

TRAUMA-INFORMED CARE

A case-based virtual course

Developed with funding from the
U.S. Department of Health and Human Services'
Office on Women's Health

UNDERSTANDING AND RESPONDING TO THE EFFECTS OF ADVERSE EXPERIENCES THROUGHOUT THE LIFESPAN

42 Trauma-Informed Care virtual patient cases provide insight into the prevalence of traumatic exposure in the U.S.; illustrate the impact of trauma on physical and behavioral health; and provide health care practitioners with the knowledge and skills to interact effectively with all patients, particularly those with a history of trauma, both disclosed and undisclosed, to improve patient outcomes.

Trauma is the result of experiencing an event which overwhelms an individual's ability to cope. Exposure to traumatic events are incredibly common in the U.S. and pose an enormous threat to health and well-being. Examples of traumatic life experiences include: sexual assault, interpersonal and community violence, military sexual trauma, child abuse, neglect, and family dysfunction, to name just a few. A history of exposure to traumatic events may cause disrupted physiologic and neurologic development and function, as well as dysregulation and lead to coping mechanisms such as substance misuse, overeating, and high risk sexual behavior.

The foundation of Trauma-Informed Care (TIC), includes an understanding of the prevalence of traumatic exposure, as well as the biological, psychological, neurological, and social impact of trauma on an individual. TIC incorporates principles and practices which help promote the patient-provider relationship, improve patient engagement in care, and prevent re-traumatization, to promote healing.

CONTINUING EDUCATION AVAILABLE

Jointly provided by Postgraduate Institute for Medicine and Aquifer. CE credit is offered free of charge.

Available: April 2019-April 2022

This course has been approved for *AMA PRA Category 1 Credit(s)™*.

This activity is eligible for ANCC credit.



70% of adults in the US have experienced some type of traumatic event at least once in their lives. That's 223.4 million people.

- The National Council for Behavioral Health

KEY FEATURES

- Created for health care providers, by health care providers, to cover a critically important topic in health care education
- Available to the public free of charge
- Cases focus on the impact of trauma and how health care practitioners can provide appropriate care for diverse populations
- Proven pedagogy that standardizes experiences—overcoming geography, seasonality, and accessibility
- Evidence-based, peer-reviewed, and continuously updated content
- A wealth of source material and full references
- Self-assessment questions at the end of the course emphasize key content and enable learners to test their knowledge and skill
- Delivered via the Aqueduct learning management system with forward and backward case navigation, ability to re-login and resume right where you left off, and the ability to stay logged in for up to 3 hours.

COURSE CONTENT

Virtual patient case scenarios address a range of core competencies and critical learning objectives. Case settings and populations are varied and diverse.

The Trauma-informed Care virtual patient cases illustrate how trauma-informed care can improve patient-provider rapport, increase patient engagement in preventative care, and facilitate integrated, patient-centered treatment plans. Each Trauma-informed Care virtual patient case is estimated to take about fifteen minutes to complete. Cases are bundled into modules (four cases per module) and each module is estimated to take about one hour to complete.

Cases & CE Credit Available Free of Charge at [Aquifer.org/courses/trauma-informed-care/](https://www.aquifer.org/courses/trauma-informed-care/)

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CASE LIST

Module 1 Cases- Understand the Nature and Prevalence of Trauma

- Case 01: 28-year-old pregnant female with a history of witnessing violence
- Case 02: 9-year-old female with attention issues
- Case 03: 45-year-old female with diabetes experiencing stress
- Case 04: 50-year-old female experiencing homelessness in need of surgery

Module 2 Cases- Understand the Nature, Prevalence and Health Effects of Trauma

- Case 20: 58-year-old male with gastrointestinal symptoms
- Case 31: 24-year-old female with IBS
- Case 32: 32-year-old pregnant refugee

Module 3 Cases: Understand the Neurobiology of Trauma

- Case 05: 22-year-old female with insomnia
- Case 13: 33-year-old female with insomnia
- Case 14: 50-year-old female with stress and non-cardiac chest pain
- Case 15: 65-year-old female with fear of MRI procedures

Module 4 Cases: Understand the Neurobiology and Health Effects of Trauma

- Case 06: 32-year-old female with anxiety
- Case 16: 8-year-old male with asthma
- Case 34: 54-year-old female with abdominal pain
- Case 35: 36-year-old female with insomnia

Module 5 Case: Understand the Health Effects of Trauma

- Case 07: 33-year-old overweight female with poor health choices
- Case 08: 25-year-old male with self-injurious behavior
- Case 17: 48-year-old female coping with HIV
- Case 18: 30-year-old female with unhealthy coping behaviors
- Case 19: 58-year-old female veteran with chronic pain

Module 6 Cases: Practice Patient-Centered Communication and Care

- Case 09: mother worried about her 3-year-old son
- Case 10: 35-year-old female at a trauma-informed primary care visit
- Case 11: 55-year-old female and a stressful mammogram
- Case 12: 33-year-old pregnant female with a history of traumatic events

Module 7 Cases: Implement Interprofessional Collaboration and Address the Implications of a Healthcare Team Member's Trauma History

- Case 21: 29-year-old anxious female needing dental care
- Case 22: 32-year-old female with postpartum concerns
- Case 33: Physician with a trauma history
- Case 36: Collaboration to prevent sex trafficking

Module 8 Cases: Address the Implications of a Healthcare Team Member's Trauma History

- Case 23: 34-year-old female with understanding and supporting staff
- Case 24: 45-year-old female physician at risk for burnout
- Case 37: Nurse experiencing vicarious trauma

Module 9 Cases: Advocate for System Change, Practice Patient-Centered Communication and Care, and Integrate Survivors of Traumatic Events to Help Improve Patient Care

- Case 25: A rape exam in the Emergency Department
- Case 26: 53-year-old male transgender female in a teaching hospital
- Case 40: Screening for trauma in a women's health clinic
- Case 39: 30-year-old HIV+ female

Module 10 Cases: Perform Screening

- Case 27: Adolescent female and juvenile justice and the county health clinic
- Case 28: Establishing a protocol in the primary care setting
- Case 41: Screening for adverse childhood events in a pediatric clinic
- Case 42: 78-year old male wellness visit

TRAUMA INFORMED CARE TEAM

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ADDITIONAL CASES AVAILABLE WITHOUT CONTINUING EDUCATION CREDIT

- Case 29: 42-year-old female breast cancer survivor
- Case 30: 45-year-old female with insomnia and depression
- Case 38: Physician experiencing burnout

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