# Module 10.3: The psychological impact of injuries and strategies to cope

Objectives:

* To recognise the psychological consequences of hand injuries
* To identify psychological risk factors and warning signs
* To communicate with empathy during critical recovery phases
* To integrate psychosocial strategies into treatment planning and understanding the role of the multidisciplinary team to promote holistic recovery and patient resilience
* To apply surgeon-focused coping and self-care techniques

Links:

* PubMed: J Hand Surg Eur: Psychological sequelae of hand injuries: an integrative review

<https://pubmed.ncbi.nlm.nih.gov/36039570/>

* Hand Care webpage - how mental health can affect recovery from a complex traumatic hand injury

<https://www.assh.org/handcare/blog/how-mental-health-can-affect-recovery-from-a-complex-traumatic-hand-injury#:~:text=Psychological%20issues%20of%20complex%20traumatic%20hand%20injuries,disorder%20(PTSD)%2C%20suicide%20risk%20and%20psychological%20distress.&text=Mental%20health%20conditions%20from%20a%20traumatic%20hand,your%20child%20or%20going%20for%20a%20hike>.

* PubMed article: a review of psychological outcomes in patients with complex hand trauma: a multidisciplinary approach

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10541061/#:~:text=The%20study%20found%20that%20patients%20with%20complex,social%20isolation%2C%20and%20reduced%20quality%20of%20life.&text=Complex%20hand%20trauma%20can%20have%20a%20significant,anxiety%2C%20depression%2C%20and%20post%2Dtraumatic%20stress%20disorder%20(PTSD)>

Module QR Code:

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