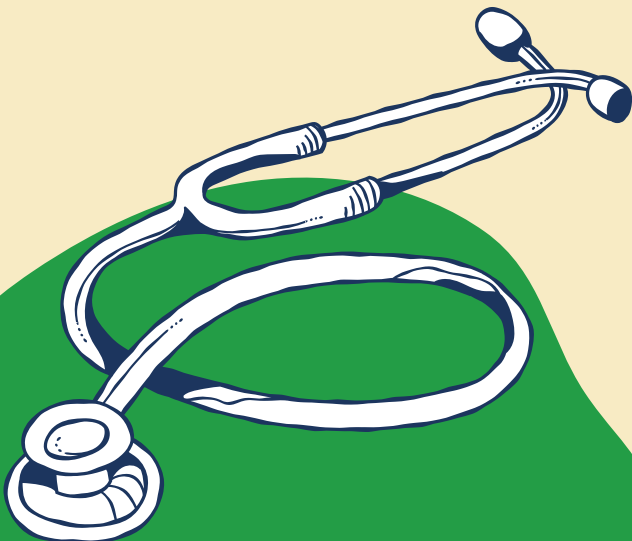


A providers guide to

Trauma-Informed Care

Alabama Perinatal
Quality
Collaborative



Avoiding Re-Traumatization

“Re-traumatization is reliving stress reactions experienced as a result of a traumatic event when faced with a new, similar incident.” (SAMHS,2017)

As providers, avoiding these incidents can allow for these principles of Trauma-Informed Care to begin implementation.

Tips:

- Don't have patients recount their traumatic experience
- Respect Emotional Boundaries
 - Speak in simple and direct language
 - Stay consistent



Empowerment/Choice



Create an environment that promotes the patient's voice and affirmation. Acknowledge that each patient experience is unique. Focus on what staff, family, and community have to offer.

Tips:

- Encourage patients by focusing on the positives. Be optimistic about how far your patient has come in their experience already.



Cultural Awareness

It is important to gain an understanding of various cultural differences that exist, especially within the community that you serve. Avoid assumptions, these can act as a barrier to support.

Tips:

- Be aware that cultural differences can positively or negatively affect the perception of the care that your patient is receiving.
- Avoid Biases and Stereotypes

What is Trauma-Informed Care

Trauma-Informed Care (TIC) is an approach where providers focus on how past traumatic experiences may affect a patient's response to current.

TIC understands that there is a high possibility of patients having past traumatic experiences that can influence their receptiveness to current care and services.

Signs of Trauma

It is important to be able to recognize when a patient is showing signs of having past trauma that you may not be aware of. Know what behavioral signs to look and listen out for so that you can operate well-informed and with the whole picture.

- Anxiety, Fear, or Worry
- Avoidance
- Addictions
- Trouble Sleeping
- Anger



6 Principles of Trauma-Informed Care

Safety

Patients feeling safe is a big factor in effective care. As a provider, it is important for you to make your patients understand that they are currently safe and not in the environment of their past traumatic experiences.



Tips:

- Establish a Safe and Welcoming Environment
- Remind patients that they are safe now. Bringing them back to the realization that the environment they are currently in is safe.

Trustworthiness/Transparency

Be transparent with patient care and establish goals for care. Build trust and repour with all those involved: staff, patients, and family members.



Tips:

- Be open and transparent with your patient about your decision-making.



Peer Support

Your role as a provider should be to establish hope between the patient and the provider. Get familiar with resources and programs in your community that allow your patients to open up with individuals who have lived through the same experiences.

Tips:

- Actively Listen Reflect on Concerns that are shared
- Refer and offer resources that provide support among peers with similar experiences.

Collaboration/Mutuality



Utilize your team and the various capacities in which they work. Understand the different perspectives that coworkers bring to the table and allow for a collaborative approach to patient care.

Tips:

- Partner with your coworkers and patients, remember hope can be established through meaningful relationships.