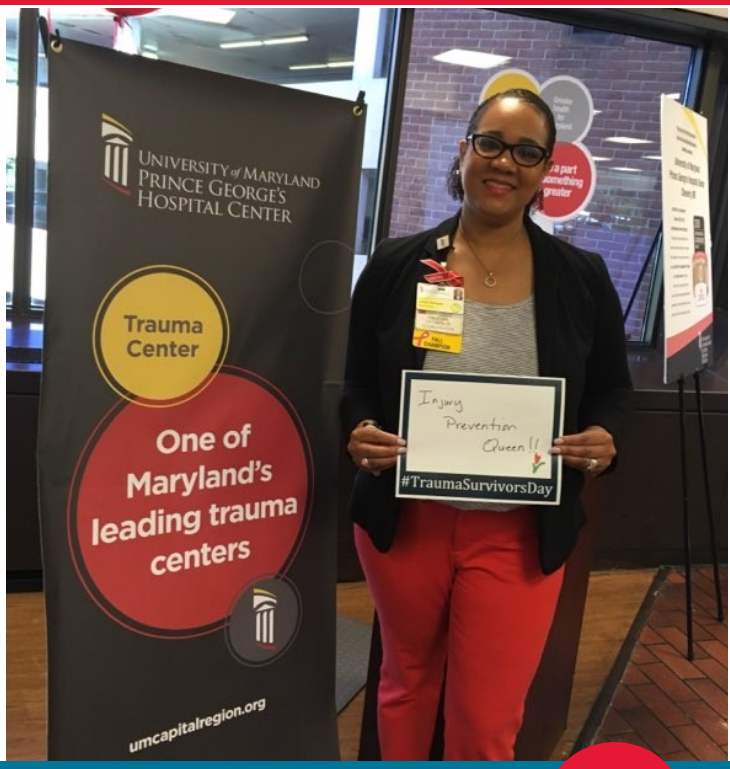
UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH

PREVENTION **MATTERS**

TRAUMA SERVICES

Surviving Trauma



Did you know?

- Each year in the United States, emergency departments treat 41 million trauma patients and hospitals care for 5.7 million critically ill or seriously injured people.
- Approximately 20-40% of all injured trauma survivors will experience high levels of PTSD (posttraumatic stress disorder) or depression.
- Family members and caregivers can experience stress symptoms just like the injured trauma survivor.
- As many as two out of three family members will have symptoms of anxiety while the injured survivor is in the hospital.
- It is important to heal more than just bodily injuries. Recovery is best when the body, mind and spirit all heal together.

Survival means... Something different to everyone. | Healing takes time. There is no way to rush through it.

REACTIONS TO TRAUMA:

No two people will react to trauma the same way. Some common reactions to surviving trauma include:

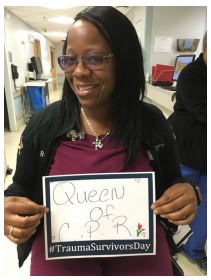
Feelings of anxiety	Feelings of helplessness
Feelings of depression	Physical pain
Feelings of grief	Feelings of uncertainty
Feelings of loss	Sleeping problems
Feelings of guilt	Feelings of detachment

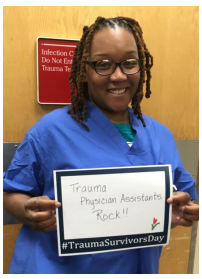
It is important to know these are all normal reactions to having survived a trauma.

However, if these reactions last more than a few weeks, or if they significantly interfere with daily life, it is important to contact a health care professional for help.

Celebrate National Trauma Survivors Day

Surviving trauma can be hard work. It is important to celebrate every success – big or small. Survivors from across the nation are celebrated on the third Wednesday in May for National Trauma Survivors Day.





To learn more, visit **traumasurvivorsnetwork.org/pages/national-trauma-survivors-day**

ADDITIONAL RESOURCES

- Trauma Survivors Network: **traumasurvivorsnetwork.org**
- US Department of Veteran Affairs: **va.gov**
- American Trauma Society: **amtrauma.org**
- Suicide Prevention Lifeline: **suicidepreventionlifeline.org**
- Family Caregiver Alliance: **caregiver.org**

FOR MORE INFORMATION

UM Capital Region Health Trauma Services email:
UMCRHInjuryPrevention@umm.edu

It only takes the blink of an eye for trauma to change someone's life. Whether it is an illness, injury, or a witnessed situation, any tragic event can be devastating. Every person is different. However, what is common is the fact that recovery can be hard work.

ADVICE FROM OTHER SURVIVORS

The path to survival and the road to recovery will be different for everyone, but learning from other survivors is often times very helpful. Survivors who have already traveled the road to recovery remind you to:

- Do your very best to understand all you can about what has happened to your body.
- Know who your doctors are and know the best way to contact them.
- Keep every follow up appointment.
- There will be good days and bad days. Be kind to yourself.
- Set realistic goals for yourself. Great things can happen one tiny step at a time.
- Do not be afraid to ask for the help.

Take a moment...

Take an extra moment to show someone compassion; it can make all the difference in the world. One way everyone can help is to be kind to one another. Imagine what the world would look like if everyone took a moment out of their day to be kind – perhaps even kinder than necessary.

UNIVERSITY of MARYLAND MEDICAL SYSTEM

University of Maryland Medical Center
UMMC Midtown Campus
UM Baltimore Washington Medical Center
UM Capital Region Health
UM Charles Regional Medical Center
UM Rehabilitation & Orthopaedic Institute
UM St. Joseph Medical Center
UM Shore Regional Health
UM Upper Chesapeake Health
Mt. Washington Pediatric Hospital

Just some of the faces behind the survivors: the dedicated surgeons, critical care physicians and staff of UM Capital Region Health's Trauma Services team.

How Prevalent is Trauma?

61% of men and 51% of women report exposure to at least one traumatic event in their lifetime

Most people live with stressors and burdens that others are not aware of and likely do not understand. These challenges come from a lifetime of experiences, responsibilities, and emotions. It is even possible for an individual to struggle to grasp the impact these strains can have on themselves.

As a society, we have a responsibility to be more than just a good individual, we should also be trauma-informed. Healthy communities feel a duty to care for one another. Understanding a person's thoughts and actions may be helpful in their healing. Because not all trauma is visible, it is important for everyone to do what they can to help friends and neighbors heal.

A trauma-informed approach incorporates:

- realizing the prevalence of trauma
- recognizing how it affects all individuals
- resisting re-traumatization
- responding by putting this knowledge into practice

ADDITIONAL RESOURCES

- Trauma Survivors Network: **traumasurvivorsnetwork.org**
- US Department of Veteran Affairs: **va.gov**
- American Trauma Society: **amtrauma.org**
- Suicide Prevention Lifeline: **suicidepreventionlifeline.org**
- Family Caregiver Alliance: **caregiver.org**

FOR MORE INFORMATION

UM Capital Region Health Trauma Services, email:
UMCRHInjuryPrevention@umm.edu