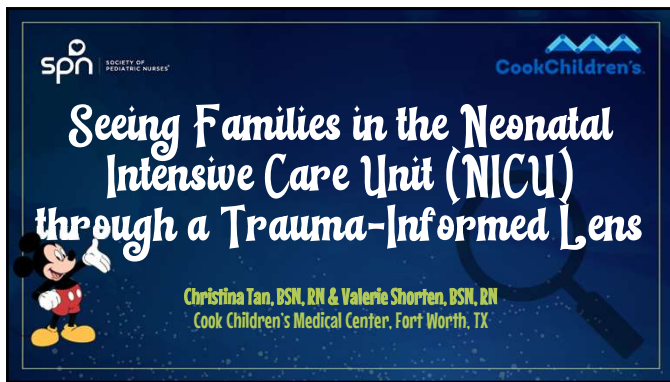




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Learning Objectives

- Define trauma-informed care and its importance within healthcare.
- Recognize the impact of trauma and implementing trauma-informed practices in the NICU holds potential for improving outcomes for infants.
- Identify the basic principles of trauma-informed care.



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What is Trauma-Informed Care (TIC)?

- Creates a cultural shift in healthcare and change the focus from “What’s wrong with you?” to “What happened to you?”
- A trauma-informed approach to care acknowledges that health care organizations and care teams need to have a complete picture of a patient’s life situation — past and present — in order to provide effective health care services with a healing orientation (Substance Abuse and Mental Health Services Administration [SAMHSA], 2014).
- Individuals can build trauma-informed health care organizations that create safe, caring, inclusive environments for all patients.



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TIC seeks to..

1. Realize

The widespread impact of trauma and understand paths for recovery

2. Recognize

The signs and symptoms of trauma in patients, families, and staff

3. Respond

Knowledge about trauma into policies, procedures, and practices

4. Resist

Actively resist re-traumatization



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TIC in the NICU

- Infants and families who have received care through NICUs experience multiple prolonged physiological, social, and emotional challenges (Lean et al., 2018).
- In addition to their stay, many families are presenting with increasingly diverse family structures and complex social conditions.
- A TIC approach to NICU care understands that providing families "with the maximum levels of choices, autonomy, self-determination, dignity, and respect is central to healing" (Marcellus & Cross, 2016).



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Through the Lens of Chloe's Family

- Chloe Williams was born at 26 weeks & 2 days, weighing 1 lb 5 oz
- The following video shows her 245 day journey, her parent's resilience, and the impact of trauma-informed care



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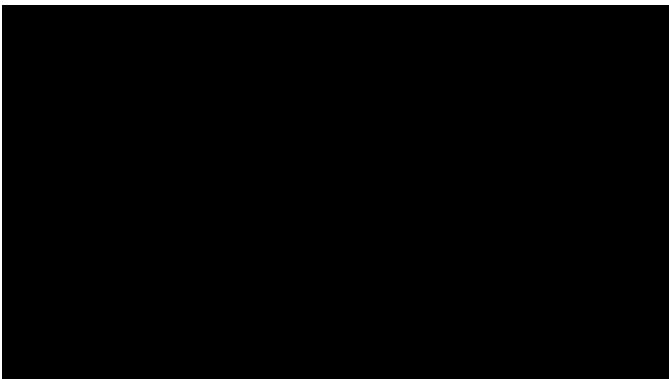
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PICO Question

- In NICU staff, how does education on the use of a trauma-informed care bundle impact their willingness and confidence in adopting trauma-informed care in daily nursing practice?





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Synthesis of Literature

- A review of PubMed, CINAHL, and Google Scholar identified 12 relevant articles that were critically appraised.
- Literature review included 9 Level V, 2 Level III, and 1 Level II.
- The literature affirmed that **TIC improves patient care and outcomes in healthcare.**



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Implementation



- NICU staff were trained on the six principles of TIC and their use in alignment with services and resources available to NICU families.
- Practice change initiated in April 2024.
- A bundle was created to showcase the 6 principles of TIC and connect it to the NICU.
- A website page was published onto the hospital's network to provide easier access to resources.
- Comprehensive training sessions were conducted through in-person sessions, staff meetings, emails, and unit rounding.
- Pre-surveyed NICU staff using the Trauma Informed Care Provider Survey version 2.0, questions 21-39
- Gift card raffles and food were provided by department leaders to promote engagement

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SIX PRINCIPLES OF TRAUMA-INFORMED CARE

Seeing families in the NICU through a trauma-informed lens

SAFETY

- Commit to Sit
- Private rooms
- Angry eye cameras
- Using ONE VOICE & limiting stimuli

TRUSTWORTHINESS

- Introducing self and your role
- Maintaining transparency and communicating free of medical jargon
- Using library consults

PEER SUPPORT

- Helping Hands Session
Mon, Wed, Thurs, Fri
8:00am - 4:00pm
Tues
12:00pm - 3:00pm
<https://cchelpinghands.org/>

COLLABORATION


- Report given with parents present
- Giving parents choices where appropriate
- Asking parents what they have observed about their baby
- Requesting feedback from parents on what the baby likes or prefers related to feeding, bathing, etc.


EMPOWERMENT

- Helping Hands
- Encouragement to ask daily, "What are your goals today?"


CULTURAL, HISTORICAL & GENDER ISSUES

- Training on cultural humility and bias
- Video interpreting services
- Providing an interpreter when needed instead of asking if families want one






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Results

Variable	Responses	Pre	Post
		n (%)	n (%)
What is your role?	RN	159 (85.9%)	154 (81.1%)
	PCT	8 (4.3%)	10 (5.3%)
	RT	6 (3.2%)	6 (3.2%)
	Clinical therapist	0 (0%)	2 (1.1%)
	Social worker	1 (0.5%)	1 (0.5%)
	Chaplain	0 (0%)	2 (1.1%)
	Case manager	1 (0.5%)	2 (1.1%)
	Other	10 (5.4%)	13 (6.8%)



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Results

Providing basic trauma-focused interventions

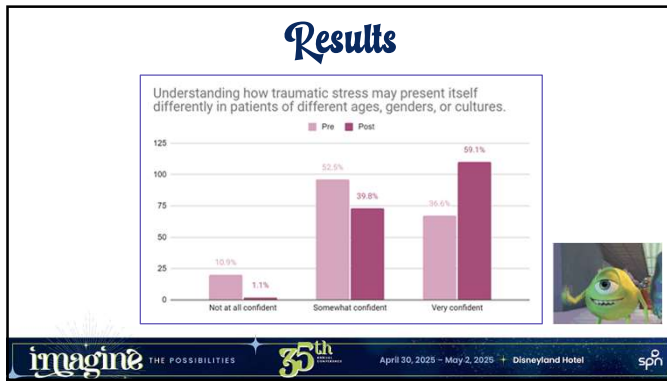
Confidence Level	Pre	Post
Not at all confident	14.2%	4.3%
Somewhat confident	62.3%	39.2%
Very confident	33.5%	56.5%



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Recommendations

- Based on project's success, hospital leadership is advised to sustain and expand TIC practices hospital-wide, ensuring consistent, patient-centered care for all children and families.
- Currently, CCMC NICU is including trauma-informed care into their upcoming Spring 2025 flash trainings!

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Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's concept of trauma and guidance for a trauma-informed approach (HHS Publication No. (SMA) 14-4884). U.S. Department of Health and Human Services. <https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>

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Thank you!

"This is such a needed topic in the NICU! We could benefit from increased knowledge of the challenges and trauma experienced by a lot of our families prior to coming to the NICU and the trauma that a hospitalized child brings."

Thank you





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"Often we are quick to judge as opposed to giving families grace and unpeel the layers of what oftentimes is actually trauma. Sometimes the words and judgements we make do more harm than good, I often hear this when speaking with families."



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