

Ask Yourself: Am I Providing Trauma-Informed Care?



Trauma can result from:

- Experiencing or witnessing violence/abuse
 - Household substance use or mental health disorders
 - Racism
 - Anti-LGBTQ+ discrimination
 - Prior birth trauma
 - Poverty
- ...and other emotionally harmful experiences across the lifespan.*

Actionable Tips To Help Patients:

Feel *SEEN*

- Unconditional positive regard
- Eye contact
- Acknowledge what you see (e.g., *"You look uncomfortable, how can I help?"*)
- Grounding in the present

Feel *HEARD*

- Remind them that their voice matters
- Use trauma-informed language
- Ask them how they would like to be supported (e.g., *"Do you prefer distraction during the exam, or should I talk you through it step-by-step?"*)
- Share trauma disclosures with team (with patient consent) so the patient does not need to retell or relive trauma

Feel *IN CONTROL*

- Always ask for consent before touching a patient in any way
- Knock before entering room and ask for permission to enter
- Give control to the patient for initiation and termination of procedures
- Help maintain modesty
- Reflect on your reaction to a birth plan/preferences
- Respect the purpose of a birth plan/preferences: it is what you need to know about the patient so you can provide them with excellent care

Visit www.fpqc.org/MORE for Trauma-Informed Care resources • E-mail: fpqc@usf.edu • @TheFPQC

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