Trauma Informed Care Is Primary Care: Strategies and Solutions

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Learning Objectives

1. Describe the principles of trauma informed care
2. Apply these principles to a primary care setting using a case-based approach
3. Promote diversity and inclusion through the use of trauma responsive practices
Drilling a hole through the skull to the surface of the brain

Trephination

Removing excessive humor

Bloodletting

Sectioning of the prefrontal cortex.

Lobotomies

Slowing down blood flow to the brain to calm behavior

Hydrotherapy Sprays

We Have Come A Long Way

2200 to 2000 BCE

129 AD to 19th century

1888 – 1950s

Early 20th Century
Adverse Childhood Experiences Study

Dr. Vincent Felitti: Kaiser Permanente

Dr. Robert Anda: Centers for Disease Control and Prevention
THIS IS YOUR BRAIN ON DRUGS
Purpose of the ACES Study

• If risk factors for disease are not randomly distributed what factors or conditions proceed the adoption or development of risk factors or behavior
### Adverse Childhood Experiences

#### Abuse & Neglect
- Emotional Neglect (15%)
- Physical Neglect (10%)
- Physical Abuse (28%)
- Sexual Abuse (21%)
- Emotional Abuse (11%)

#### Household Stressors
- Domestic Violence (13%)
- Substance Abuse (27%)
- Parental Separation/Divorce (23%)
- Mental Illness in Household (19%)
- Household Member Incarcerated (5%)
# of ACES

Almost two-thirds of adults surveyed reported at least one Adverse Childhood Experience – and the majority of respondents who reported at least one ACE reported more than one.
Negative Coping Mechanisms

ACE Score

Smoking
Severe obesity
Suicide attempts
Alcoholism
Drug abuse
50+ sex partners
Repetition of original trauma
Self-Injury
Eating disorders

Risk for these
Coping Responses to ACES

Health risk behaviors negatively impact health outcomes.
Trauma Informed Care flows from Trauma Science
What is Predictable, is Preventable!
Trauma Informed Approach

What Does a Trauma Informed Practice Do?

• Realizes
• Recognizes
• Responds
• Resists re-traumatization

Trauma Informed Principles

Safety

Trustworthiness and Transparency

Peer Support

Collaboration and mutuality

Empowerment-voice, choice

Cultural, Historical and Gender Consideration

Case Example

Janna

27 yoa; Single mother of three; experienced sexual abuse as a child; struggling financially; recent immigrant; misses appointments for poorly controlled asthma and obesity and appears non-compliant with medical care for children

Safety

Trust /Transparency

Collaboration and Mutuality

Empowerment, Voice and Choice

Network of Support

Culture, Historical trauma and gender considerations

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Trauma Informed Care Can Be Your Oxygen Mask
Trauma-Informed Care Champions
From Treaters to Healers
Strong evidence to support trauma informed approach

Traumatic, toxic experiences can change biology

Need for Sensitivity to Nuances in Experience

Trauma Informed approaches apply to patients and staff
If I had an hour to solve a problem and my life depended on it, I would use the first 55 minutes determining the proper questions to ask.

Albert Einstein