

Trauma...a view from the other side

Dustin Smoot MD, FACS
Surgical Institute of South Dakota

Objectives

Lessons learned
from experiencing
trauma first- hand

Entertainment

Background

- ▶ Perspective
 - ▶ Level 1 ACS trauma center attending
 - ▶ Mayo Clinic
 - ▶ Iowa Methodist Medical Center
 - ▶ SD State Level 4 trauma center
 - ▶ Spearfish Medical Center—20 bed

Background

- ▶ Avera McKennan Hospital and University Medical Center
- ▶ 631 bed
- ▶ Level 2 ACS center



Single Specialty Private Practice

9 Surgeons

4 General Surgeons
1 Colorectal Surgeon
1 Endocrine Surgeon
3 Critical Care Surgeons

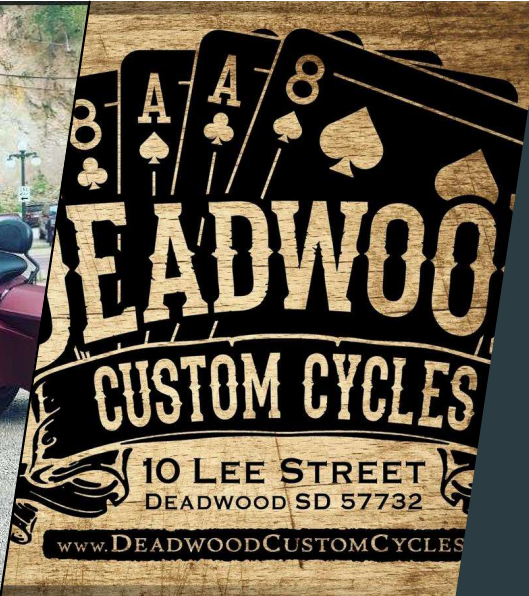


The story....

- ▶ Like every good trauma story this one has
 - ▶ Pain
 - ▶ Heartache
 - ▶ Loss
 - ▶ Men making poor decisions...

So the story.....

“You need a girlfriend....”

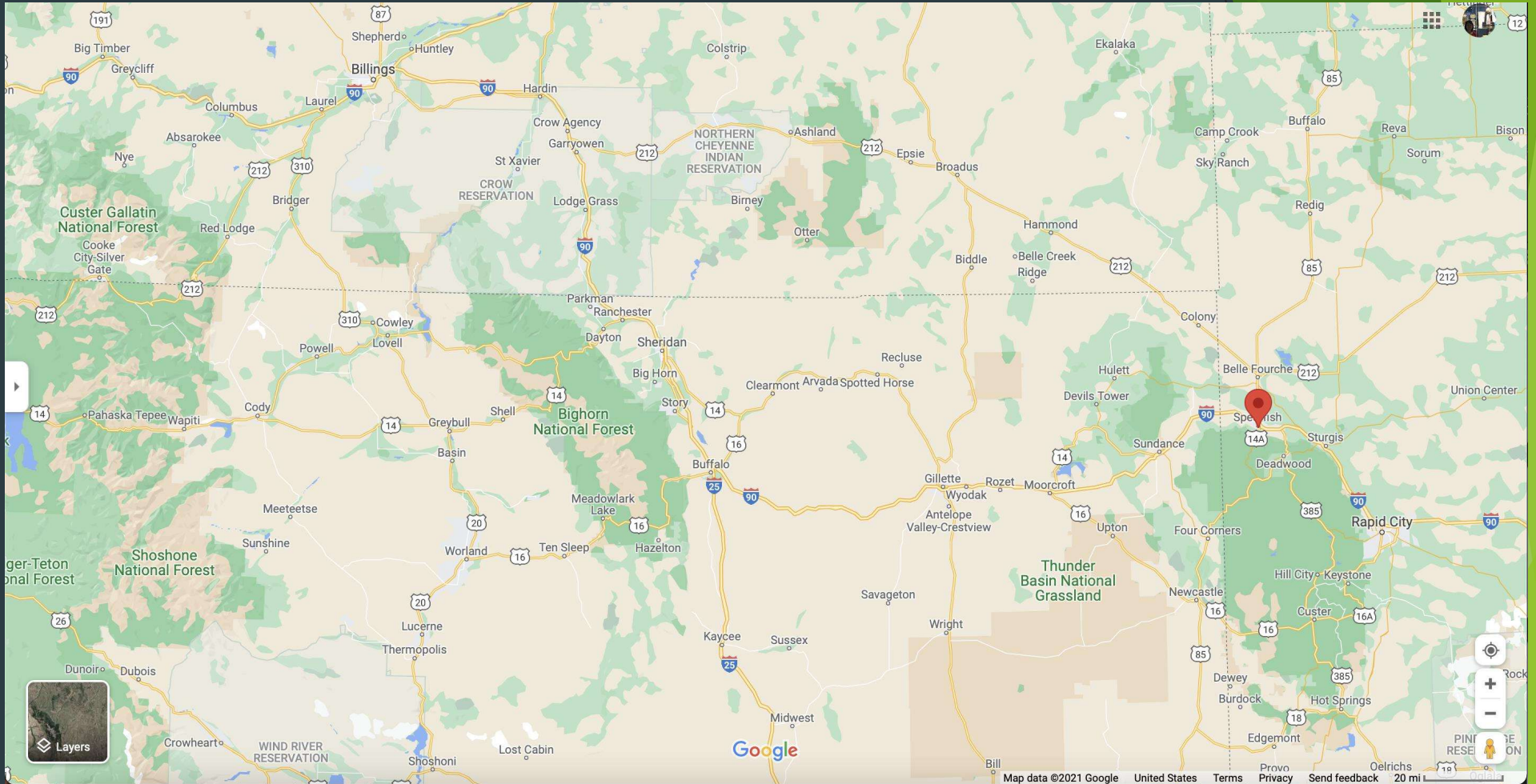


The Mistress

Motorcyclist

• *noun, singular* (moh-ter-sahy-klist)

: A person willing to take a container of flammable liquid, place it on top of a hot moving engine and then put the whole lot between their legs



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Day 1

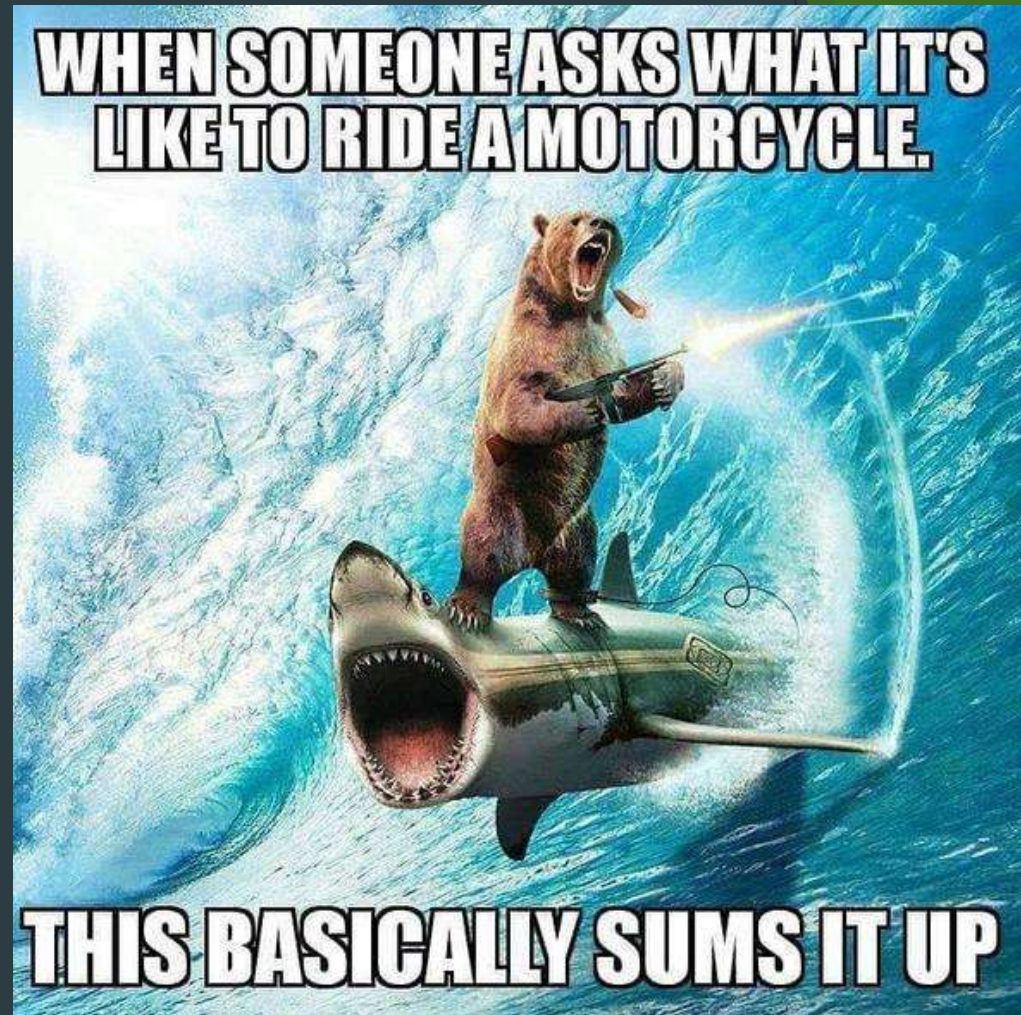


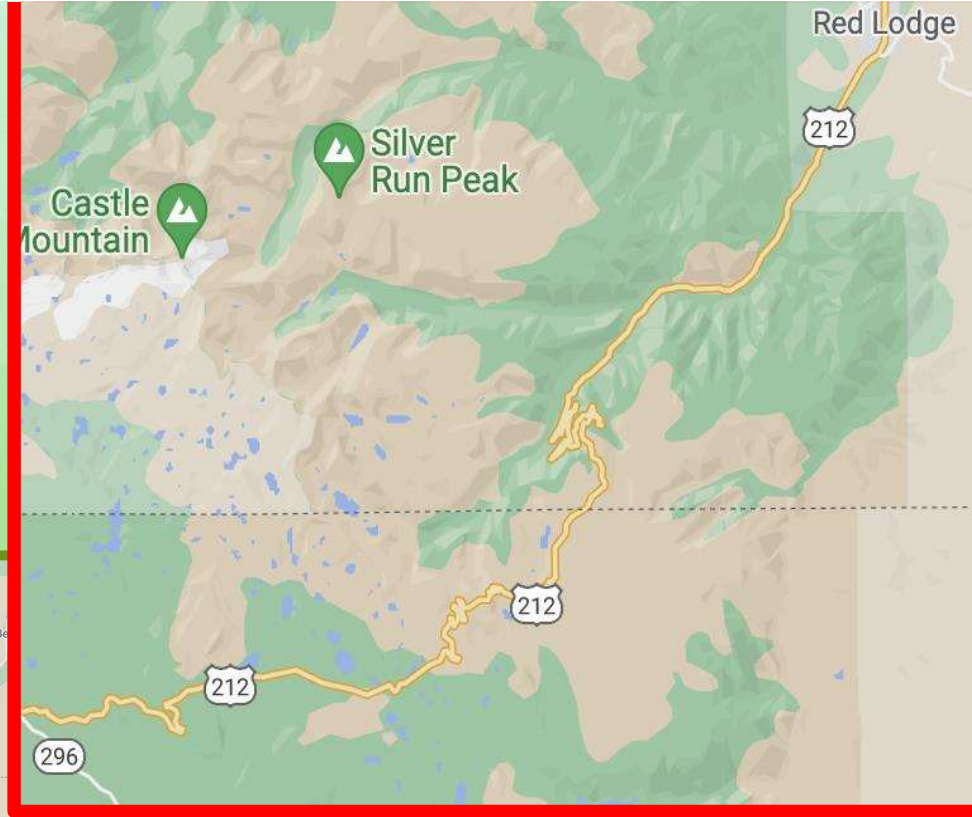
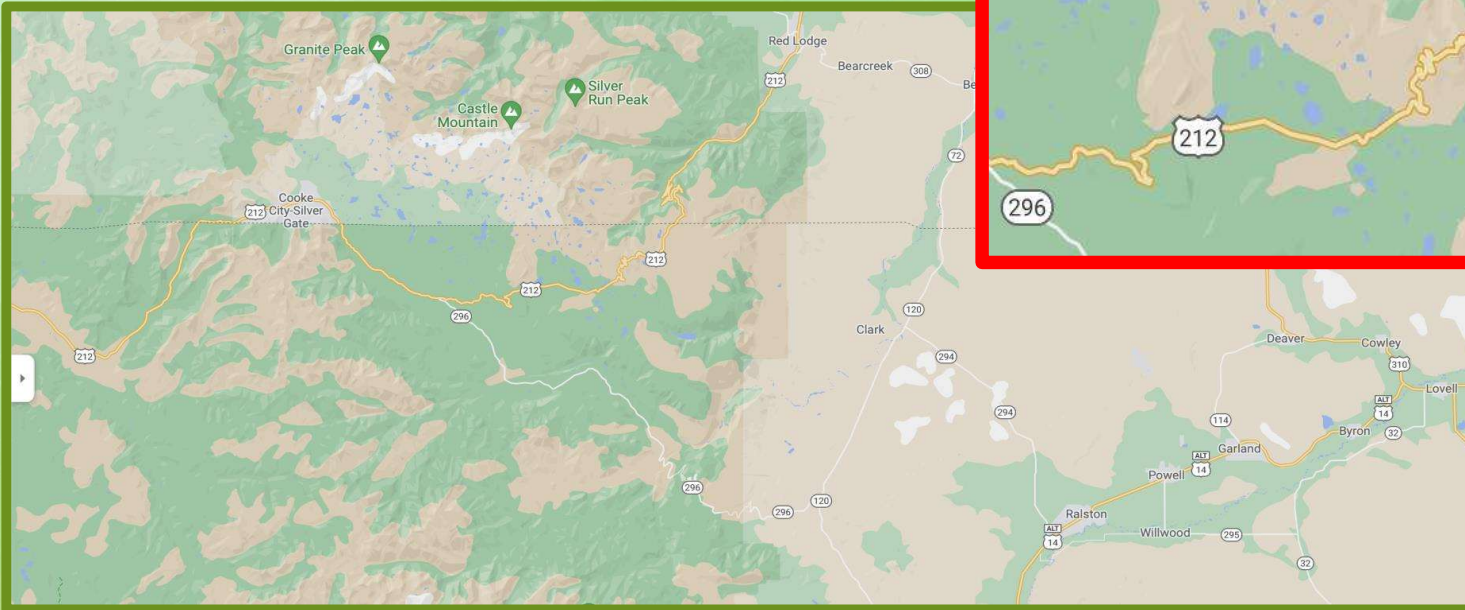
Day 1



Cody, Wy bound

Reason #1....

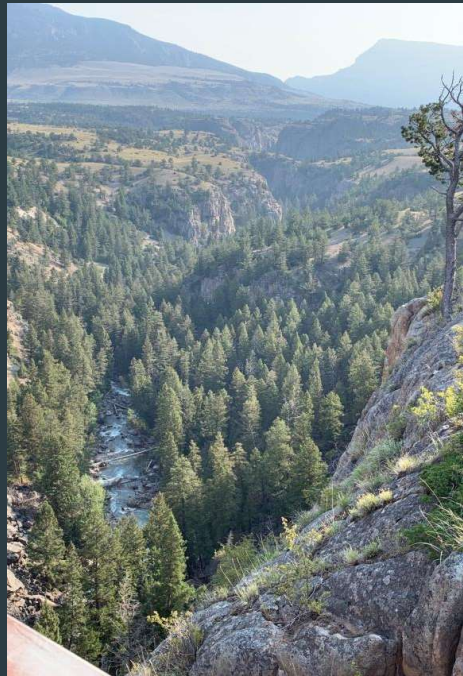






Beartooth Pass

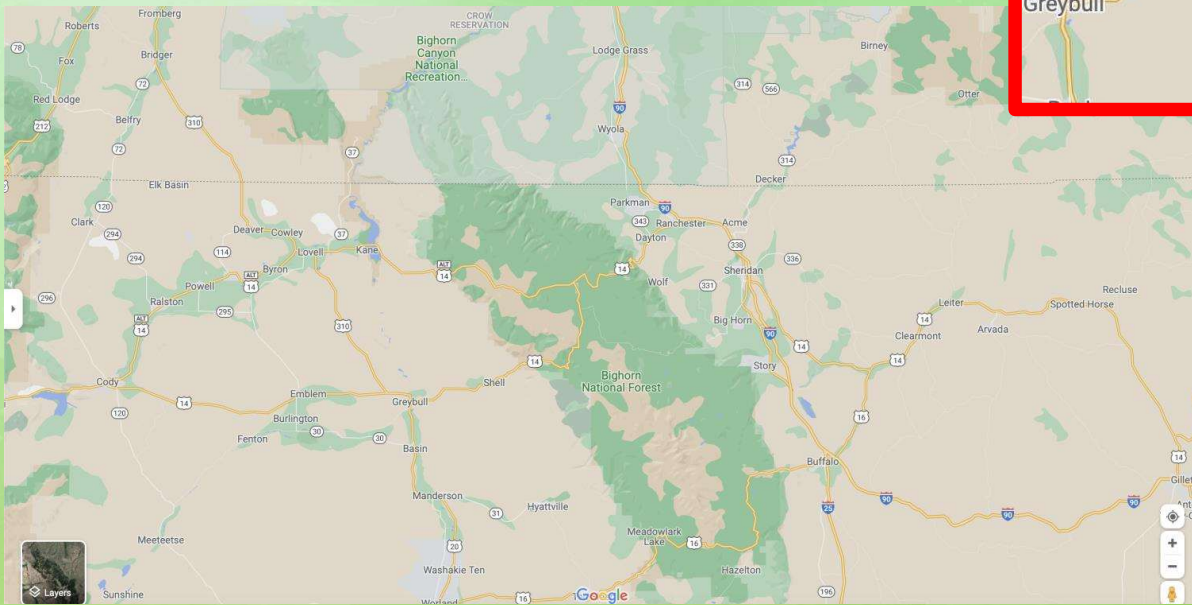
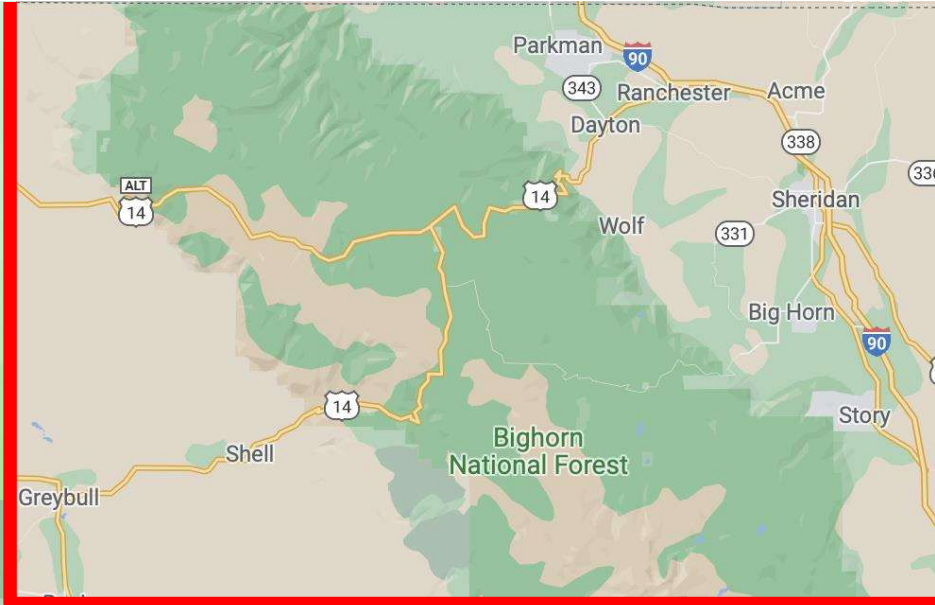
Day 2





Beartooth Pass





Reason #2.....

Expectations



Reality



VIA FUNNYMEME.COM

The impact





“Is your wife
coming to
the
hospital...?”



“I Don't want to see him...just load him on the helicopter”



ADMITTED DIRECTLY ONTO
THE ORTHOPEDIC SERVICE



THREE OPERATIONS



11 DAYS IN THE HOSPITAL



What did I learn?



Observations

- ▶ **VIP syndrome**
- ▶ Weight Loss
- ▶ Sleep Disturbance and Stamina
- ▶ Narcotic Dependence
- ▶ Depression
- ▶ Loss of income

Confusion with treatment plan...

- “its probably ok to walk on...”

Reluctance of therapy services to engage

- “You are a trauma surgeon. You know all this....”

Limited exams

Observations

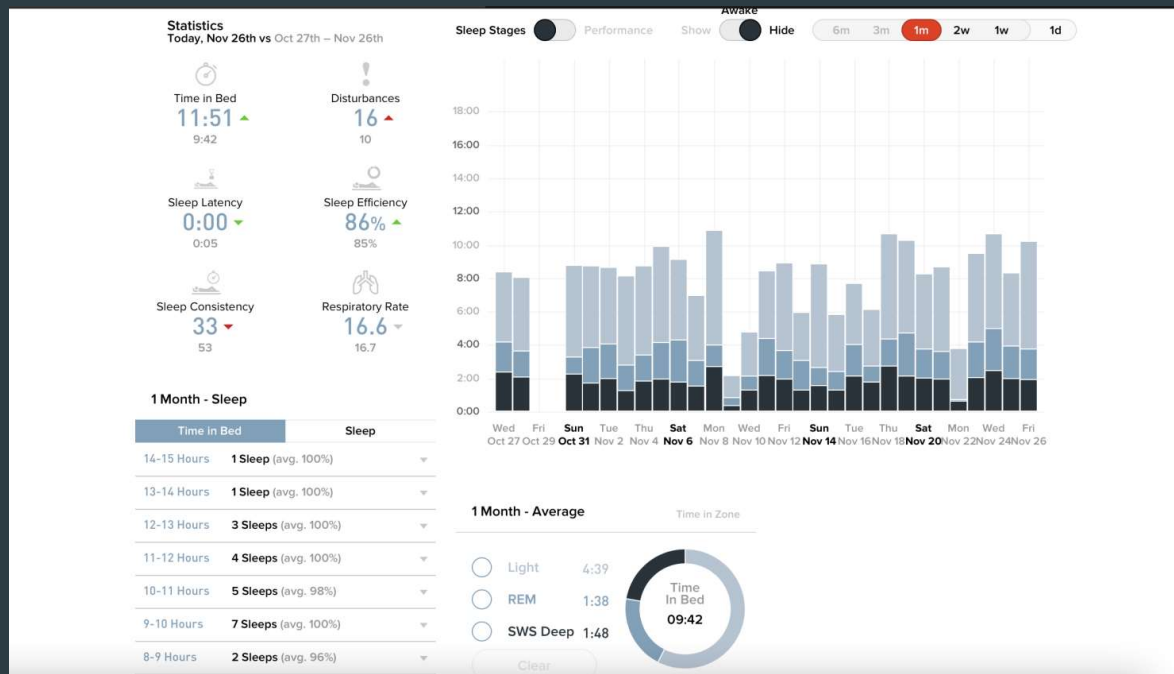
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- ▶ **Weight Loss**
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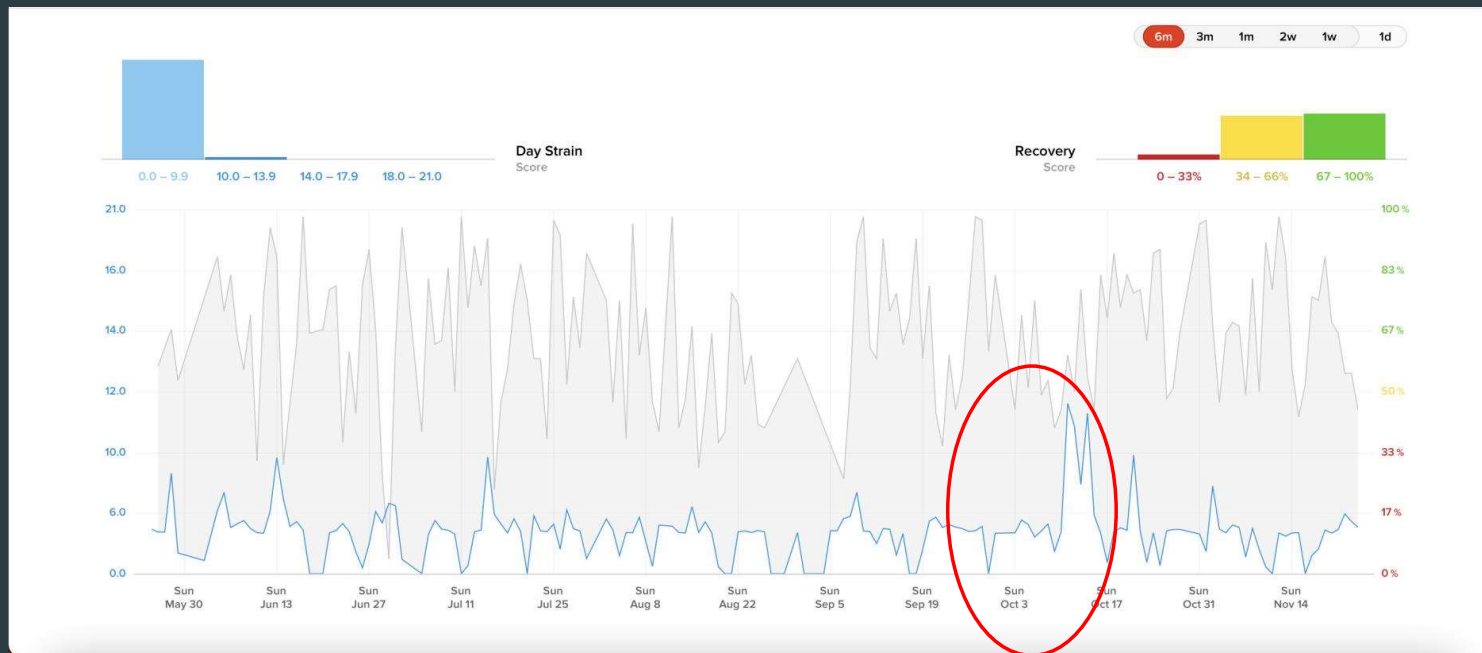
Observations

- ▶ VIP syndrome
- ▶ Weight Loss
- ▶ **Sleep Disturbance and Stamina**
- ▶ Narcotic Dependence
- ▶ Depression
- ▶ Loss of income

Sleep Efficiency



Strain and Recovery



Observations

- ▶ VIP syndrome
- ▶ Weight Loss
- ▶ Sleep Disturbance and Stamina
- ▶ **Narcotic Dependence**
- ▶ Depression
- ▶ Loss of income

Observations

- ▶ VIP syndrome
- ▶ Weight Loss
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Observations

- ▶ VIP syndrome
- ▶ Weight Loss
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- ▶ Narcotic Dependence
- ▶ Depression
- ▶ **Loss of income**

- ▶ Home was 100 times harder than the hospital

What changes did I make to my practice?

- ▶ All patient have a home-going talk about expectations, timelines
- ▶ I track weight and sleep disturbances very closely in f/u clinic now
- ▶ We openly discuss mood and depression before discharge
- ▶ All patients are given slow taper for narcotics
- ▶ FMLA/Disability paperwork is filled out the same day it is received



So what does
recovery look
like?

of Web... Access
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PART OF THE

Bringing life-saving skills to Sturgis bikers



Dustin Smoot, professional physician and biker, helps spread awareness on bleeding prevention. Smoot partnered with the South Dakota Department of Health and received grant funding for trauma education for his course and free anti-bleeding kits to distribute along with the hands-on Stop the Bleed essentials course. PHOTO PROVIDED

Knowing dangers firsthand, trauma surgeon leads hands-on demonstrations

Oksana Kotkina
 Sioux Falls Argus Leader
 USA TODAY NETWORK

In August 2021, motorcyclist and trauma surgeon Dustin Smoot suffered a life-threatening motorcycle accident in the Bighorn Mountains. "I was coming around the corner and hit some gravel, and lost control of the bike," he said. Smoot, and the person he was with, managed to call emergency crews, but then they lost cell service, and it took medical personnel about 1.5 hours to find them, he said. Smoot, being a physician and awake and alert, managed to control his bleeding just by putting his shirt on his wound until the first responders arrived. Smoot said it took him about two months to recover, and then he wanted to help other people learn how to control their bleeding. Now, for the second year in a row, he's helping demonstrate life saving measures at the largest motorcycle rally in the world as a way to give back to the community. The 83rd Sturgis Motorcycle Rally, which starts Friday and runs through Aug. 13, will

See TRAUMA, Page 8A

Trump told not to talk to witnesses

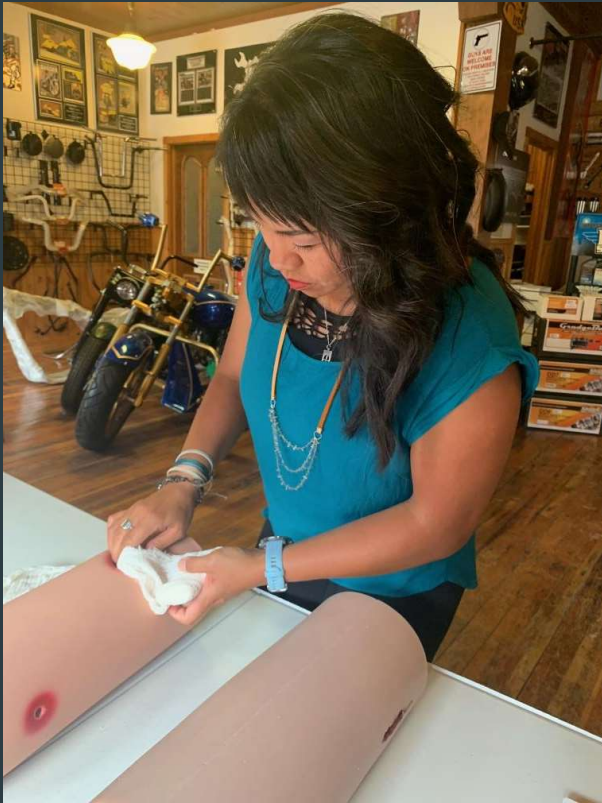
But routine order may be challenge





- ▶ Sturgis Motorcycle Rally
 - ▶ Largest motorcycle rally in the world
- ▶ Deadwood Customs Motorcycle Shop
- ▶ 4 years
 - ▶ ~600 trauma kits given away







- ▶ Kits given away to riders from almost every state
- ▶ Multiple international riders as well
- ▶ First year one of the kits was used by a couple with zero medical training to Stop Significant Bleeding at the Full Throttle Saloon





Custom FXR
143 s and s twin cam



The real
reason....