

Trauma-Informed Care (TIC)

in the NICU

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PROCESS

OUTCOME

NICU
ADMISSION



DIGNITY & RESPECT

PARTICIPATION

COMMUNICATION

INFO SHARING

DC PREPARATION

DC READINESS

1. Technical Skills/Knowledge
2. Emotional Comfort
3. Confidence



Secondary Drivers

Primary Key Driver

Health Related Social Needs

Assess family needs and connect to resources

Train and commit to dignity and respect in all family interaction

What is Trauma-Informed Care?

The belief that multiple dimensions of trauma can have lasting adverse effects on well-being and function.

This includes physical/bodily and psychological injuries and is unique to each individual and their experience.



Why does the NICU potentially lead to traumatic stress?

Challenges sense of safety.

Senses of life threat.

Feeling helplessness.

Feeling pain or Observed Pain.

Decision making during times of distress.



What is Toxic Stress?

- Strong, frequent, or prolonged activation of stress response system.
- There is an absence of buffering protection of supportive relationships (i.e. Adverse Childhood Experiences [ACEs]: child abuse, neglect, parent substance abuse, maternal depression).
- May result in anatomic changes, physiologic dysregulations that are precursors of later impairments in learning and behavior or disease.
- Multiple exposures to ACEs increase the risk of later adult morbidity and early mortality.



Why does the NICU potentially lead to traumatic stress?



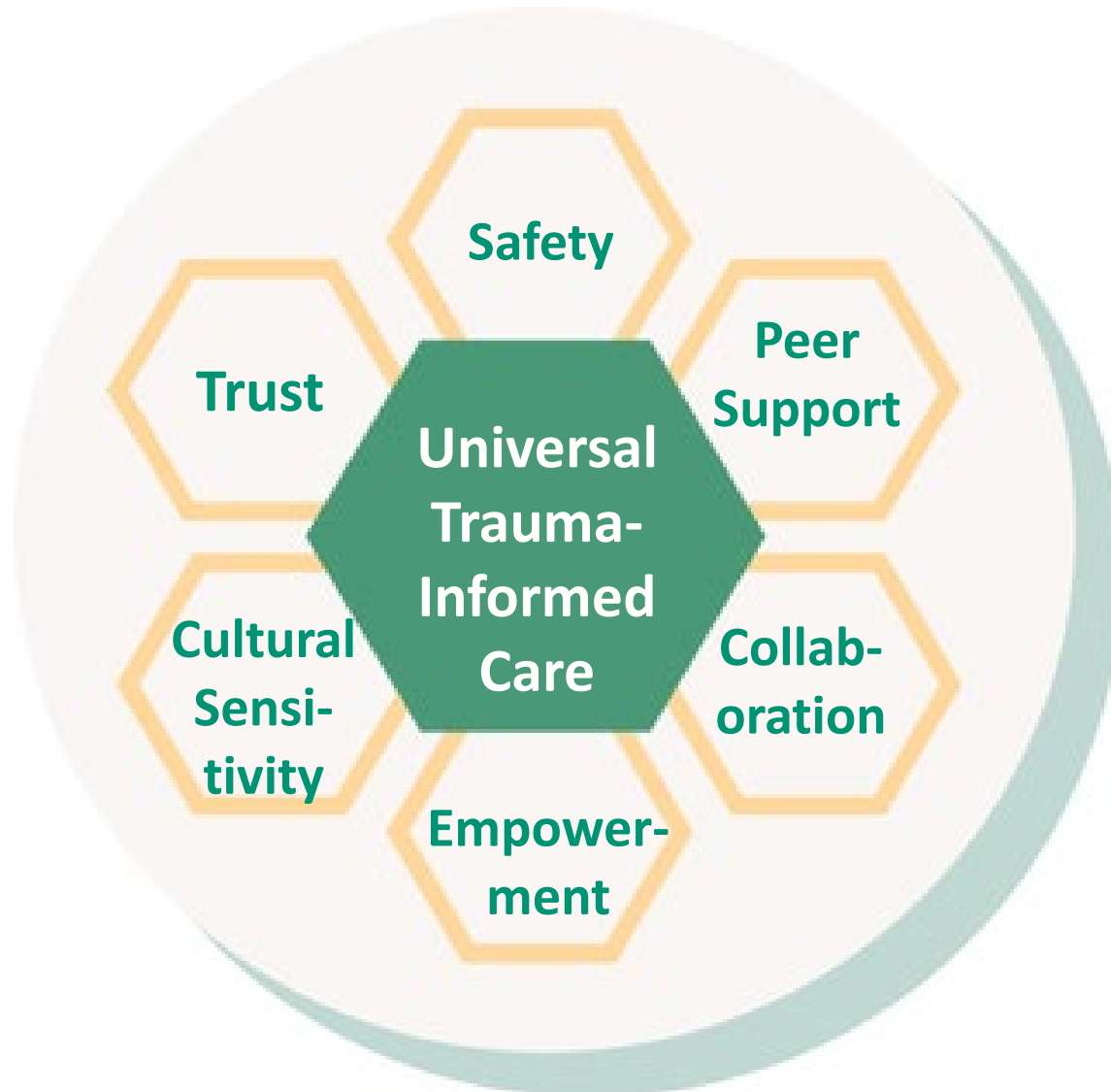
Separation from their parents.

Inconsistent bedside caregivers.

Repeated painful procedures without support.

Inappropriate developmental sensory environment.

The Six Principles of Trauma-Informed Care



Strategies that encompass all TIC Principles

- Help mothers see their infants within **3 hours** of delivery.
- Support frequent and regular skin-to-skin contact and holding.



Actionable Strategies to Address Trauma-Informed Care Principles

Safety

- Provide privacy.
- Maintain confidentiality.
- Demonstrate mutual respect.
- Validate parents' experiences.

Trustworthiness and Transparency

- Communicate frequently and regularly.
- Respect parents' concerns and questions.
- Make infant's medical record accessible to parents.
- Encourage parental involvement on daily rounds and shift change.



Actionable Strategies to Address Trauma-Informed Care Principles

Peer Support

- Offer peer support within 72 hours of admission.
- Consider various platforms for offering peer support.

Collaboration and Mutuality

- Partner with parents.
- Mentor and coach parents.
- Involve parents in infant's care.
- Perform shared-decision making.
- Create nurse-physician collaboration.



Actionable Strategies to Address TIC Principles

Empowerment, Voice, and Choice for Parents and Staff

- Foster resilience.
- Support parents to take on role of the caregiver.
- Encourage parent's presence on rounds.
- Support staff with appropriate assignments, mentoring, and self scheduling.

Cultural, Historical, and Gender issues

- Treat all parents equally.
- Welcome all parents.
- Provide culturally effective care



Realize

Realize the impact that trauma has on people, and that reactions to a past trauma, may inform the person's current response to a potentially traumatic situation.

Recognize

Recognize the signs and symptoms of trauma in people (patients) and the staff caring for them.

Respond

Provide support and resources.

Resist Retraumatization

Resist retraumatization, to prevent a situation that represents a tolerable stress, from evolving into a toxic stress.

Case Scenarios & Panel Discussion

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