Iowa Trauma Coordinators
Spring Conference

June 12, 2020
IHA Conference Center
Des Moines
PROGRAM OVERVIEW
Join trauma colleagues from across Iowa to explore trauma care issues. Topics will help participants effectively care for trauma patients, improve hospital trauma programs and shape the future of trauma care in Iowa.

INTENDED AUDIENCE
• Emergency medical services
• Emergency nurses
• Trauma coordinators
• Emergency medicine staff

PROGRAM AGENDA

8:15 am  Registration and continental breakfast
8:45 am  Welcome and business meeting
9 am  Sharp-force Injuries
Jonathan Thompson, MD, Deputy Chief Medical Examiner, Iowa Office of the State Medical Examiner, Des Moines
Sharp-force injuries are a frequent finding during forensic postmortem examinations. Identifying a sharp-force injury and differentiating it from a laceration is essential because it helps law enforcement determine what type of weapon was used. This presentation will explain the types of sharp-force injuries, the gross features distinguishing each type of sharp-force injury and the features of a sharp-force injury that distinguish it from a laceration. Features of homicidal sharp-force injuries and suicidal sharp-force injuries also will be reviewed.
Learning objectives:
• Differentiate a laceration from an incision.
• Describe characteristics of homicidal and suicidal sharp-force injuries.
• Describe different types and characteristics of sharp-force injuries.
• Identify “defense wounds.”
10 am  Break
10:15 am  Surviving the ICU: My Story of Post-ICU Care Syndrome, Trauma and PTSD
Amy Minikus, RN, UnityPoint Health-Iowa Lutheran Hospital, Des Moines
Everything happens for a reason. How many people have been told this in the wake of a major live event? This presentation tells Amy’s story as a long-term ICU patient on a ventilator. The session also will share how post-ICU care syndrome and post-ICU care syndrome “type F” occur and what health care providers can do to ensure that patients and families are well supported during recovery.
Learning objectives:
- Review appropriate resources for patients and families.
- Review barriers that patients face and how those barriers affect future patient care.
- Review a timeline of traumatic/critical events.

11:15 am  Break

11:30 am  Blast Injuries
John Hartman, MD, FACS, Genesis Medical Center-Davenport
This session will discuss the different types of explosives and how blast location affects injury patterns. The presenter will review the use of explosives in terror attacks and how that is relevant to treatment in hospitals.
Learning objectives:
- Define the primary, secondary, tertiary and quaternary blast injuries.
- Describe the physics of a blast.
- Identify common blast injuries.
- Outline the effects of blasts in various locations.

12:30 pm  Lunch

1:15 pm  Injury Prevention and Trauma Coordinator
Alan Faith, RN, BSN, Nurse Manager, Emergency Department, UnityPoint Health-St. Luke’s Hospital, Sioux City; Anna Fedders, MSN, RN, TCRN, Emergency Department Nurse Manager, Sioux Center Health, Sioux Center; Brian Feist, RN, Trauma Outreach and Injury Prevention Coordinator, UnityPoint Health-Iowa Methodist Medical Center, Des Moines
This session will discuss injury prevention strategies and lessons learned by hospital trauma coordinators from large and small hospitals in Iowa. The presenters will share the injury-prevention strategies used in their communities.
Learning objectives:
- Determine which injury-prevention strategy would work best in an attendee’s hospital and community.
- Explain how injury-prevention strategies can improve the health of a community.
- List lessons learned when implementing injury-prevention strategies.

2:15 pm  Break

2:35 pm  Self-care in Health Care: Moving Beyond “Should”
Cynthia Ackrill, MD, PCC, Certified Stress Mastery Educator, Washington, DC
This interactive session is designed to demystify ways to integrate more self-care into a busy health care career. We know things we should do to be healthier and more productive at work and home. But simply knowing these things is not a great motivator, even for high achievers. Using the latest research into resilience and behavior, Dr. Ackrill will provide realistic ways to power up your health and happiness to become more present in your life.
Learning objectives:
- Discuss practicalities of successful behavior change and getting out of your own way.
- Discuss the role of presence in well-being.
- Examine the possibilities for self-care and create action steps.
- Identify how to integrate more self-care into your life.

3:50 pm  Conclusion
**SPEAKERS**

**Cynthia Ackrill** is a leader in the field of leveraging stress for optimal productivity, health and happiness. A graduate of Duke University and the University of Maryland School of Medicine, she practiced primary care before spending a decade in applied neuroscience, researching mental and physical challenges, including stress, with brain mapping and applying bio- and neurofeedback to support improved well-being and self-regulation. She is certified in wellness and leadership coaching, and stress mastery education. Dr. Ackrill is the editor of Contentment for the American Institute of Stress and is a faculty member for The Stress Mastery Educator Certification, federal leadership programs and The Healthcare Coaching Institute.

**Alan Faith** serves as nurse manager for the emergency department and program manager for the stroke, ST-elevation myocardial infarction and trauma programs at UnityPoint-St. Luke's in Sioux City. Previously, he served as a staff nurse, flight nurse, disaster preparedness coordinator, ST-elevation myocardial infarction coordinator, stroke coordinator, emergency department educator, emergency medical system coordinator and trauma coordinator.

**Anna Fedders** is a registered nurse and serves as the emergency department nurse manager at Sioux Center Health, a level IV trauma care facility. In this role, she is responsible for the orientation and education of emergency nurses, department policy and protocol revision, the facility’s trauma nurse coordinator and provision of direct patient care. Fedders has worked as a registered nurse in rural health care 13 years with experience in medical-surgical, labor and delivery, postpartum and emergency nursing. She holds a trauma-certified registered nurse certification. She attended St. Luke’s College in Sioux City for her associate’s degree in nursing, Dordt College in Sioux Center for her bachelor’s degree in nursing and the University of Phoenix for her master’s degree in nursing education.

**Brian Feist** is the injury prevention and trauma outreach coordinator for UnityPoint Health-Iowa Methodist Medical Center. He has worked as an emergency room nurse for four years and an emergency medical technician for five years. Feist attended the University of Iowa and Purdue University for his registered nursing degree.

**John Hartman** is a trauma and general surgeon from Genesis Medical Center in Davenport. He serves as the trauma service medical director, ICU co-director and vice chair of the Department of Surgery at Genesis Health System. He served for 13 years in the Navy Reserve Medical Corps as a trauma and general surgeon reaching the rank of commander. He received his bachelor’s degree from Cornell College and his doctorate from the University of Iowa. He completed his general surgical residency at Gunderson Lutheran in Lacrosse, Wisconsin.

**Amy Minikus** works in the emergency department at UnityPoint Health-Iowa Lutheran Hospital. She obtained a bachelor’s degree in communications from Iowa State University and her registered nurse degree from Des Moines Area Community College. She completed the nurse residency program from UnityPoint Health-Des Moines.

**Jonathan Thompson** began his duties as an associate state medical examiner at the Iowa Office of the State Medical Examiner in 2008 and became the deputy chief medical examiner in 2016. Dr. Thompson received both his bachelor's degree in exercise science and his medical degree from the University of Iowa. Dr. Thompson is certified by the American Board of Pathology in forensic pathology and anatomic and clinical pathology. Previously, he was assistant medical examiner with the Hennepin County Medical Examiner’s Office in Minneapolis. He is an associate professor of pathology with the University of Iowa and an adjunct assistant professor of forensic pathology with Des Moines University.

**REGISTRATION**

Register online at www.ihaonline.org.

**REGISTRATION FEES**

IHA member – $135  
IHA associate member – $185  
IHA nonmember – $235

Late registrations – A $25 fee per participant will be charged for registrations received after Thursday, May 28.
PROGRAM LOCATION
IHA Conference Center
100 E. Grand Ave.
Des Moines, IA 50309

Live broadcasting option available.

LODGING
IHA has a discounted corporate rate at the listed hotels. The discounted rate is offered to IHA event attendees on “non-last room” availability, meaning there are times when this rate will not be available because of high demand in the area. It is important to book early if you think you may need arrangements. When calling, please reference the corporate ID.

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<td>Staybridge Suites Des Moines Downtown</td>
<td>$133 per night + taxes</td>
<td>877-238-8889</td>
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<td>Embassy Suites Des Moines Downtown</td>
<td>$143 per night + taxes</td>
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<tr>
<td>Renaissance Des Moines Savery Hotel</td>
<td>$145 per night + taxes</td>
<td>888-236-2427</td>
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Ask for the Iowa Hospital Association rate.

CONTINUING EDUCATION
5.5 nursing contact hours will be awarded for this conference by IHA, Iowa Board of Nursing Provider No. 4. Iowa nursing contact hours will not be issued unless your Iowa license number is provided on the certificate completed the day of the conference. NOTE: To receive nursing contact hours or a certificate of attendance, you must attend the entire educational program portion of the day. No partial credit will be granted.

REGISTRATION/CANCELLATION/REFUND POLICY
• If registering by mail, attach a copy of the registration form when payment is sent.
• No-shows will be billed.
• Cancellations and substitutions are welcome anytime. Cancellations and substitution requests must be sent to iharegistration@ihaonline.org.
• A full refund will be given to cancellations received 10 or more business days before the conference.
• A $50 fee will be charged to cancellations received six to nine business days before the conference.
• Refunds will not be given to cancellations received five or fewer business days before the conference.
• Refunds will be calculated by the date received and the IHA business days remaining before the conference.
• IHA reserves the right to cancel the conference because of insufficient enrollment. If so, preregistered participants will be notified and full refunds provided.

ADA POLICY
IHA does not discriminate in its educational programs on the basis of race, religion, color, sex or disability. IHA wishes to ensure no one with a disability is excluded, denied services, segregated or otherwise treated differently than others because of the absence of auxiliary aids and services. If you need any of the auxiliary aids or services identified in the Americans With Disabilities Act to attend this conference, please call 515-288-1955, or write to the Department of Education at IHA.