

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

We Have Come A Long Way

2200 to 2000 BCE

Trephination

Drilling a hole through the skull to the surface of the brain

129 AD to 19th century

Bloodletting

Removing excessive humor

1888 – 1950s

Lobotomies

Sectioning of the prefrontal cortex.

Early 20th Century

Hydrotherapy Sprays

Slowing down blood flow to the brain to calm behavior



THE SUITCASE
A SUITCASE IS A TRAVEL BAG OR BAGGAGE
CONTAINING CLOTHING, TOILETRIES, AND
OTHER PERSONAL BELONGINGS. IT IS
USUALLY MADE OF LEATHER, FABRIC, OR
PLASTIC AND HAS A HANDLE AND A STRAP.
IT IS USED TO CARRY THINGS FROM ONE
PLACE TO ANOTHER.

Adverse Childhood Experiences Study



Dr. Vincent Felitti:
Kaiser Permanente

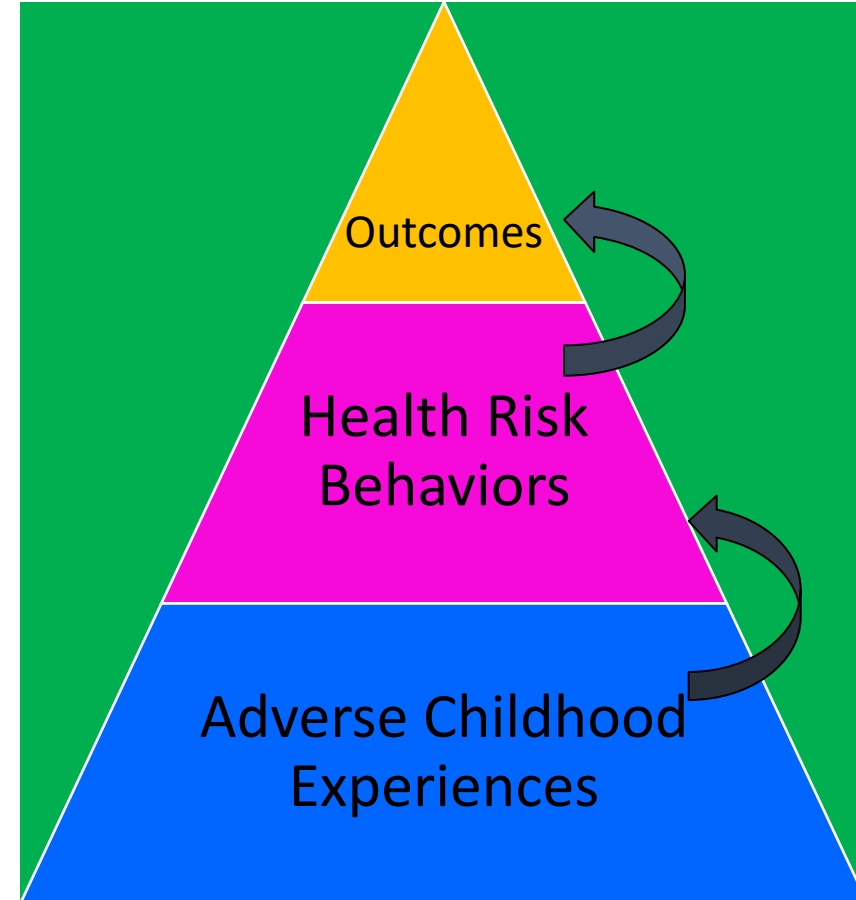


Dr. Robert Anda:
Centers for Disease
Control and Prevention



Purpose of the ACES Study

- If risk factors for disease are not randomly distributed what factors or conditions precede the adoption or development of risk factors or behavior



Adverse Childhood Experiences

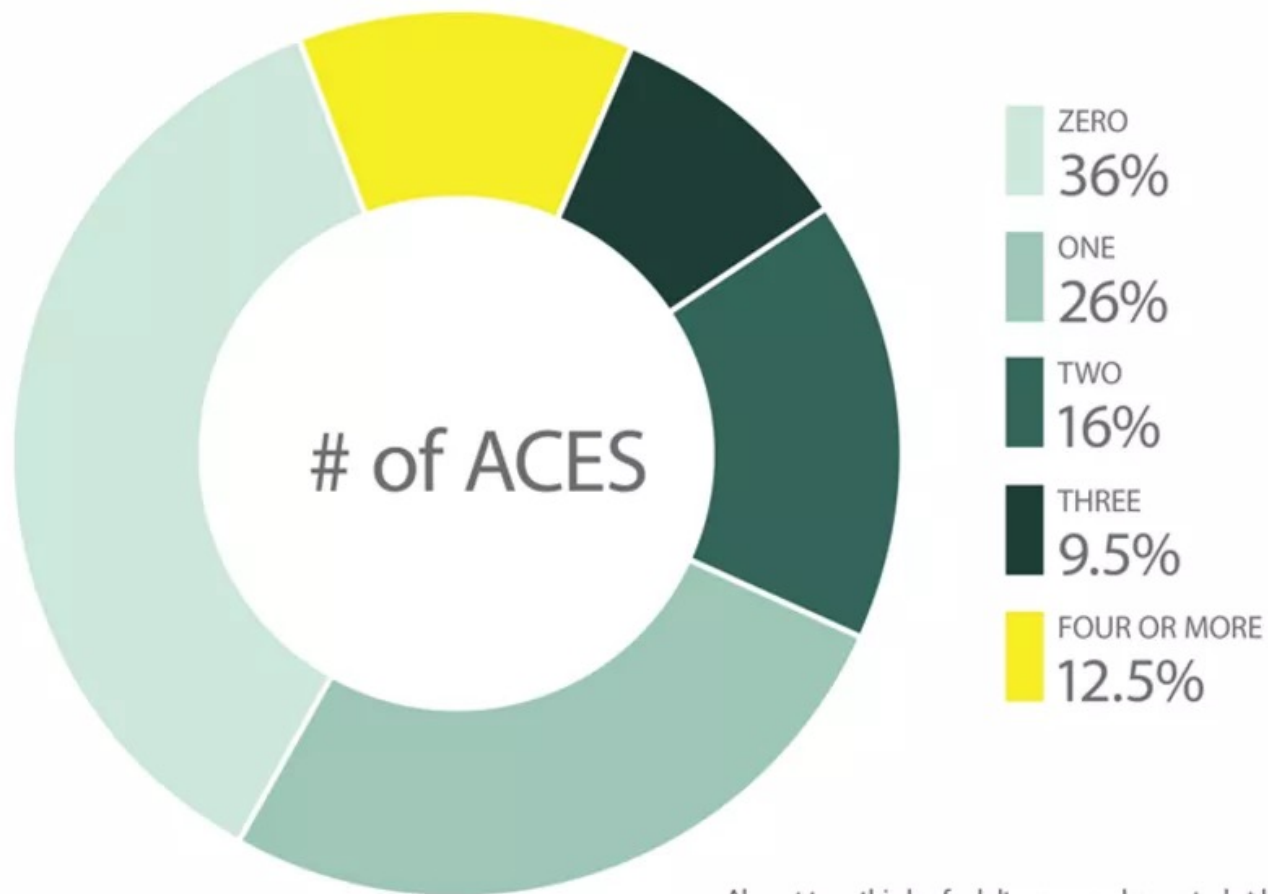
Abuse & Neglect

- 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%)

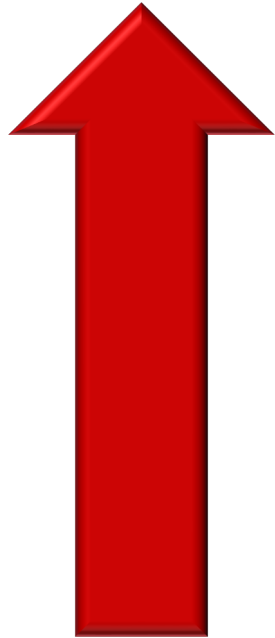
HOW COMMON ARE ACES?



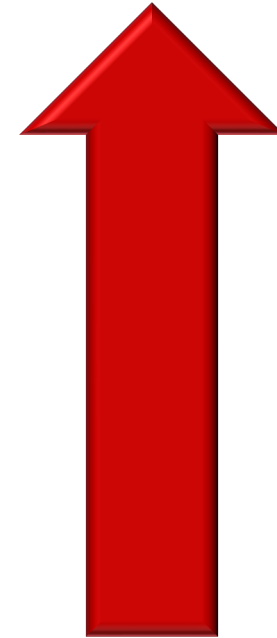
Almost two-thirds of adults surveyed reported at least one Adverse Childhood Experience – and the majority of respondents who reported at least one ACE reported more than one.

Negative Coping Mechanisms

ACE Score

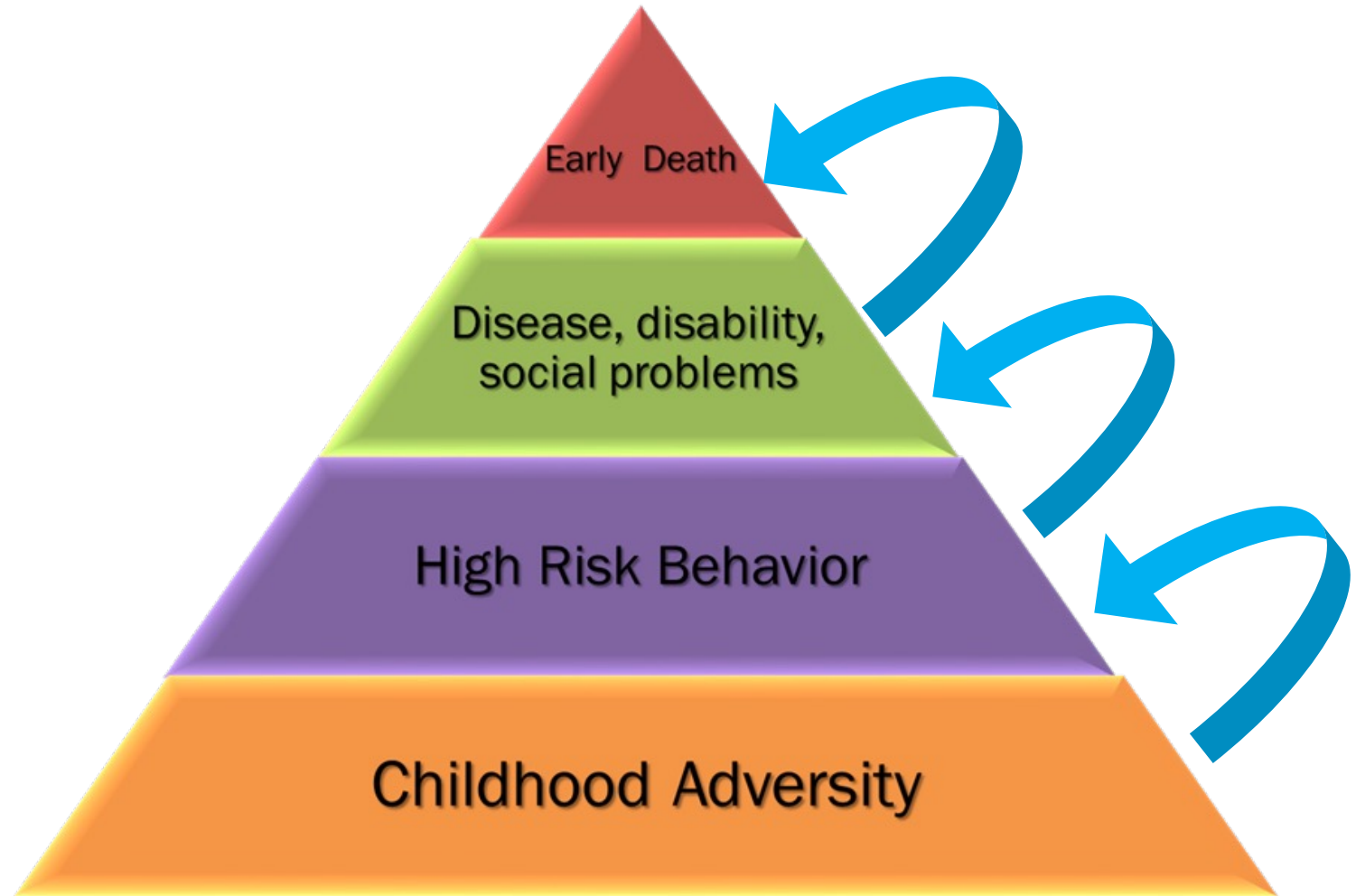


Risk for these

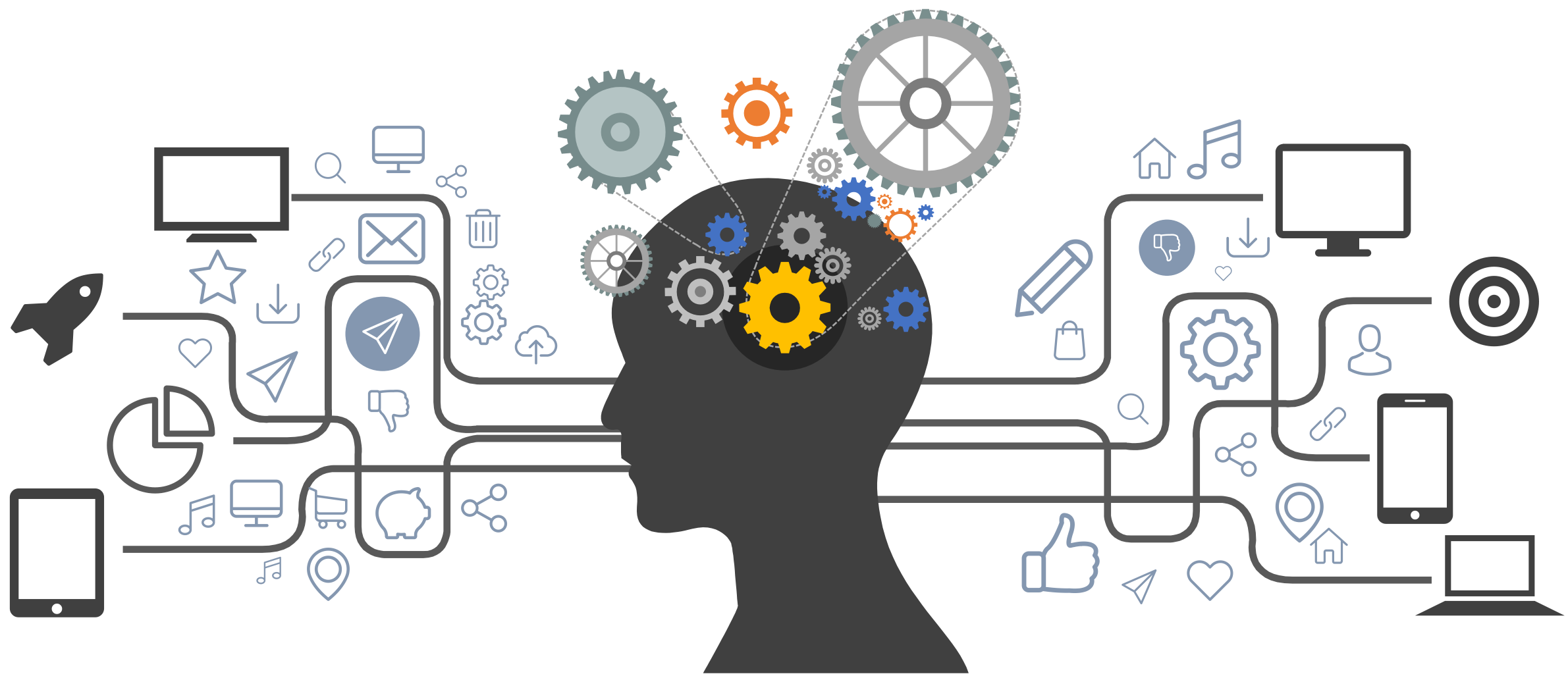


Coping Responses to ACEs

Health risk
behaviors
negatively impact
health outcomes



Trauma Informed Care flows from Trauma Science



What is Predictable, is
Preventable!

Trauma Informed Approach

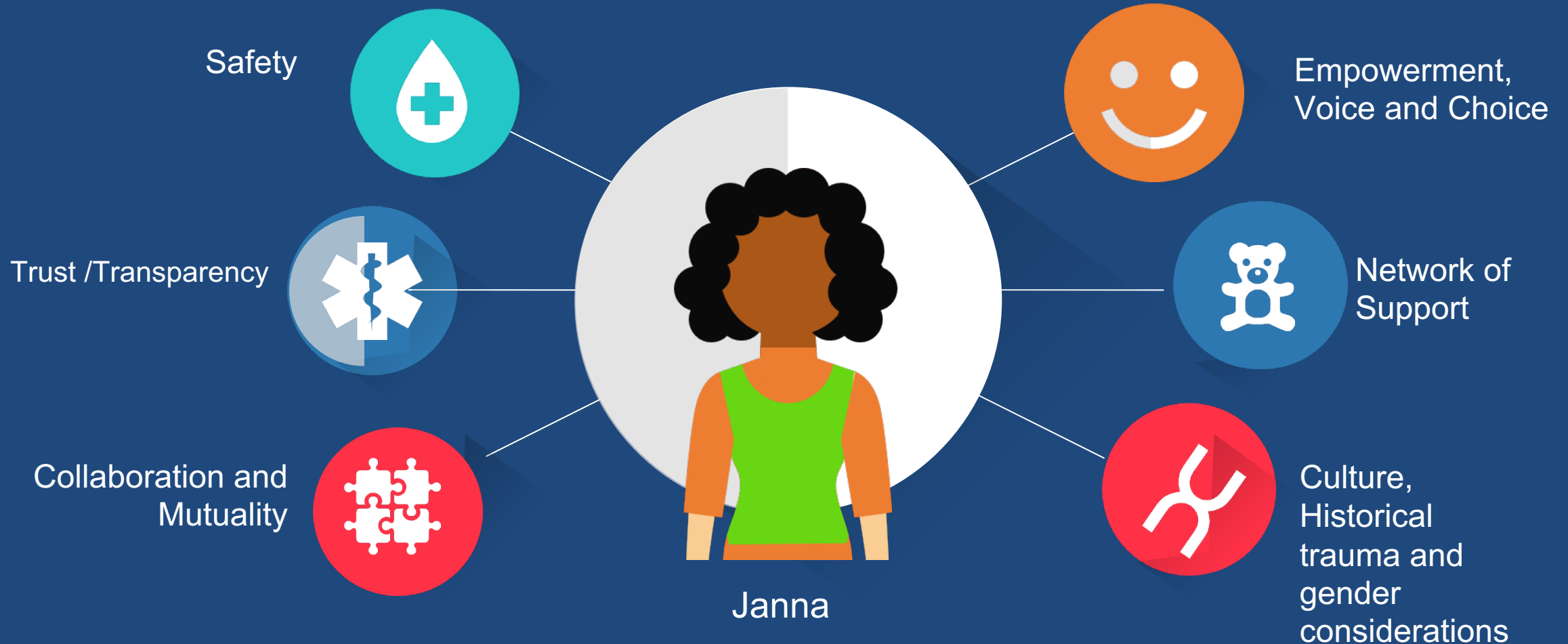
What Does a Trauma Informed Practice Do?

- Realizes
- Recognizes
- Responds
- Resists re-traumatization

Trauma Informed Principles



Case Example



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



Trauma Informed Care Can Be Your Oxygen Mask

Trauma-Informed Care Champions From Treaters to Healers



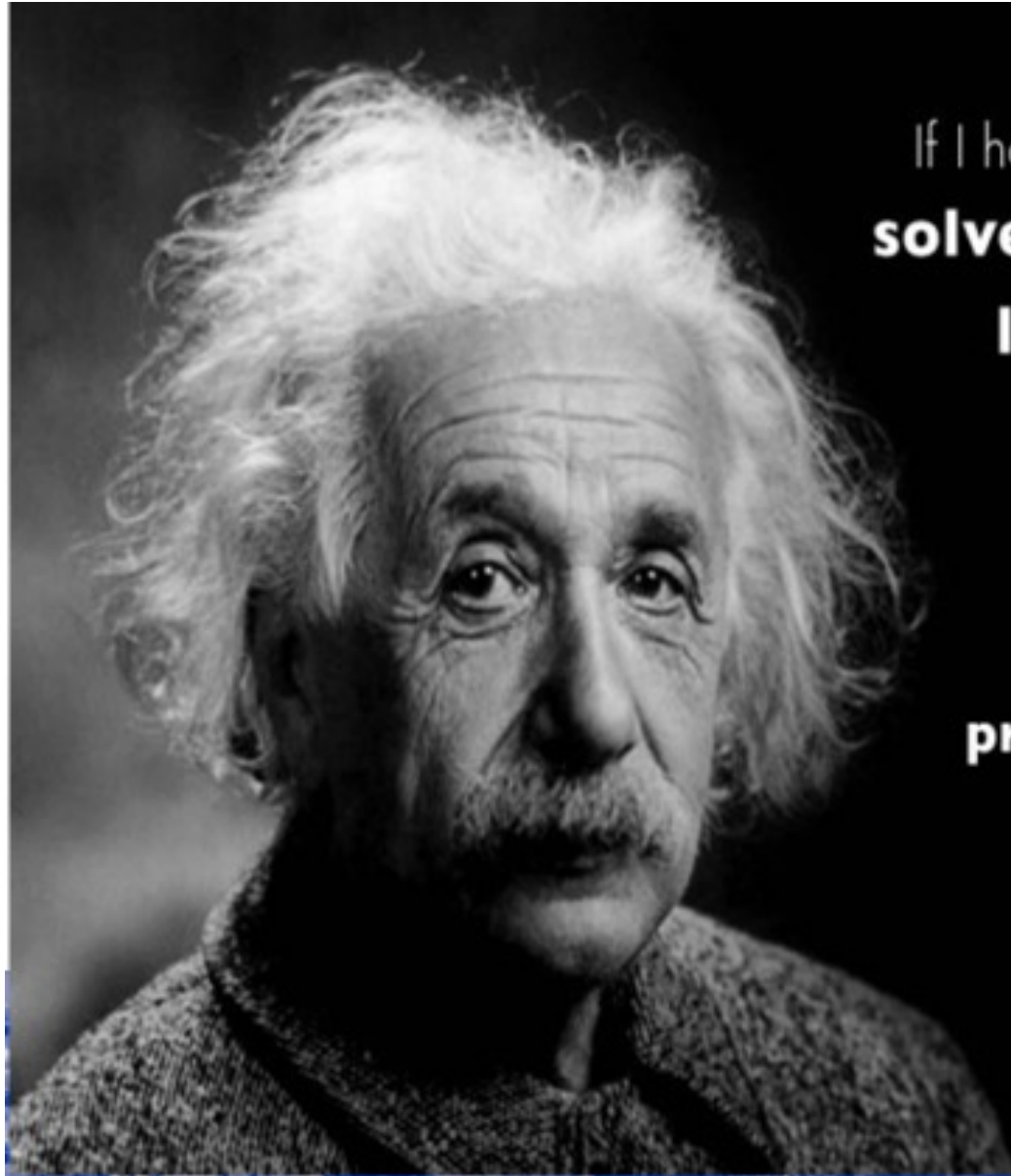
Take Away Messages

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

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