

# TRAUMA VOCABULARY QUIZ

Match the word or phrase with its description

WORD OR PHRASE	ANSWER	DESCRIPTION
1 Chronic trauma	_____	<b>A</b> An approach to nursing care that incorporates six guiding principles of care: 1) safety; 2) trustworthiness and transparency; 3) peer support and mutual self-help; 4) collaboration and mutuality; 5) empowerment, voice, and choice; and 6) cultural, historical, and gender issues.
2 Posttraumatic stress disorder (PTSD)	_____	<b>B</b> Failure of caregivers to meet the basic physical and emotional needs of the child, youth, adult, or older adult. This is considered to be traumatic to the individual.
3 Secondary traumatic stress (STS)	_____	<b>C</b> Stressful and traumatic experiences in childhood categorized as abuse, household challenges, and neglect.
4 Complex trauma (interpersonal trauma)	_____	<b>D</b> Verbal, written, or physical abuse/assault from patients and visitors directed toward nurses. This also includes nurse-to-nurse horizontal violence (incivility).
5 Retraumatization	_____	<b>E</b> Expenditure of compassion due to psychological caring efforts that is in excess of emotional resources; psychological recovery is needed to be fully present to patients.
6 Horizontal and lateral violence (incivility in nursing)	_____	<b>F</b> Exposure to stress, which is intense, prolonged, and severe, resulting in various negative outcomes such as dysregulation and maladaptive coping.
7 Resilience	_____	<b>G</b> A choice made by caregivers to demonstrate empathy, kindness, concern, and a willingness to help toward self, patients, and team members.
8 Trauma surrounding disasters	_____	<b>H</b> Stress experienced by the healthcare worker as a result of caring for traumatized individuals.
9 Acute trauma	_____	<b>I</b> Components, signs, and symptoms used to diagnose posttraumatic stress disorder.
10 Toxic stress	_____	<b>J</b> Trauma that negatively affects the developmental trajectory of children and youth.
11 Neurobiology of trauma	_____	<b>K</b> The diagnosis (sudden/catastrophic) or healthcare treatment that causes the individual to experience trauma/traumatic stress.
12 Compassion	_____	<b>L</b> A diagnostic term described by criteria in the <i>Diagnostic and Statistical Manual of Mental Disorders</i> (5th ed.) for adults, adolescents, and children.
13 Trauma triggers	_____	<b>M</b> Trauma that is sustained, repeated, and prolonged.
14 Second-victim trauma	_____	<b>N</b> Positive adaption following a potentially traumatic event that can manifest as a trait, a process, a defense mechanism, or an outcome.
15 Developmental trauma	_____	<b>O</b> Physiologic changes in the brain that result from exposure to trauma.
16 Workplace violence	_____	<b>P</b> Although these events vary in scope and fluidity, nurses may be involved as first responders, putting them at risk for direct and secondary trauma.
17 Posttraumatic growth	_____	<b>Q</b> Trauma inflicted by caregivers and others trusted to provide for the physical and emotional needs of the child.
18 Adverse childhood experiences (ACEs)	_____	<b>R</b> A stimulus, usually perceived through the senses, that creates a link to a previous traumatic experience.
19 Treatment trauma (system-induced trauma)	_____	<b>S</b> Trauma passed down to future generations so that the offspring are vulnerable to the original trauma.
20 Historical trauma (intergenerational trauma)	_____	<b>T</b> The trauma that the nurse may experience as a result of a medical error or adverse event.
21 Posttraumatic stress symptoms (PTSS)	_____	<b>U</b> Trauma occurring as a single event or for a limited time.
22 Compassion fatigue	_____	<b>V</b> Improvement in psychological functioning after experiencing trauma; coming through a difficult time with more (insight, relationships, and personal philosophy) than the person possessed prior to the event.
23 Trauma-informed (nursing) care (TIC)	_____	<b>W</b> Going back into a trauma state, triggered by an event.
24 Neglect	_____	<b>X</b> Attitudes, actions, or behaviors, such as bullying and other forms of aggression, from one dominant individual or group toward a less powerful individual or group that may result in trauma.