



PACTS

Trauma informed
care

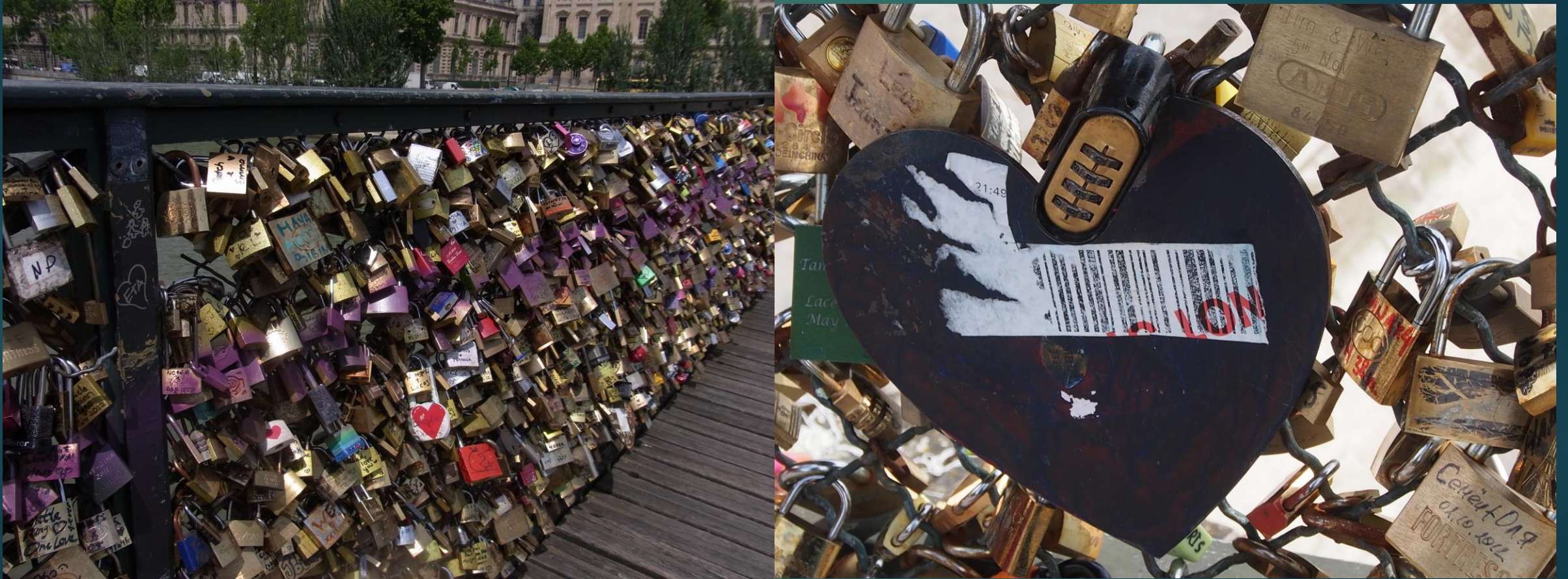


ASSOCIATE PROFESSOR JAN COLES

Outline of Lecture

- ▶ Rationale
- ▶ What is trauma informed care
- ▶ Applying trauma centred care in primary care
- ▶ Take home message

Remember Family Violence and other traumas are often hidden



Rationale: Why trauma informed care?

- ▶ What is it?
- ▶ Why do you think it is important?
- ▶ Jot down your thoughts before going on

Rationale: What are we talking about?

Trauma informed care (in primary health care) is?

- ▶ Service provision which acknowledges and makes changes to its delivery because of the high prevalence of traumatic experiences for patients and clients;
- ▶ Primary health care professionals who have a thorough understanding of the neurological, physical, psychological and social effects of trauma;
- ▶ Primary care health professionals who act to rebuild a sense of control and empowerment with their patients or clients

Why is it important?

Its application is in optimising care to:

- ▶ Those adults and children who experience family violence;
- ▶ Those with mental illness;
- ▶ Those who have experienced traumatic events; e.g. children undergoing chemotherapy;
- ▶ Those who have experience violence which is severe, intentional and repeated e.g. refugees, indigenous Australians.

Key principles for trauma informed practice

- ▶ Safety – Physical and emotional;
- ▶ Trust – Usually built over time;
- ▶ Empowerment and skill acquisition;
- ▶ Maximise patient/client choice and control;
- ▶ Collaboration – sharing power and control;
- ▶ Building positive relationships;
- ▶ Knowing about trauma and how to act;
- ▶ Accepting patient/client complexity;
- ▶ Care for staff.

Unpacking what we mean

- ▶ Safety – Physical and emotional;
- ▶ Trust – Usually built over time;
- ▶ Empowerment and skill acquisition;
- ▶ Maximise patient/client choice and control;
- ▶ Collaboration – sharing power and control;
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- ▶ Knowing about trauma and how to act;
- ▶ Accepting patient/client complexity;
- ▶ Care for staff

Expert encounters

Take the opportunity to watch experts

- ▶ On site visits;
- ▶ Visits to Specialist Violence Services;
- ▶ Through the PACTS module video resources.

Links

Professional best practice encounters

The Take Home Message

▶ Trauma informed care builds

▶ SAFETY

▶ TRUST

▶ COLLABORATION

▶ RESPECT

for patients and clients

The patient/client is the expert