

Trauma Informed Care in Nursing: A Literature Review

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BACKGROUND

- Trauma-informed care (TIC) is a commonly used term without a universal definition
- Patient care should be approached in a way that does not induce or reactivate any past trauma.
- Recognising patients' past trauma will allow providers to deliver patient-centered care and create a safe environment
- The goal of this review is to clarify the borrowed concept of TIC in the field of nursing
- TIC may contribute to improving health outcomes

ANALYSIS AND TOOLS

Important tools were utilized for the process of collecting and organizing resources as well:

- Google Sheets spreadsheet program
- Zotero citation manager software

These tools allowed the researchers to work remotely in real-time over the course of the data collection and evaluation process.

Cursory evaluation of the abstract to determine if it fits the exclusion criteria.

A more detailed evaluation of the content of the resource to extract relevant information into several categories of interest:

- Purpose
- Method
- Sample
- Data collection strategies
- Data collection
- Results
- Scientific integrity
- Significance
- Limitations



RESULTS/CONCLUSIONS

The resulting collection of resources was made up of 28 articles.

While the topics of these articles were all concerned with TIC in healthcare, there was variation in the purpose of each study. Much of the research is comprised of studies attempting to:

- Identify the challenges of implementation of TIC in various healthcare settings
- Correlational studies attempting to establish a relationship between the implementation of TIC and patient health-related outcomes
- Attempts to establish a need for the implementation of TIC in various healthcare settings and professions, including nursing

SEARCH STRATEGY

The search strategy included resources that were:

- Published within the past 10 years
- Peer-reviewed
- Free full text

The exclusion criteria applied to the results included:

- Failure to mention some form of the term of interest
- Content that is outside of the field of nursing or medicine or
- The resource was not accessible to the researchers in its entirety.

DEFINING "TRAUMA"

- No specifications were made to the search criteria pertaining to the type of trauma that the term of interest was pertaining to
- Understanding in the literature that the type of trauma referred to in TIC is more in the context of psychological trauma—as opposed to physical or bodily trauma

The resources included in the present study utilized several definitions of trauma:

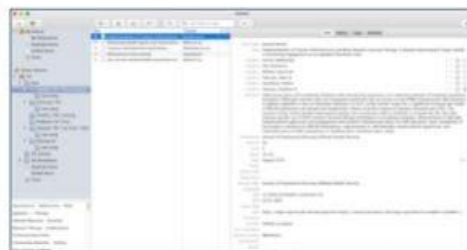
- adverse childhood experiences (ACE)
- variations of the DSM diagnostic criteria A for PTSD
- specific traumas such as abuse, prostitution, or violence

DIMENSIONS

Several dimensions of trauma informed care are discussed in the literature. This concept is used to describe the practice and implementation of trauma informed care:

- Trauma is considered to be a common experience
- Trauma has an impact on health-related outcomes
- Most individuals experience trauma before entering the healthcare setting
- Healthcare care has the potential to re-traumatize individuals
- Implementation of TIC has the potential to positively impact health-related outcomes

| # | Title | Purpose | Method | Results |
|-----|--|---|--|--|
| 91 | Advancing Health Equity and Social Justice in Forensic Nursing Research, Education, Practice, and Policy: Introducing Structural Violence and Trauma- and Violence-Informed Care | Introduction of the concepts of trauma and violence informed care in the context of forensic nursing—presented as a critique of traditional TIC | Structure review style—methods are explicitly noted | TIC presents a narrower definition of trauma and violence and the other method presented—trauma and violence informed care (TVIC) is better suited for promoting equity-oriented holistic care that empowers social justice |
| 92 | Implementation of Trauma-Informed Care and Brief Solution-Focused Therapy: A Quality Improvement Project Aimed at Increasing Engagement on an Inpatient Psychiatric Unit | to determine the impact of implementing TIC in an inpatient psychiatric facility relating to use rates of pre or post (PRE) or immediate (IM) responses and staff attitude outcomes | developmental conversation with behavioral health substance working in the Inpatient Adult Psychiatric Unit concerning TIC interventions were conducted concerning TIC | total linkage rates reached in a 100% in use of PRE IM medications but after the 2nd and final wave it was reduced |
| 93 | Trauma-Informed Nursing Practice | Informative article that focuses on the implementation of TIC in Nursing | Literature review | Article discusses the how, when, why, and educational needs for TIC. Emphasizes the need for safety, respect, and trust with patients |
| 94 | Parham, J., & Jones, A. (2019). Clinical Nurses Leading Through the Complexity of Human Trafficking. Nursing Administration Quarterly, 49(3), 222-243 | Discuss the need for TIC for patients that have suffered under human trafficking as well as identifying the signs of HT | Advocating the need to educate and implement screening tools, as well as providing resources to care for HT patients | currently lacking the screening tools and means to care HT patients. Stress the need to incorporate and educate in everyday healthcare settings. |
| 123 | A pilot randomized control trial assessing a web-based training program on pediatric medical trauma stress and trauma-informed care for emergency department staff | this pilot study aimed to evaluate the effects of TIC training on the medical staff of a pediatric trauma unit in an emergency department | randomized controlled trial with pre and post tests at 1st week and 1st month after training. An online training program and the measures (sex, demographic characteristics, psychological care survey, acceptability of training, and intervention fidelity/program completion) | The internet online training can improve knowledge of pediatric medical trauma stress and this improvement can be maintained at the 1 month mark |
| 127 | Trauma-Informed Medical Care: CRM Communication Training for Primary Care Providers | implement a training program for primary medical providers using a theory-based approach and determine outcomes related to patient communication | randomized with a wait list control group patient communication measured based on physician-patient interactions | Training based on specific theoretical frameworks for primary care providers on communication can increase patient communication |
| 140 | Pathways to change: Use importance following trauma informed treatment of women with co-occurring post-traumatic stress disorder and substance use disorders | To identify the use of a trauma informed care intervention in a more effective treatment for women with co-occurring PTSD and substance use disorders than the control group. | analysis from the National Drug Abuse Treatment Clinical Trials Network, Women and Trauma Study looking at interventions for treating women with PTSD/BSI | substance use can be improved based on the LUMM (supportive model) with the implementation of several interventions including trauma informed care. Women who are able to manage their PTSD symptoms are better able to reduce their instances of substance use. |



Zotero Reference Management System
 The above image is an example of a storage based system utilized as a bibliographic collection site.

Literature Grid Sample
 The above image is an incomplete sample of the literature grid that was used to gather information for this literature review. It includes three of the nine data collection categories used.