

Massive Hemorrhage: Patient Perspective

Journey from Surviving to Thriving

September 22, 2018

Margaret Harvey

Crystalloid is the butt of all the jokes



On Scene

- BP: 70/50
- HR: 120
- IV started
- Bolus of crystalloid



Crystalloid to the Rescue



At Hospital

- BP: 75/50
- HR: 110



Who Was I?

- Average 38-year-old woman
- Married, two children: 4 and 6
- Ran through fire one time



What Happened?

- Riding my bike to a work meeting
- Hit and run over by garbage truck



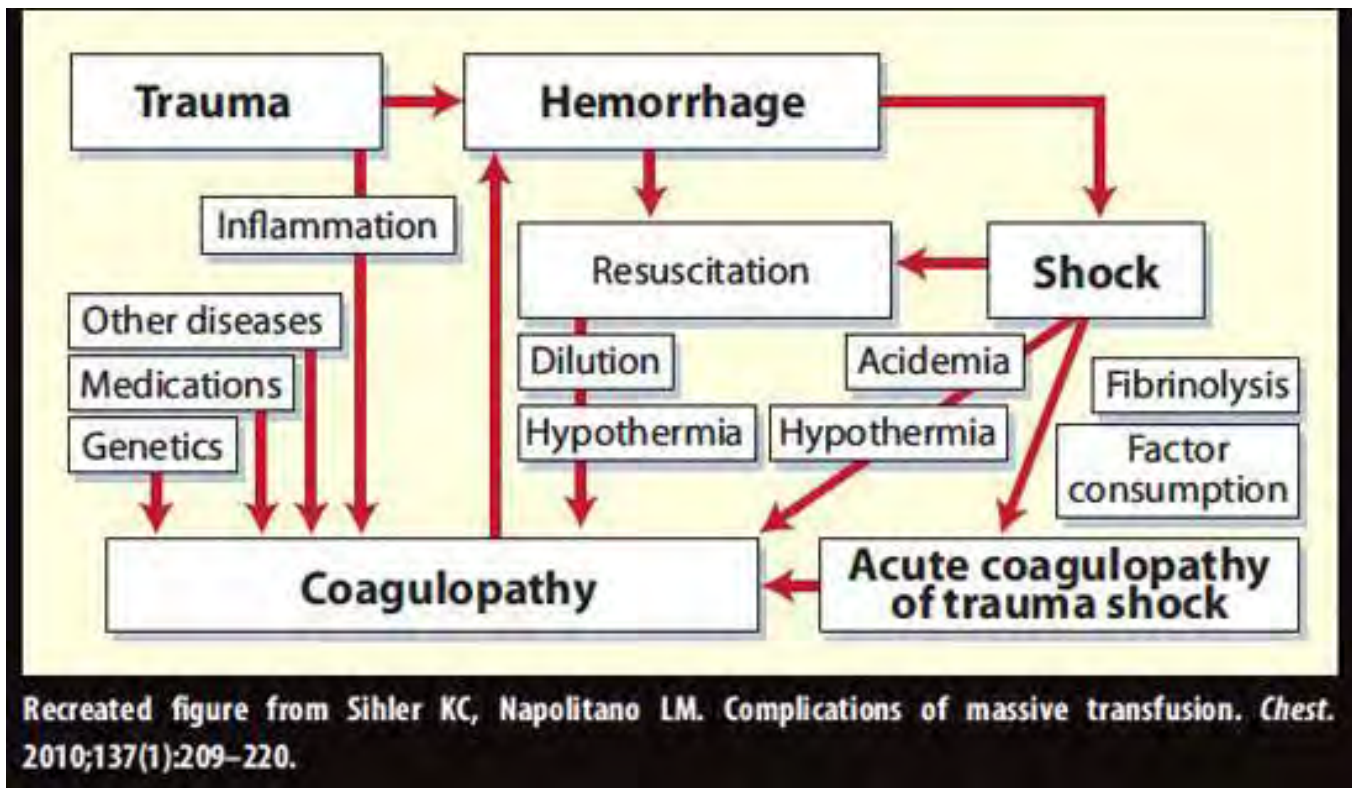
On Scene

- 911 called 8:44
- On scene 08:47
- On stretcher 08:52
- Transport 09:01



Hospital

- Lethal Triad of Trauma



Waking up



St. Michael's Hospital



Rehab Hospital



Retirement Home

- Retirement home



Going Home

- Invisible work
 - Physio
 - Doctors
 - Lawyers
 - Insurance
- Invisible Symptoms
 - Pain
 - Sleeplessness
 - Depression
 - Anxiety



Resources

- Supportive friends and family



Resources

- Self-management skills
 - Anti-gravity treadmill



What I Learned

- Pain
- Muscles, nervous system
- Sleep
- Pacing and Planning
- Trauma is preventable
- **Trauma doesn't end when you leave the hospital**

What I Did: Pain

- Teach courses in self-managing chronic pain

Choose Health
Toronto Central

Self-Management Program  Ontario

Hosted by



What I Did:

- Pilates teacher



What I Did: Advocacy

- Queen's Park



What I Did: Efficacy

- Rescue Scuba Diver!
 - Helped restore confidence in myself and my abilities



What I Did: Peer Support



What I Did: Peer Support

- My BeST: Beyond Surviving To Thriving



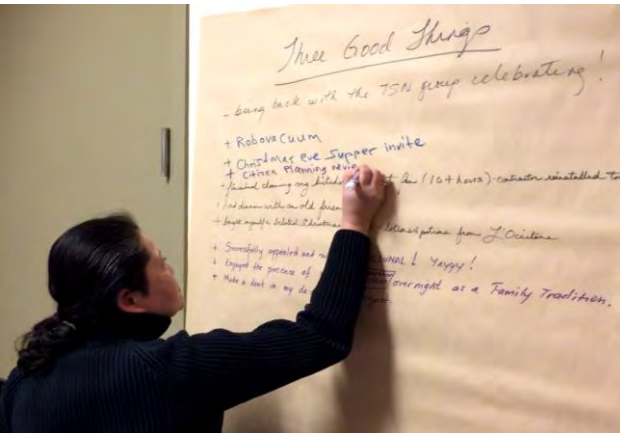
My BeST

- Planning
- Fundraising



My BeST

- Meetings



What's Next

