls for a multidisciplinary group from a whole lot of subspecialties such as anesthesia, emergency medicine, surgery, nursing, and help body of workers to paintings collectively cohesively and characteristic as an included group.

Multiple Trauma

Many sufferers with PTSD (posttraumatic stress disorder) have skilled multiple traumas however now no longer all traumas are always connected to their contemporary PTSD [2]. In order to decide which traumas, want to be addressed in remedy, the therapist and affected person speak which traumas are represented in reexperiencing signs or are connected to private meanings that problem the affected person at gift. The discussion additionally entails a first evaluation of intricate meanings that hyperlink several traumas. For example, Laura who turned into raped and bodily assaulted on several events concluded “People can spot that I am a smooth target.” Patient and therapist speak which trauma to begin with. This might commonly be both a trauma that the affected person presently finds the maximum distressing or a trauma whilst a vital intricate which means originated. A narrative with a time line of the exceptional activities or drawing a time line of demanding and fantastic existence activities may be beneficial on this discussion. Exploration of which traumas are presently reexperienced publications which of them are addressed with the updating reminiscences procedure. The therapist additionally notes whether or not factors from different

traumas come up whilst the affected person relives the identified trauma, as those might also additionally have influenced its private meanings. Once the new spots from the identified trauma had been updated, the therapist exams whether or not this decreases the reexperiencing of different traumas that convey associated meanings. The final traumas which can be nevertheless distressing or applicable for intricate value determinations are then addressed in turn.

Work on reclaiming/rebuilding the affected person's existence is mainly vital after a couple of traumas in view that those sufferers might also additionally lead very limited lives and can want an awful lot help from the therapist with trouble fixing approximately a way to satisfactory increase a social network, reengage in the activity market, etc. Patients might also additionally display intense styles of unhelpful behaviors that want to be addressed, for example, persistent hypervigilance and complete social withdrawal. For sufferers with lengthy-status a couple of traumas, extra paintings on vanity can be beneficial (e.g., maintaining a log of factors they did nicely or fantastic comments from others).

Complex Trauma

Despite massive differences among unmarried occasion and a couple of extended traumas, and suggestions for a separate class of complicated demanding strain disease, the APA (American Psychiatric Association) have now no longer protected this in DSM-V (Diagnostic Statistical Manual V) as a separate, stand-alone diagnostic category [3]. The revised International Classification of Diseases has taken into consideration each extended trauma and the postpone or protracted responses to it of their categorization of PTSD '...as a behind schedule or protracted reaction to a traumatic occasion or situation (of both short or lengthy duration) of a very threatening or catastrophic nature, that's probably to motive pervasive misery in nearly anyone...[that] might also additionally follow a persistent path over many years, with eventual transition to an enduring character change'.

Despite now no longer being protected in DSM-V there's full-size medical proof that, 'Survivors of extended abuse broaden feature character adjustments, such as deformations of relatedness and identity...' and that conceptualizing those dynamics within complicated trauma aids clinicians in expertise the effect of pervasive and destructive demanding activities along with repeated sexual or bodily abuse each in early life and adulthood, devoted

withinside the absence of ok emotional or social help. As such complicated trauma extra correctly highlights the signs visible in instances of repetitive and inescapable abuse in intimate relationships along with CPA (child physical abuse), CSA (child sexual abuse), DA (domestic abuse), elder abuse, institutional abuse, sexual slavery, or the ones held in 'captivity', or in thrall to their abuser who aren't accounted for in contemporary formulations of post-traumatic stress responses.

X-ray

Several radiographic research are indicated withinside the assessment of a affected person with a couple of traumas; however, none need to be undertaken till the fundamentals of assessment and resuscitation had been accomplished [4]. The best on the spot radiographic examine endorsed at maximum stage I trauma facilities is the supine chest radiograph due to the fact an undiagnosed hemothorax or pneumothorax may be existence threatening and is without difficulty and quickly corrected.

Up till only some years ago, maximum sufferers who sustained trauma and provided with a fantastic lack of or alteration in stage of focus had been given the subsequent x-rays: at least 3 perspectives of the cervical backbone, anterior/posterior, lateral and adenoid, anterior/posterior of the chest, and anterior/posterior of the pelvis. These perspectives had been enough and can nevertheless be received at facilities wherein high-speed computed tomography (CT) machines aren't available. However, because of the geared-up availability of those gadgets and the performance of the operators, undeniable radiographs of regions aside from the extremities and the chest x-ray mentioned formerly aren't automatically received. A assessment of the contemporary trauma literature has proven that undeniable radiographs of the cervical backbone might also additionally and do leave out about 50% of cervical backbone fractures that had been without difficulty determined with the aid of using CT scans. According to a few trauma surgeons, eleven separate undeniable movie radiographs had been had to absolutely examine the cervical backbone. The use of CT additionally permits the trauma health care professional or doctor assistant to effortlessly examine all intracranial as nicely as intrathoracic, intra-belly, and intrapelvic organs that could now no longer be visualized with the aid of using undeniable radiographs. Therefore, the same old is shifting away from flat plate x-rays to CT. Intra-belly ultrasound,

additionally referred to as focused belly sonography for trauma (FAST), has determined an area in extra and extra trauma facilities because of its geared-up availability, ease of use, and noninvasiveness. It needs to be noted, however, that the use and interpretation of FAST is extraordinarily operator dependent. Angiography and interventional radiology are additionally getting used extra frequently for the assessment of intra-belly and intra-pelvic bleeding, which may be managed with the aid of using identity and embolization of the perpetrator vessels.

PTSD

Patients with PTSD fluctuate withinside the quantity to which they dissociate whilst trauma reminiscences are triggered [2]. Some experience unreal, experience numb, or have “out-of-body” stories however continue to be aware about their contemporary surroundings. Therapeutic interventions for this milder shape of dissociation encompass normalization of the revel in as a not unusual place reaction to trauma (the therapist might also additionally need to hyperlink dissociation to freezing in animals who face predators) and work on interpretations of the revel in along with “I am going crazy,” “I live in a different reality to other people,” or “The real me died and I am an alien/ghost now.” It also can be beneficial to manual sufferers who had “out of-body” stories for the duration of imaginal reliving to go back to their body and understand the occasion from the angle in their very own eyes.

Other sufferers might also additionally lose awareness of contemporary fact absolutely and experience and behave as though the trauma had been going on again. This intense shape of dissociation can contain significant danger to self and others and wishes to be assessed carefully. Adaptations of the remedy processes encompass a sturdy emphasis on cause discrimination from the outset of remedy and the usage of reminders of the right here and now, i.e., (grounding) items or techniques that assist them live aware about the prevailing (e.g., touching a small toy or pebble from a beach, the use of room perfume, eating a bitter candy or a sturdy mint, or paying attention to tune whilst reminiscences are triggered). The therapist explains that sturdy emotional reactions connected to the trauma can arise with none snap shots of the occasion itself (e.g., sturdy urge to depart a situation, sturdy anger) and publications the affected person to emerge as an increasing number of conscious that those are signs that trauma

reminiscences are being triggered. The paintings on trauma reminiscence elaboration is completed in a graded manner that permits the affected person to stay aware about the prevailing secure surroundings. For example, the therapist and affected person might also additionally write a story in small steps in mixture with stimulus manipulate techniques, taking many breaks to remind the affected person in their gift secure situation. Precautions that limit danger to self and others are agreed if indicated, for example, speaking to own circle of relative’s members approximately a way to spot dissociation and a way to carry the affected person’s interest lower back to the prevailing. For a few sufferers, for example, survivors of extended early life sexual abuse, education in emotion law techniques earlier than the trauma reminiscence paintings commences may be beneficial.

Post-traumatic strain disorder can be an instantaneous or persistent reaction to bodily or sexual violence [5]. PTSD is recognized in people who’ve skilled, witnessed, or had been faced with a demanding occasion and feature feature resulting signs. Resulting signs encompass continual re-experiencing of the occasion, continual avoidance of stimuli related to the trauma, and signs of extended arousal. The continual re-living of the occasion creates an intrusion to each day functioning. Survivors might also additionally revel in flashbacks, nightmares, or a few revel in wherein the demanding occasion is reenacted. They may experience the want for protection rituals, along with great checking of locks.

Many people who revel in demanding activities do now no longer broaden PTSD. Lifetime prevalence estimates recommend that approximately 8% of the overall populace have PTSD, with women being two times as probably as men to have PTSD in some unspecified time in the future for the duration of their lifetimes. A systematic assessment shows that folks that are uncovered to intentional trauma are much more likely than the ones uncovered to unintended trauma to be recognized with PTSD.

Stigma

While the consequences of a natural catastrophe can create a feel of harmony amongst a populace, the stigma related to being the sufferer of different varieties of demanding activities can serve to in addition isolate people [6]. Examples of this might also additionally encompass rape (male or female), the incapability of an character to address each day

residing after the lack of a cherished one, or a teenager seeking to adapt to the instructional norms of a school system after experiencing repeated bodily abuse and/or witnessing the abuse of a cherished one.

The stigma related to those varieties of demanding stories frequently performs a proscribing position in usual remedy consequences within side the capacity of a purchaser to openly cope with precise varieties of trauma. Consider, for example, a male purchaser who now no longer best witnessed the homicide of a cherished one however who turned into additionally raped with the aid of using the offender. In this example, the character might probably cope with best the demanding revel in of the lack of his cherished one even as final resistant or not able to verbalize the extra trauma skilled on the hand of the assailant. In this case, the purchaser might preserve to appear impairment throughout a couple of domain names despite the fact that the therapist has effectively addressed the preliminary trauma provided.

Societal norms additionally play a massive position within side the belief of trauma. One need to ask the question, does the witnessing of loss of life with the aid of using a child within side the United States have the equal impact on a child in cultures which can be subjected to the tough rule of dictators and had been raised to count on such actions? This consists of homeless and negative within side the United States, war-torn countries, and so on.

Long-time period consequences of a couple of traumas encompass character formation detriments, internalized identity as a sufferer, incapability to protect oneself against outdoor threats (helplessness), and different lengthy-time period troubles that continue to be proof against change. In this sort of scenario, the character might also additionally sincerely now no longer understand wherein to start in remedy in view that witnessing trauma has emerge as an internalized issue of the self.

Airway Management

Anticipating airway compromise earlier than it happens is one of the maximum tough components of emergency airway control [7]. Certain situations mandate the want for definitive airway control even within side the absence of precise airway, ventilatory or oxygenation failure. This choice to intubate is primarily based totally on expected anatomic or physiologic airway deterioration or ventilatory

compromise. For example, the choice to intubate an awake, speaking affected person with a suspected thermal harm to the airway can be hard however vital to keep away from destiny airway occlusion and compromise. Delaying definitive airway control on this affected person may want to permit for the interval improvement of massive airway edema, making endotracheal intubation extraordinarily hard if now no longer impossible. Other sufferers in whom early airway control need to be taken into consideration encompass people with massive facial fractures, penetrating neck trauma, tracheal or laryngeal accidents, intense head harm, a couple of trauma, sustained seizure interest or positive overdoses (e.g., tricyclic antidepressant).

Agitated, combative or pressured sufferers might also additionally damage themselves in positive medical situations, making them applicants for prophylactic intubation. For an agitated a couple of trauma affected person with an volatile cervical spine injury, sedation and intubation can be the best secure manner to correctly immobilize and shield the affected person for the duration of the preliminary evaluation, analysis and remedy.

Health Problems

The accidents reduced in size within side the demanding occasion might also additionally cause ongoing health problems that significantly have an effect on the affected person's existence [2]. Chronic ache is not unusual place. Sometimes the demanding occasion ends in a everlasting lack of characteristic, for example, difficulty walking, incapability to have children, or blindness. Patients frequently want assist in adjusting to those bodily troubles and the effect they have on their lives. This might also additionally require extra remedy techniques along with ache control or the use of coping techniques just like the ones for coping with persistent illness.

For different sufferers, the bodily accidents might also additionally have compromised their appearance, which might also additionally have terrible consequences on their activity or social existence. They might also additionally want help in studying to evolve to those adjustments. It is likewise now no longer unusual for sufferers to understand a lack of splendor or a disfigurement this is more than the goal change. For those sufferers, video comments is beneficial as it allows sufferers replace the picture of ways they trust they seem to others (that's influenced with the aid of using the trauma reminiscence) with a extra correct picture. Patients watch themselves in a

brief video recording, with the preparation to watch themselves objectively as though they had been some other individual they do now no longer understand. For example, a affected person who believed that his facial scars had been repulsive noticed bright purple scars whilst he visualized how he might seem to others. His face turned into filmed with exceptional purple items within side the background. Comparing his face with the items made him recognize that the scars did now no longer appearance purple any further and had been an awful lot much less seen than he had imagined. Surveys are beneficial in testing sufferers' ideals approximately what different humans reflect on consideration on their appearance. For example, the affected person agreed with the therapist for a few different humans to watch the video recording and solution a sequence of questions on his appearance, beginning with impartial questions and finishing with direct questions on the affected person's concern: "Did you note something approximately this individual's appearance?" "Did you note something approximately this individual's face?" "Did you note that he had scars?" "What did you reflect on consideration on the scars?" "Did you observed he appeared repulsive?" The therapist fed lower back the responses within side the following week, and the affected person turned into relieved to find that no person idea he appeared repulsive and maximum humans had now no longer even observed the scars. Physical harm can lead sufferers to broaden value determinations connected to vulnerability, which can bring about hypervigilance and immoderate precautions. These are addressed with behavioral experiments wherein affected person drops protection behaviors, along with scanning for danger, to find out the consequences on their anxiety. Since the affected person might also additionally have skilled a lack of capacity that does objectively increase their vulnerability, the therapist will ask the affected person to don't forget how an awful lot checking might be vital in the event that they believed they had been secure. That is, how an awful lot checking is the simply proper amount? This will probably be an awful lot much less than the affected person has been doing for the reason that trauma, but extra than what they engaged in earlier than the trauma. The therapist can even cope with reminiscence triggers with cause discrimination and can inspire the purchaser to apply imagery of being secure now.

Retraumatization

In mental health circles, the time period trauma refers to a mental phenomenon concerning a sudden, life-threatening, or frightening revel in, frequently followed with the aid of using troubling reminiscences and reactions [8]. The time period traumatization refers to the manner with the aid of using which a trauma happens or is skilled, such as each goal and subjective components approximately the occasion and someone's reactions to the occasion. Unfortunately, many humans have multiple demanding revel in of their lifetimes. When people revel in a couple of traumas or traumatization's, it can frequently be stated that they've been retraumatized.

The consequences of traumatization are idea to be cumulative, such that the revel in of a couple of demanding activities has a more mental effect than does a novel trauma. Research helps that supposition, locating that a couple of traumas are related to extra mental signs than are singular traumas. Individuals who've skilled previous trauma have additionally been determined to be at extended danger for growing posttraumatic strain reactions with next trauma publicity.

The use of the time period re-traumatization to intend revictimization refers to a character's publicity to a demanding occasion that happens after publicity to different demanding activities. This can arise whilst people are sufferers of the equal sort of trauma on multiple occasion, or whilst people are uncovered to a couple of varieties of trauma through the years. Examples of re-exposure to the equal sort of trauma might encompass bodily abuse as a baby and home violence as an adult, or a couple of vehicle injuries at exceptional instances over the existence span. This re-exposure to the equal sort of trauma at exceptional factors in time is every now and then referred to as serial trauma. Instances of publicity to a couple of exceptional varieties of trauma through the years encompass the case of an character who stories sexual abuse in early life after which turns into uncovered to network violence in younger adulthood, or someone who survives a herbal catastrophe after which is later uncovered to military fight trauma. This repeated publicity to exceptional varieties of trauma is every now and then termed sequential trauma. Both serial trauma and sequential trauma incorporate the concept of a couple of victimizations or traumatization's and are subsumed under this preliminary definition of traumatization.

Conclusion

Multiple traumas can have many different symptoms. Symptoms can be equated with injuries of which at least two must exist to define multiple traumas. An injured person with multiple traumas is usually in a state of shock due to the severity of their injuries. The more severe the injuries, the more severe the trauma. Accordingly, the survival rate decreases with the severity and complexity of injuries. For sufferers, multiple traumas usually mean total incapacity. Some people also fall into a coma due to multiple traumas.

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