

# TRAUMA BULLETIN

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**DHRHealth**  
Level 1 Trauma Center



Winter 2024



## Top News

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## ATV INJURY PREVENTION PROGRAM

DHR Health and local law enforcement are teaming up to provide an ATV Rider Course that aims to promote awareness about ATV safety and injury prevention. DHR Health is the only hospital in South Texas to provide ATV safety training to residents of the Rio Grande Valley.

The first training will be held on April 13, 2024, in collaboration with the Hidalgo County Sheriff's Office. For more information, please contact the Trauma Injury Prevention Division at 956-362-6285 or [c.bravo@dhr-rgv.com](mailto:c.bravo@dhr-rgv.com).



Scan to Register:



01/07



## DHR Health Hosts Trauma Survivors Network Lunch

DHR Health Level I Trauma Team hosted its first annual Trauma Survivors Network Lunch. The Trauma Survivors Network is a program developed by the American Trauma Society to support individuals who have experienced traumatic injuries. It serves as a community where survivors, families, and caregivers can connect, share experiences, and find resources to aid in their recovery journey. DHR Health celebrated patients in their recovery and recognized the care givers that made their recovery possible.



02/07

For information about the Trauma Survivors Network, please visit: [www.tsn.com](http://www.tsn.com)

# National Preparedness Month

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.



## Emergency Kit Items:

Our level 1 trauma center is a key component of a regional response to any natural disaster. On top of that, citizens need to prepare themselves and their families at the local level to be ready for any potential life-altering disasters,” stated Dr. Jeffrey Skubic, Trauma Medical Director at DHR Health. An effective emergency kit should contain the following items:

- bottled water
- non-perishable food
- medications
- first aid supplies
- flashlight with batteries
- cellphone battery chargers
- hygiene items
- important documents & cash (in a water-proof container)
- clothing & blankets
- entertainment & comfort items for children
- emergency contact information



# INJURY PREVENTION: STOP THE BLEED TRAINING



## DHR Health Provides Training to FBI



DHR Health Trauma Team recently extended its expertise in emergency response by providing Stop the Bleed training for 55 FBI agents.

By collaborating with law enforcement agencies like the FBI, the DHR Health Trauma Team ensures that a broader network of individuals is equipped to respond effectively to emergencies, enhancing public safety and well-being in the Rio Grande Valley and beyond.

## 1,041 Participants Trained in 2023!

"Stop the Bleed" training is a nationwide initiative aimed at empowering individuals to become immediate responders in emergencies involving life-threatening bleeding.

Developed by the American College of Surgeons, this training teaches participants how to recognize and control severe bleeding through simple yet effective techniques.

By equipping bystanders with these essential skills, Stop the Bleed seeks to save lives by bridging the gap between the occurrence of an injury and the arrival of professional medical help.

# DHR Health Hosts EMPOWER HER A Women's Safety Workshop



A collaborative effort between DHR Health Trauma Level 1 Center and SAFE Haven Forensics Exam Center hosted EMPOWER HER, a women's safety workshop. This empowering event aims to equip women with invaluable self-defense skills, fostering confidence and safety awareness in our community. In a world where personal safety is paramount, it's crucial for women to feel empowered and prepared.

Through this workshop, participants will learn practical techniques to protect themselves in various situations, ensuring they feel confident and secure in their daily lives. This workshop is not just about physical defense; it's about empowerment, resilience, and fostering a supportive community. We extend our heartfelt gratitude to SAFE Haven Forensics Exam Center and UFG gym for their partnership in making this workshop possible. Their dedication to women's safety and well-being is truly commendable.



**DHR Health** 

PRESENTED BY SAFE H.A.V.E.N. FORENSIC EXAM CENTER & LEVEL 1 TRAUMA CENTER

## WOMEN'S SAFETY WORKSHOP "EMPOWER HER"

DOMESTIC VIOLENCE  
AWARENESS MONTH

**TOPIC**  
Safety Planning For  
Domestic Violence Victims

**SPEAKER**  
**Rosie Martinez**  
Hidalgo Co. Criminal  
District Attorney's Office

**INSTRUCTORS**  
**Julio and Araceli**  
UFC Gym Coaches

# Community Preparedness with DHR Health Level 1 Trauma Team



In our commitment to fostering community safety and preparedness, the DHR Health Level 1 Trauma Team recently conducted a vital training drill at Harlingen Airport. This proactive initiative aimed to equip airport personnel with the necessary skills and protocols to handle emergency situations effectively.

## Extending Our Reach

During the drill, which simulated various emergency scenarios, our team swiftly responded to the influx of patients. A total of 10 individuals were attended to: one patient arrived via helicopter, while nine others were transported via AMBUS (Ambulance Bus). The seamless coordination and efficient triage process ensured that those in critical condition received immediate attention.

By partnering with local entities like Harlingen Airport, we can collectively cultivate a safer environment and safeguard the well-being of our community members.



At DHR Health, we remain steadfast in our mission to bolster community resilience and response capabilities.



## Men's Health Lunch & Learn

DHR Health and the McAllen Fire Department have joined forces to raise awareness about the everyday stresses faced by first responders. By fostering understanding and empathy, we hope to support their well-being and resilience as they continue to serve our community selflessly.

## Upcoming Projects in 2024

### CARFIT

- Distractive driving classes will be provided for teens and senior citizens.

### "Share the Road" Program

- A motorcycle and bike injury prevention program will be available to the public to bring awareness to auto-pedestrian accidents in the city.

### "EMPOWER HER"

- Quarterly domestic violence awareness and self-defense seminars with guest speakers will be available to the public.

## Recognition of Your Contributions

A heartfelt thank you to all the dedicated providers of the DHR Health Level 1 Trauma team. Your unwavering commitment to excellence and compassionate care is truly commendable. You go above and beyond to ensure the well-being of our patients and the broader Rio Grande Valley community. Your hard work, expertise, and unwavering dedication make a profound difference in the lives of those we serve.



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