

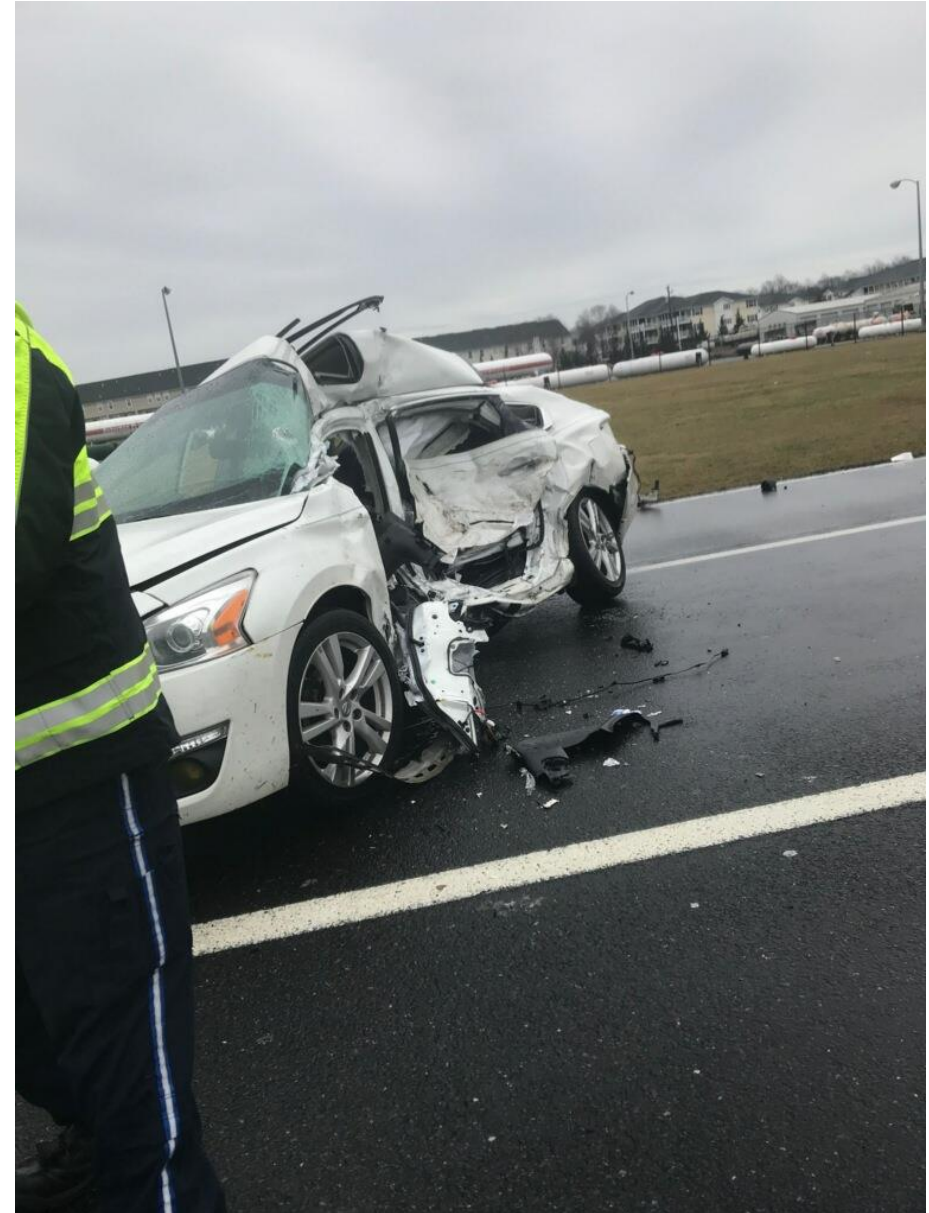
TRAUMA & HEALING

- AMELIA PARSONS



My trauma...

- On February 12, 2018, I was involved in a life-threatening car accident.
- I was returning to work from my lunch break and ran the red light.
- It was said that I was on my phone when the accident occurred.
- I have no memory of the accident or the events leading up to it.

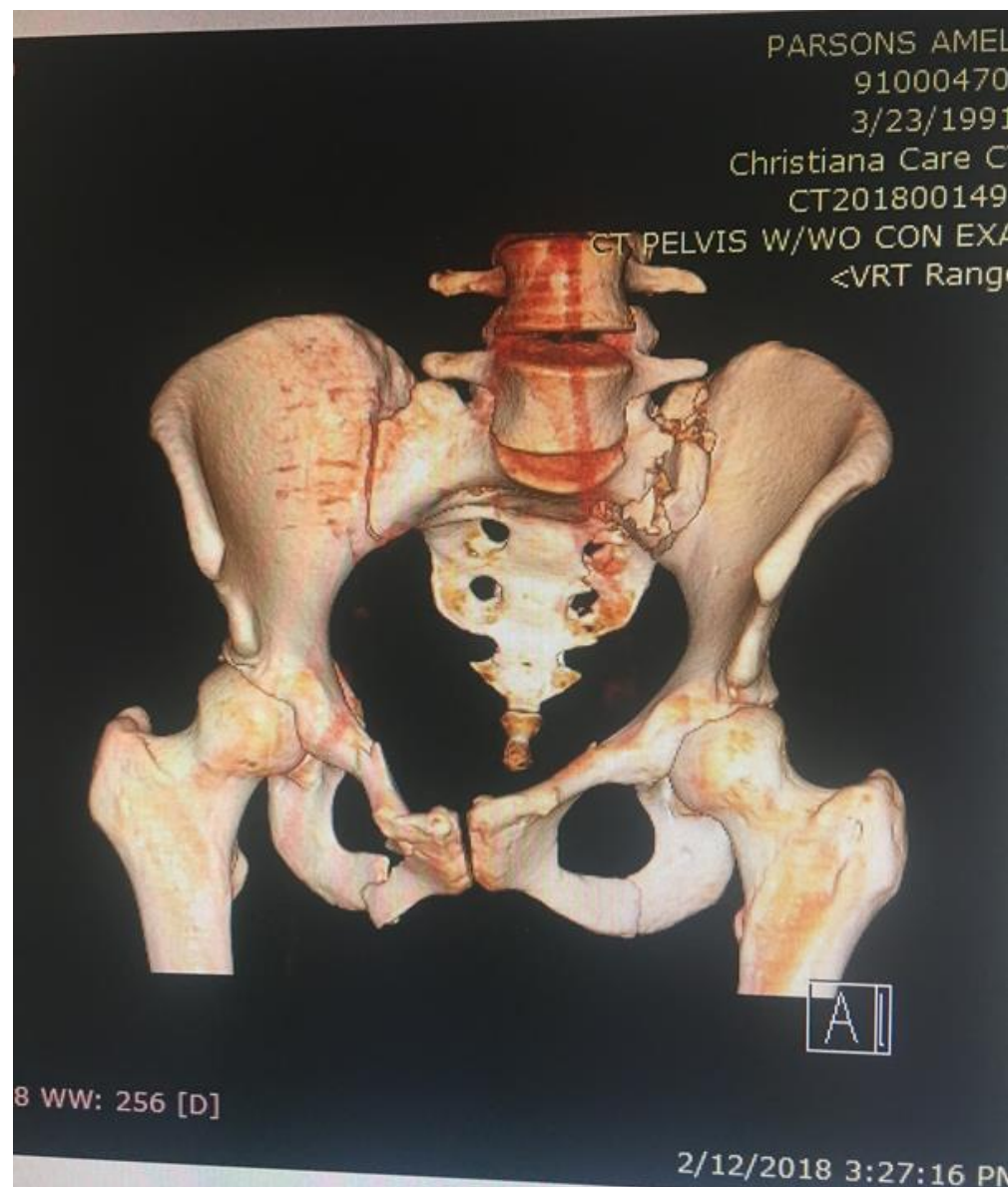






The injuries I sustained:

- Diffuse Axonal Injury (DAI)
- Gash on the top of my head (required 13 staples)
- Broken collar bone
- 5 or 6 broken ribs
- Punctured left lung
- Crushed hip & sacrum
- Severe nerve damage
- Inferior and superior right pubic rami fractures

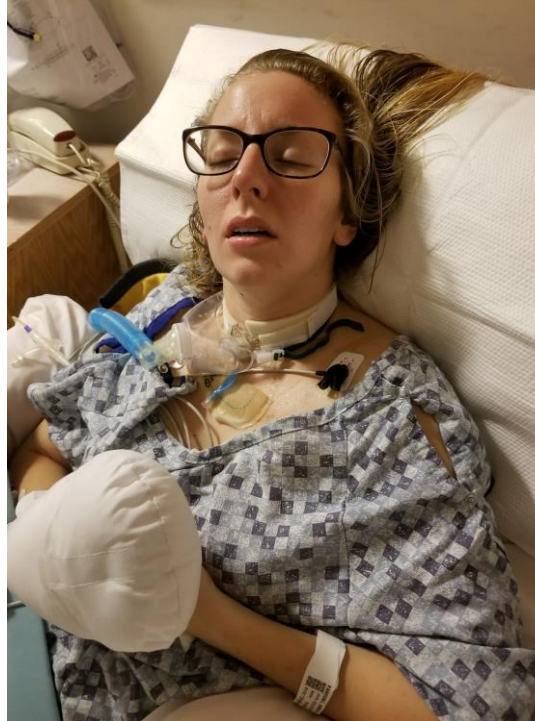


- Taken to Beebe Hospital, I was stabilized and then flown to Christiana Hospital
- I was comatose for a total of 11 days.
- Stayed at Christiana Hospital for 1 month
- It took me about 3 weeks to realize what was going on, where I was and what had happened.
- Experienced sympathetic storming= an excessive response of the sympathetic nervous system (SNS)
- SNS controls our body's "fight-or-flight" response



Paroxysmal sympathetic storming- presence of tachycardia, hypertension, tachypnea, hyperthermia, dystonia, posturing, and diaphoresis

More common in patients with DAI.



PSS is caused from the interruption of autonomic pathways resulting in an imbalance between the sympathetic and the parasympathetic nervous systems.



- Transferred to Bryn Mawr Rehabilitation in Malvern, PA
- In-patient physical, occupational and speech therapy
- Relearned how to do everything
- Learned how to do everything in my “new” body
- Received tremendous support from family, friends, my community and people I didn’t even know.

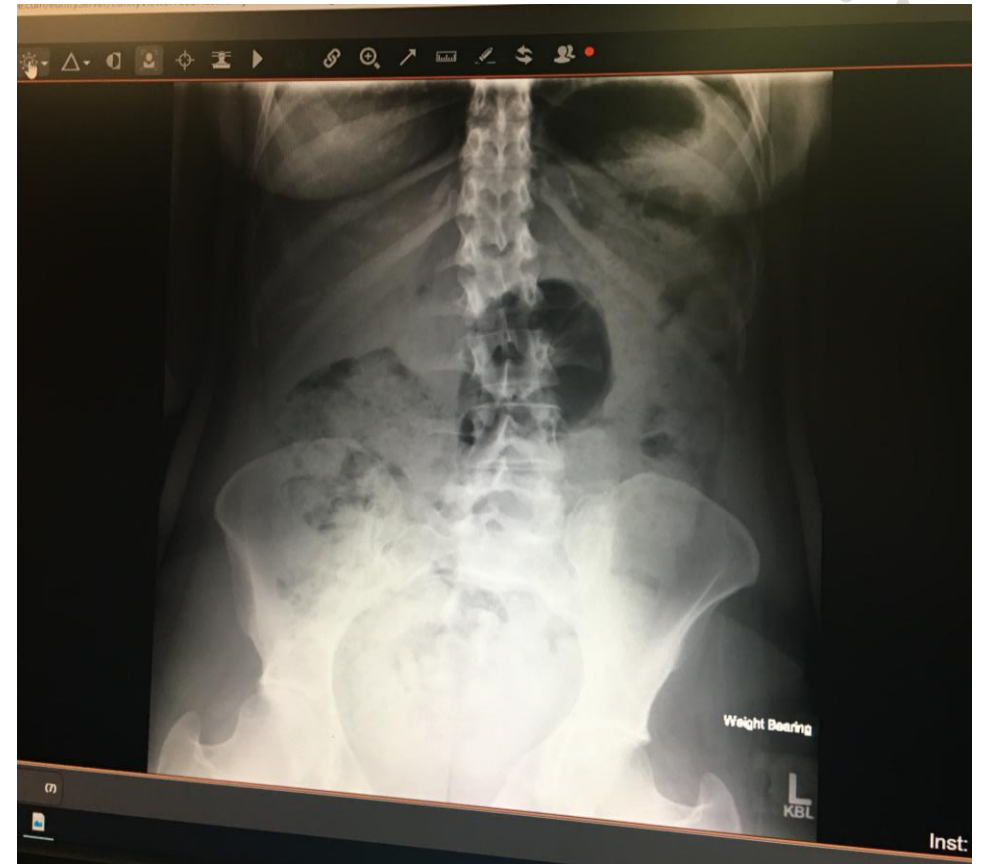
Friends and family started using a hashtag...

#teamameliorate



Ameliorate- make (something bad or unsatisfactory) better









Coma

Brain Injury

Hospitalization

Therapy

Misunderstood

Pain

Fatigue

Fear

Alone

Loss

Scars

Depression

Anxiety



THANK YOU!

