

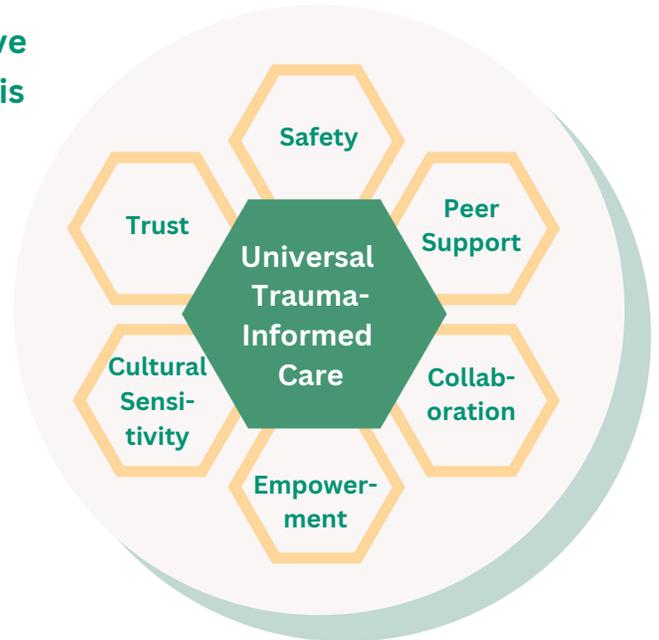
Trauma-Informed Care in the NICU



What is Trauma-Informed Care (TIC)?

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.

The Six Principles of TIC



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.

Examples of Toxic Stress for NICU Infants

- Separation from their parents.
- Inconsistent bedside caregivers.
- Repeated painful procedures without support.
- Inappropriate developmental sensory environment.

Actionable Strategies to Address Trauma-Informed Care Principles

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.

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

The R's

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.

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.

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.