MASON'S MISSION

FROM TRAUMA TO TRIUMPH

WHO'S WHO ON YOUR CHILD'S TRAUMA TEAM

A FAMILY GUIDE

UNDERSTANDING THE PEOPLE CARING FOR YOUR CHILD AFTER A TRAUMATIC INJURY.



Different roles. One team. ♡

SUPPORT | EDUCATION | CONNECTION

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YOU ARE NOT ALONE.

ABOUT THIS GUIDE

When your child experiences a traumatic injury, you may meet many different people who all play an important role in their care. This guide explains who they are, what they do, when you may meet them, and helpful questions to ask. Every hospital and every injury is different, so the team members your child has may vary. This guide is meant to give you a general overview and a way to keep your information organized.

OUR GOAL IS TO HELP YOU FEEL MORE INFORMED, MORE PREPARED AND MORE CONFIDENT AS A PART OF YOUR CHILD'S TEAM.

GUIDE OVERVIEW

1	**TRAUMA & SURGICAL TEAM**	The doctors and advanced practice providers who stabilize your child and manage their medical and surgical care.
2	**ICU TEAM**	The team that provides 24/7 critical care and closely monitors your child's condition.
3	**REHABILITATION TEAM**	Helps your child regain skills, build independence and prepare for what's next.
4	**CHILD LIFE SPECIALIST**	Supports your child and family emotionally through education, play and preparation.
5	**SOCIAL WORKER & CASE MANAGER**	Helps your family navigate the hospital stay, discharge planning and available resources.
6	**ADDITIONAL SPECIALISTS**	Other team members who may become involved based on your child's specific needs.

WORKSHEETS
- My Child's Care Team
- Daily Rounds Notes

HELPFUL INFORMATION
- Hospital Terminology
- Questions to Ask

YOU ARE PART OF THE TEAM
Your knowledge, advocacy and voice matter.

TRAUMA SURGEON + SURGICAL SPECIALISTS

EXPERTS WORKING TO STABILIZE, TREAT AND SUPPORT YOUR CHILD'S RECOVERY.



TRAUMA SURGEON

Helps lead the trauma team, evaluates injuries and coordinates surgical care.

NEUROSURGEON

Specializes in brain, spinal cord and nervous system injuries.

ORTHOPEDIC SURGEON

Treats bones, joints and musculoskeletal injuries.

OTHER SPECIALISTS

Depending on the injury, your child may also see plastic/reconstructive, vascular, ENT, oral/maxillofacial, urology or other surgeons.

ASK THIS TEAM ABOUT:

- Which injuries are you treating?
- Does my child need surgery?
- Who is the lead surgeon I should expect updates from?

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THE ICU TEAM

THE PEOPLE CARING FOR YOUR CHILD AROUND THE CLOCK



INTENSIVIST / CRITICAL CARE PHYSICIAN

Oversees and coordinates the medical care of critically ill or injured children in the ICU.

BEDSIDE NURSE

Provides hands-on care throughout the shift, including medications, monitoring, IV care and communicating changes to the medical team.

RESPIRATORY THERAPIST

Specializes in breathing and airway support, including ventilators, oxygen, breathing treatments and secretion/airway management.

OTHER ICU TEAM MEMBERS

Depending on your child's needs, your child may also be seen by fellow nurses, advanced practice providers, pharmacists, nutritionists, imaging specialists and more.

ASK THIS TEAM ABOUT:

- What are today's biggest concerns?
- What changed since yesterday?
- What are we watching for next?
- Who should I ask when I have questions at the bedside?

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THE REHABILITATION TEAM

HELPING YOUR CHILD REGAIN SKILLS, COMMUNICATE AND WORK TOWARD INDEPENDENCE — EVEN WHILE STILL IN THE HOSPITAL.



PHYSIATRIST (PM&R)

A rehabilitation physician who coordinates the rehab plan, manages recovery needs and works with the therapy team.

PHYSICAL THERAPIST (PT)

Helps improve strength, mobility, balance and endurance. Works on safe movement, positioning and preventing complications like stiffness.

OCCUPATIONAL THERAPIST (OT)

Helps with daily activities such as dressing, bathing, eating and using adaptive equipment. Focuses on fine-motor skills and independence.

SPEECH-LANGUAGE PATHOLOGIST (SLP)

Helps with communication, cognition, swallowing and feeding. Works with children who have difficulty speaking, understanding, thinking or safely eating and drinking.

OTHER REHABILITATION TEAM MEMBERS

Depending on your child's needs, your child may also be seen by recreational therapy, music therapy, psychology, neuropsychology, and more.

ASK THIS TEAM ABOUT:

- What are our goals for rehab?
- How will progress be measured?
- What can I do to support my child's recovery?
- What equipment or supports might we need for home or school?

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SOURCES:

American Academy of Physical Medicine and Rehabilitation | American Occupational Therapy Association | American Physical Therapy Association American Speech-Language-Hearing Association

THE CHILD LIFE SPECIALIST

HELPING CHILDREN AND FAMILIES COPE, UNDERSTAND AND FEEL MORE COMFORTABLE DURING A TRAUMATIC INJURY.



PROVIDES EMOTIONAL SUPPORT

Helps children and families cope with the fear, stress and uncertainty that come with a traumatic injury.

EXPLAINS PROCEDURES

Uses age-appropriate language, prep materials and play to help children understand what to expect during tests, procedures and treatments.

CREATES A NORMAL SENSE OF CHILDHOOD

Provides activities, play, art, music and other opportunities for distraction and comfort in the hospital.

SUPPORTS SIBLINGS AND FAMILY

Helps siblings understand what is happening, provides coping strategies and includes them in the care experience when appropriate.

ASK A CHILD LIFE SPECIALIST ABOUT:

- How to help your child understand a procedure or diagnosis.
- Resources and activities for siblings.
- Ways to support your child emotionally during their hospital stay.
- How to prepare your child for what's next.

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SOURCES:

Association of Child Life Professionals | Children's Hospital of Philadelphia
St. Jude Children's Research Hospital

SOCIAL WORKER + CASE MANAGER

SUPPORTING YOUR FAMILY TODAY AND PLANNING FOR TOMORROW.



SOCIAL WORKER

Provides emotional support, crisis counseling and help navigating the many challenges that come with a traumatic injury. They connect families with resources, community support, financial assistance and mental health services.

ASK THIS PERSON ABOUT:

- Emotional support for your family and siblings
- Community resources and financial assistance
- Counseling and mental health support
- Additional support services during and after the hospital stay

CASE MANAGER

Helps coordinate your child's care plan, including discharge planning, insurance authorizations, equipment, home health services and next-level care (such as inpatient rehab or outpatient therapy).

ASK THIS PERSON ABOUT:

- Discharge planning and timeline
- Insurance approvals and coverage
- Durable medical equipment (wheelchairs, lifts, etc.)
- Home health services, rehab placement and outpatient therapy
- What to expect after leaving the hospital

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SOURCES:

National Association of Social Workers (NASW) | Case Management Society of America (CMSA) | Children's Hospital of Philadelphia

OTHER MEMBERS OF THE CARE TEAM

EVERY TRAUMA IS DIFFERENT. YOUR CHILD MAY MEET ADDITIONAL SPECIALISTS BASED ON THEIR NEEDS.



DIETITIAN

Assesses nutrition needs and helps support growth, healing and recovery.

CLINICAL PHARMACIST

Helps the medical team manage medications, dosing, interactions and medication safety.

PSYCHOLOGIST / MENTAL HEALTH PROFESSIONAL

Supports emotional recovery, coping and adjustment after traumatic injury and hospitalization.

PROSTHETIST / ORTHOTIST

When needed, evaluates and helps provide prosthetic devices, braces and other orthotic supports.

ADDITIONAL SPECIALISTS

Depending on your child's needs, other specialists may be involved, such as chaplains, recreational therapists, music therapists, neuropsychologists and more.

Your child may not need every specialist shown in this series.

ASK YOUR CARE TEAM:

- Who else is involved in my child's care?
- Why was this specialist consulted?
- How can this specialist help my child's recovery?
- Who should I contact with questions about this part of the care plan?

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SOURCES:
Children's Hospital of Philadelphia | Boston Children's Hospital
Association of Child Life Professionals | American Psychological Association

YOU ARE PART OF THE TEAM

YOU KNOW YOUR CHILD BEST, AND YOUR VOICE MATTERS.



ASK QUESTIONS

It's okay to ask for clarification, repeat information or request more time to understand the plan.

TAKE NOTES

Write down key information, team members and next steps. Consider using a notebook, notes app or designated caregiver to help keep track.

SHARE WHAT YOU KNOW

Tell the team about your child's normal routines, communication style, fears, likes and what works best for them.

IT'S OKAY TO ADVOCATE

If something doesn't make sense or doesn't feel right, speak up. You are an important part of the care team.

HELPFUL QUESTIONS TO ASK:

- What are the goals for today?
- What is the next step in my child's care?
- Who is the main point of contact for questions?
- What should we expect in the coming days?
- How can we best support our child right now?

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HERE FOR YOUR CHILD.

MY CHILD'S CARE TEAM

IMPORTANT PEOPLE. BRIGHTER TOMORROWS.

Every child's care team is unique. Use this page to keep track of the doctors, specialists and professionals who support your child. Fill in the information below so you always have it handy.



PRIMARY CARE PHYSICIAN

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



NEUROSURGEON

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



INTENSIVIST / CRITICAL CARE

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



ORTHOPEDIC SURGEON

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



RESPIRATORY THERAPIST

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



PHYSICAL THERAPIST (PT)

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



OCCUPATIONAL THERAPIST (OT)

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



SPEECH-LANGUAGE PATHOLOGIST (SLP)

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



DIETITIAN / NUTRITIONIST

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



CLINICAL PHARMACIST

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



PSYCHOLOGIST / MENTAL HEALTH

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



SOCIAL WORKER / CASE MANAGER

Name: _____
Phone: _____
Hospital/Practice: _____
Notes: _____



OTHER SPECIALISTS / TEAM MEMBERS

Name:	Role:	Phone:	Hospital/Practice:	Notes:

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DAILY ROUNDS

TODAY'S CARE. TOMORROW'S PROGRESS.

USE THIS PAGE TO KEEP TRACK OF DAILY ROUNDS WITH YOUR CHILD'S CARE TEAM.

DAY 1

DATE: _____

TEAM MEMBERS (Who we saw today)	KEY UPDATES What we discussed today:	PLAN FOR TODAY Next steps, tests or treatments:	QUESTIONS / NOTES Things to ask or follow up on:
☐ Attending Physician _____		☐ Tests/Imaging _____	
☐ Resident/Fellow _____		☐ Medications _____	
☐ Nurse _____		☐ Therapies _____	
☐ Specialist(s) _____		☐ Procedures _____	
☐ Therapist(s) _____		☐ Discharge Planning _____	
☐ Other _____		☐ Other _____	

DAY 2

DATE: _____

TEAM MEMBERS (Who we saw today)	KEY UPDATES What we discussed today:	PLAN FOR TODAY Next steps, tests or treatments:	QUESTIONS / NOTES Things to ask or follow up on:
☐ Attending Physician _____		☐ Tests/Imaging _____	
☐ Resident/Fellow _____		☐ Medications _____	
☐ Nurse _____		☐ Therapies _____	
☐ Specialist(s) _____		☐ Procedures _____	
☐ Therapist(s) _____		☐ Discharge Planning _____	
☐ Other _____		☐ Other _____	

DAY 3

DATE: _____

TEAM MEMBERS (Who we saw today)	KEY UPDATES What we discussed today:	PLAN FOR TODAY Next steps, tests or treatments:	QUESTIONS / NOTES Things to ask or follow up on:
☐ Attending Physician _____		☐ Tests/Imaging _____	
☐ Resident/Fellow _____		☐ Medications _____	
☐ Nurse _____		☐ Therapies _____	
☐ Specialist(s) _____		☐ Procedures _____	
☐ Therapist(s) _____		☐ Discharge Planning _____	
☐ Other _____		☐ Other _____	

DAY 4

DATE: _____

TEAM MEMBERS (Who we saw today)	KEY UPDATES What we discussed today:	PLAN FOR TODAY Next steps, tests or treatments:	QUESTIONS / NOTES Things to ask or follow up on:
☐ Attending Physician _____		☐ Tests/Imaging _____	
☐ Resident/Fellow _____		☐ Medications _____	
☐ Nurse _____		☐ Therapies _____	
☐ Specialist(s) _____		☐ Procedures _____	
☐ Therapist(s) _____		☐ Discharge Planning _____	
☐ Other _____		☐ Other _____	

OVERALL NOTES FOR THIS WEEK:

_____

_____

_____

_____

REMINDERS:

- ☐ Bring your questions to rounds
- ☐ Write down new information
- ☐ Ask for clarification anytime
- ☐ Take notes or use this page
- ☐ Celebrate progress — big or small!

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NOTES

THOUGHTS TODAY. PLANS FOR TOMORROW.

USE THIS SPACE FOR QUESTIONS, IDEAS, UPDATES OR ANYTHING ELSE YOU WANT TO REMEMBER.

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