

THE EFFECTS OF A TRAUMA INFORMED CARE APPROACH ON WELLNESS IN HEALTH PROFESSIONAL STUDENTS

Kenneth L Miller, PT, DPT; Mary Thompson, PT, PhD

Introduction/Background:

- Prevalence of experiencing at least one adverse life event in college students – 55.8% to 84.5%.¹
- 20% of college students report having symptoms for clinical and subclinical posttraumatic stress disorder.¹
- Adverse childhood experiences (ACE) associated with lower life satisfaction and psychological well being.²
- ACE impact academic barriers including difficulty managing time, and teaching style mismatch with student learning style.³
- Trauma informed approaches are being promoted for use in schools, and it is unclear if changes are achieving hoped for outcomes.⁴
- Trauma informed approach incorporates six key principles to resist re-traumatization to clients as well as staff.⁵
- Six Key Principles:
 - Safety
 - Trustworthiness and transparency
 - Peer support
 - Collaboration
 - Empowerment, voice, choice
 - Cultural, historical and gender issues
- The purpose of this narrative review is to answer the question, “What is the current use of trauma-informed care/approach in health professional education as reported in research literature?”

Methods:

Searched six databases (Pubmed, Ovid, CINAHL, APA PsycArticles, APA PsycInfo and Medline).

Search terms (Trauma-informed care AND health professions AND curriculum).

Duplicates removed.

Articles not related to psychological trauma, college students and health care were excluded.

Title, abstract and full-text reviews completed.



Results:

- There is a paucity of available studies on the topic of trauma-informed teaching.
- Some schools are starting to include trauma-informed care in curriculum to improve patient care but very few.^{6, 7, 8}
- 967 students from 9 health professional programs including physical therapy showed a difference from 13.6% pre curriculum to 42% post curriculum reported being "extremely likely" to administer and assess ACE questionnaire.⁶
- Pilot: Trauma informed care curriculum: nursing program improved knowledge/ attitudes/skills related to providing trauma informed care. Forty-two students felt better prepared to recognize signs and symptoms of trauma in their patients.⁷
- Trauma informed care: important clinical tool/framework to improve healthcare engagement and health equity.⁸
- Online Resilience project: trauma informed approach – 80% participants found the site helpful to improve wellness//would revisit the site .⁹
- Pilot study – trauma informed professional development session, 100% of participants report improvement in familiarity with best practices to avoid triggers and identify resources.¹⁰

References:

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Conclusions:

- The prevalence of trauma in the form of adverse childhood events and adverse life events is quite high, yet a trauma-informed care approach in health professional education is lacking.
- Teaching trauma curriculum should be done through trauma informed teaching to minimize re-traumatization and secondary traumatization.¹¹
- Relevance: The topic of trauma and trauma-informed care is very relevant and timely and now mandatory in Texas for Physical therapists' licensure.
- Human trafficking prevention training includes trauma informed care to develop trust-building and communication.

