Title:
Trauma-Informed Care: An Evidence-Based Approach to Promote Healing and Growth

Michelle Dang, PhD
Joyce Mikal-Flynn, EdD
School of Nursing, California State University, Sacramento, Sacramento, CA, USA

Session Title:
Communication in the Emergency Setting
Slot:
B 03: Saturday, 28 October 2017: 3:15 PM-4:00 PM
Scheduled Time:
3:15 PM

Keywords:
resilience, trauma and trauma-informed care

References:


Abstract Summary:
This workshop presents evidence that supports the use of trauma-informed care - a framework that recognizes different forms of trauma and helps survivors gain a sense of psychological and emotional safety, and reduces the risk of re-traumatization.

Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>The learner will be able to define trauma.</td>
<td>Discuss the epidemiology of trauma globally. Define trauma, traumatic events, and trauma-informed care</td>
</tr>
<tr>
<td>The learner will be able to identify key components of trauma-informed care and their application in clinical and community settings.</td>
<td>Discussion of the socio-ecological model in understanding trauma and its effects at multiple levels: individual, interpersonal, community, societal, cultural, and historical. Present key principles in trauma-informed care</td>
</tr>
</tbody>
</table>
Abstract Text:

A traumatic event is defined as exposure to actual or threatened death, serious injury, or sexual violence. Epidemiological data indicate that a large proportion of the world’s population has experienced traumatic events, resulting in a significant number of people being diagnosed with post-traumatic stress disorder. Trauma-informed care utilizes a framework that recognizes different forms of trauma and helps survivors gain a sense of psychological and emotional safety, and reduces the risk of retraumatization.

To begin, traumatology is the study, development and application of psychological and counseling services for people who experienced extreme events. Trauma informed care, identified by The Substance Abuse and Mental Health Services Administration (SAMHSA, 2015) involves programs, organizations or systems that:

1. **Realizes** the widespread impact of trauma and understands potential paths for recovery;

2. **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;

3. **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and (PTG)

4. Seeks to actively resist re-traumatization.”

Finally, to ensure a balanced approach in how we interpret and deal effectively with traumatic events, research brought forth the concept of posttraumatic growth supporting a broader spectrum of this human experience. Children are exposed to acute and at times, chronic traumatic experiences influencing their physical, neurological and mental health, and ability to learn. This presentation will bring forth information for nurses to enhance their knowledge and assist in their work with patients who suffered or are burdened with trauma. The following areas will be covered: 1) Prevalence of trauma and various forms of traumatic events; 2) the neurobiology of trauma and how trauma impacts health and development; 3) A socio-ecological perspective to trauma and treatment; 4) Key principles of trauma informed care; and 5) How, through the healing process, nurses can promote resilience and growth after traumatic events.