42 Trauma-Informed Care virtual patient cases provide insight into the prevalence of traumatic exposure in the U.S.; illustrate the impact of trauma on physical and behavioral health; and provide health care practitioners with the knowledge and skills to interact effectively with all patients, particularly those with a history of trauma, both disclosed and undisclosed, to improve patient outcomes.

Trauma is the result of experiencing an event which overwhelms an individual’s ability to cope. Exposure to traumatic events are incredibly common in the U.S. and pose an enormous threat to health and well-being. Examples of traumatic life experiences include: sexual assault, interpersonal and community violence, military sexual trauma, child abuse, neglect, and family dysfunction, to name just a few. A history of exposure to traumatic events may cause disrupted physiologic and neurologic development and function, as well as dysregulation and lead to coping mechanisms such as substance misuse, overeating, and high risk sexual behavior.

The foundation of Trauma-Informed Care (TIC), includes an understanding of the prevalence of traumatic exposure, as well as the biological, psychological, neurological, and social impact of trauma on an individual. TIC incorporates principles and practices which help promote the patient-provider relationship, improve patient engagement in care, and prevent re-traumatization, to promote healing.

70% of adults in the US have experienced some type of traumatic event at least once in their lives. That’s 223.4 million people.

- The National Council for Behavioral Health

KEY FEATURES

- Created for health care providers, by health care providers, to cover a critically important topic in health care education
- Available to the public free of charge
- Cases focus on the impact of trauma and how health care practitioners can provide appropriate care for diverse populations
- Proven pedagogy that standardizes experiences—overcoming geography, seasonality, and accessibility
- Evidence-based, peer-reviewed, and continuously updated content
- A wealth of source material and full references
- Self-assessment questions at the end of the course emphasize key content and enable learners to test their knowledge and skill
- Delivered via the Aqueduct learning management system with forward and backward case navigation, ability to re-login and resume right where you left off, and the ability to stay logged in for up to 3 hours.

COURSE CONTENT

Virtual patient case scenarios address a range of core competencies and critical learning objectives. Case settings and populations are varied and diverse.

The Trauma-informed Care virtual patient cases illustrate how trauma-informed care can improve patient-provider rapport, increase patient engagement in preventative care, and facilitate integrated, patient-centered treatment plans. Each Trauma-informed Care virtual patient case is estimated to take about fifteen minutes to complete. Cases are bundled into modules (four cases per module) and each module is estimated to take about one hour to complete.

Cases & CE Credit Available Free of Charge at Aquifer.org/courses/trauma-informed-care/
TrAUMA-iNFORMED CARE

CASE LIST

Module 1 Cases- Understand the Nature and Prevalence of Trauma
  Case 01: 28-year-old pregnant female with a history of witnessing violence
  Case 02: 9-year-old female with attention issues
  Case 03: 45-year-old female with diabetes experiencing stress
  Case 04: 50-year-old female experiencing homelessness in need of surgery

Module 2 Cases- Understand the Nature, Prevalence and Health Effects of Trauma
  Case 20: 58-year-old male with gastrointestinal symptoms
  Case 31: 24-year-old female with IBS
  Case 32: 32-year-old pregnant refugee

Module 3 Cases: Understand the Neurobiology of Trauma
  Case 05: 22-year-old female with insomnia
  Case 13: 33-year-old female with insomnia
  Case 14: 50-year-old female with stress and non-cardiac chest pain
  Case 15: 65-year-old female with fear of MRI procedures

Module 4 Cases: Understand the Neurobiology and Health Effects of Trauma
  Case 06: 32-year-old female with anxiety
  Case 16: 8-year-old male with asthma
  Case 34: 54-year-old female with abdominal pain
  Case 35: 36-year-old female with insomnia

Module 5 Case: Understand the Health Effects of Trauma
  Case 07: 33-year-old overweight female with poor health choices
  Case 08: 25-year-old male with self-injurious behavior
  Case 17: 48-year-old female coping with HIV
  Case 18: 30-year-old female with unhealthy coping behaviors
  Case 19: 58-year-old female veteran with chronic pain

Module 6 Cases: Practice Patient-Centered Communication and Care
  Case 09: mother worried about her 3-year-old son
  Case 10: 35-year-old female at a trauma-informed primary care visit
  Case 11: 55-year-old female and a stressful mammogram
  Case 12: 33-year-old pregnant female with a history of traumatic events

Module 7 Cases: Implement Interprofessional Collaboration and Address the Implications of a Healthcare Team Member's Trauma History
  Case 21: 29-year-old anxious female needing dental care
  Case 22: 32-year-old female with postpartum concerns
  Case 33: Physician with a trauma history
  Case 36: Collaboration to prevent sex trafficking

Module 8 Cases: Address the Implications of a Healthcare Team Member’s Trauma History
  Case 23: 34-year-old female with understanding and supporting staff
  Case 24: 45-year-old female physician at risk for burnout
  Case 37: Nurse experiencing vicarious trauma

Module 9 Cases: Advocate for System Change, Practice Patient-Centered Communication and Care, and Integrate Survivors of Traumatic Events to Help Improve Patient Care
  Case 25: A rape exam in the Emergency Department
  Case 26: 53-year-old male transgender female in a teaching hospital
  Case 40: Screening for trauma in a women’s health clinic
  Case 39: 30-year-old HIV+ female

Module 10 Cases: Perform Screening
  Case 27: Adolescent female and juvenile justice and the county health clinic
  Case 28: Establishing a protocol in the primary care setting
  Case 41: Screening for adverse childhood events in a pediatric clinic
  Case 42: 78-year old male wellness visit

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ADDITIONAL CASES AVAILABLE WITHOUT CONTINUING EDUCATION CREDIT
  Case 29: 42-year-old female breast cancer survivor
  Case 30: 45-year-old female with insomnia and depression
  Case 38: Physician experiencing burnout

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