

THE PERMANENTE JOURNAL

Peer-reviewed research in equitable and value-based care, health services, and delivery science

special
Trauma-Informed Health Care
section

special section

EDITORIAL

- 88 Introduction to the Special Section on Innovations in Trauma-Informed Health Care.** Ellen Goldstein, PhD, MFT; Audrey Stillerman, MD; Martina Jelley, MD, MSPH; Brigid McCaw, MD, MS, MPH

This special section honors the work of past and present innovators committed to a paradigm shift in health care. These works are based on the science of trauma, resilience, and equity and prioritizes understanding and supporting human well-being and recovery.

ORIGINAL RESEARCH

- 91 Medical Students’ Knowledge, Attitudes Toward, and Identification of Adverse Childhood Experiences and Trauma-Informed Care.** Rachel Piszczor, PsyD; Courtney Barry, PsyD; Constance Gundacker, MD, MPH; Carly Wallace, PsyD; Jineane Shibuya, DO; Jonathan Perle, PhD, ABPP

A novel approach to understanding medical students’ ability to identify the connection between adverse childhood experiences and physical health, along with investigation of the knowledge of and attitudes toward adverse childhood experiences and trauma-informed care.

- 100 Clinic Readiness for Trauma-Informed Health Care Is Associated With Uptake of Screening for Adverse Childhood Experiences.** Edward L Machtinger, MD; Nicole K Eberhart, PhD; J Scott Ashwood, PhD; Maggie Jones, MPH; Monika Sanchez, MSc; Marguerita Lightfoot, PhD; Anda Kuo, MD; Nipher Malika, PhD, MPH; Nicole Vu Leba, PhD; Stephanie Williamson, BA; Brigid McCaw, MD

This paper found evidence that a trauma-informed health care environment is likely the foundation for the start and spread of screening for adverse childhood experiences.

- 111 Personalized Mobile Health-Enhanced Cognitive Behavioral Intervention for Maternal Distress: Examining the Moderating Role of Adverse Childhood Experiences.** Ellen

Goldstein, PhD, MFT; Jillian S Merrick, PhD; Renee C Edwards, PhD; Yudong Zhang, PhD; Brianna Sinche, MPH; Julia Raven, MA; Stephanie Krislov, BS; Daniela Robledo, MS; Roger L Brown, PhD; Judith T Moskowitz, PhD, MPH; S Darius Tandon, PhD; Lauren S Wakschlag, PhD

This paper examined the theorized differential impact of a prenatal stress reduction intervention on maternal distress and emotional regulation for those with and without adverse childhood experiences. Findings support the effectiveness of a perinatal intervention to reduce maternal distress for all pregnant people, although individuals with a history of adverse childhood experiences may benefit from enhanced trauma-informed content.

- 124 Nurses’ Experience After First Wave of COVID-19: Implications for a Trauma-Informed Workforce.** Annie Lewis-O’Connor, PhD, NP-BC, MPH, FAAN; Pamela Brown Linzer, PhD, RN, NEA-BC; Ellen Goldstein, PhD, MFT

Clinical nurses and nurse leaders identified trauma-informed approaches as a framework for promoting a healthy workforce. Providing opportunities for all nurses to voluntarily join semi-structured, facilitated sessions warrants further research.

REVIEW ARTICLES

- 135 Effectiveness of Trauma-Informed Care Implementation in Health Care Settings: Systematic Review of Reviews and Realist Synthesis.** Ellen Goldstein, PhD, MFT; Binny Chokshi, MD, MEd; GJ Melendez-Torres, DPhil, MPH, RN, FAAN; Anna Rios, BA; Martina Jelley, MD, MSPH; Annie Lewis-O’Connor, PhD, NP-BC, MPH, FAAN

The authors conducted a systematic review of reviews and realist synthesis to develop an explanatory model for trauma-informed care implementation across diverse health delivery systems.

- 151 Toward Integration of Trauma, Resilience, and Equity Theory and Practice: A Narrative Review and Call for Consilience.** Stan Sonu, MD, MPH; Kimberly Mann, PhD, LCSW; Jennifer Potter, MD; Patricia Rush, MD, MBA; Audrey Stillerman, MD

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This narrative review traces the evolution of trauma and healing theory and practice from the 19th century to the present. It highlights convergence of key findings across diverse scientific and academic disciplines, proposes steps toward a unified paradigm, and showcases exciting integrated models and applications. Recognizing consilience (agreement of key findings from different disciplines) can connect insights into trauma, resilience, and equity to advance further cross-sector innovations toward health.

BRIEF REPORTS

- 169 Navigating the Roadmap for Trauma-Informed Medical Education: Application of Undergraduate Medical Education Competencies.** Megan R Gerber, MD, MPH; Martina Jelley, MD, MSPH; Jennifer Potter, MD

To assist readers with development of educational content, this manuscript reviews selected curricula that illustrate recently published trauma-informed care competencies for undergraduate medical education.

- 180 Implementation and Evaluation of Adverse Childhood Experiences Screening in Pediatrics and Obstetrics Settings.** Carey R Watson, MD; Kelly C Young-Wolff, PhD, MPH; Sonya Negriff, PhD; Kelly Dumke, DrPH; Mercie DiGangi, DO

This article details aspects of implementation of adverse childhood experience screening for obstetrics and pediatrics practices in 2 large, integrated health care organizations.

COMMENTARIES

- 188 Time to Move Forward: Resilience and Trauma-Informed Care.** Laurie Leitch, PhD; Brigid McCaw, MD, MS, MPH

Building on advances in neuroscience and resilience research, the authors advocate

for a shift from the pathology-focused biomedical model to a focus on resilience and trauma-informed care. Programs that utilize attention management skills, mindfulness, and knowledge about the autonomic nervous system are relevant to clinical settings.

- 193 Primary Care as a Protective Factor: A Vision to Transform Health Care Delivery and Overcome Disparities in Health.** Edward L Machtinger, MD; Alicia F Lieberman, PhD; Christina D Bethell, PhD, MPH, MBA; Marguerita Lightfoot, PhD

This commentary offers a vision of primary care as a protective factor that can interrupt the impact of trauma and toxic stress, improve health outcomes and health equity, and contribute to efforts to rebuild the foundation of primary care in the United States.

- 198 Leading Organizations From Burnout to Trauma-Informed Resilience: A Vital Paradigm Shift.** Sadie Elisseou, MD; Andrea Shamaskin-Garroway, PhD; Avi Joshua Kopstick, MD; Jennifer Potter, MD; Amy Weil, MD, FACP; Constance Gundacker, MD, MPH; Alisha Moreland-Capua, MD

This commentary provides a guide for individuals and teams invested in leading health care organizations through trauma-informed systems change.

- 206 Respecting Body-Size Diversity in Patients: A Trauma-Informed Approach for Clinicians.** Alison Mosier-Mills, BA; Meghana Vagwala, MSc; Jennifer Potter, MD; Sadie Elisseou, MD

The authors demonstrate that medicine's current approach to discussing weight misses both an understanding of the connection between trauma and body size and acknowledgment that weight bias worsens the quality of care. The authors provide recommendations for clinicians regarding the use of trauma-informed care when engaging in clinical conversations about weight.