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Background

- Exposure to trauma is shared human experience, yet as intensity and frequency of trauma increases, so do risks for negative mental health impacts
- Trauma Informed Care (TIC) approach can improve outcomes including reduced use of restraints and seclusion
- On an inpatient adult mental health unit, a needs assessment revealed low levels of formalized TIC training and identified staff support for integrating evidence-based TIC strategies into patient care delivery

Purpose

- To describe the process of developing and implementing trauma-informed care strategies on an adult inpatient mental health unit

Methods

- Needs assessment indicated clinicians wanted more training and tools to follow TIC practices
- An interdisciplinary team collaborated to create and implement a TIC tool (pictured below)
- Several tools were evaluated, and a version tailored to the unit's needs was developed
- Tool is completed with the patient at time of admission and referred to throughout the duration of their hospitalization

Results

- All staff received training on the new process through emails, meetings, and one on one coaching
- Chart audits completed to determine compliance
- 34/50 (68%) of charts indicate tool was completed at time of admission
- 8/16 (50%) RN indicates reason for tool not being completed
- 8/16 (50%) lacked documentation

Discussion

- All staff have completed TIC education in HealthStream
- Caregivers have adopted the new process change of completing a TIC tool for each patient
- Process rolled out at the end of November 2023
- Caregivers were recently invited to take a voluntary survey to assess perceptions on the TIC Patient Safety Tool

The image shows two pages of a 'Patient Safety Tool' form. The form is titled 'Providence Patient Safety Tool' and includes various sections for patient assessment. Page 1 of 2 includes sections for 'Stressors', 'Warning signs', and 'Crisis prevention strategies'. Page 2 of 2 includes sections for 'Medical conditions', 'Trauma history', 'Seclusion and Restraint', 'In an Emergency', and 'Medications'. The form uses checkboxes for responses and includes lines for handwritten notes.

Implications for Practice

- Partnering with patients to complete an individualized, TIC safety tool may be an important intervention to support outcomes
- Next steps include evaluating survey responses to TIC Patient Safety Tool and complete chart audits to measure outcomes

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