

Person Centered Trauma Informed Care

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Monday, 23 September 2024



IMPAACT

International Maternal Pediatric Adolescent
AIDS Clinical Trials Network

ANNUAL MEETING

2024

Presentation Overview

- Background
- What is Trauma Informed Care?
- Why Consider Trauma Informed Care?
- What are the Guiding Principles to Trauma Informed Care?
- Final Thoughts



EVERYONE
HAS A
STORY

Background

What do we know about the trauma that PLWH experience?

Background

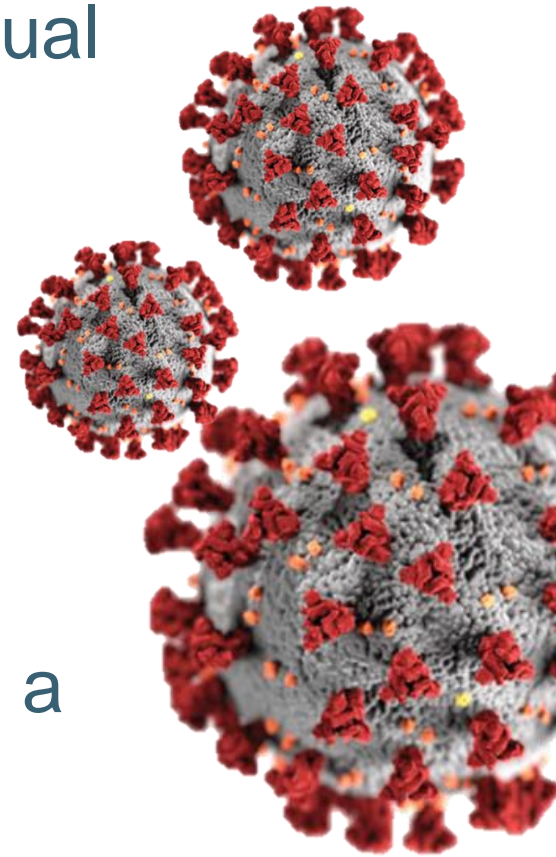
- Historical trauma is a set of events with genocidal or ethnocidal intent perpetrated on a group of people
- Impacts a community over generations
 - Individual events are profoundly traumatic
 - Taken together = a history of sustained cultural disruption & destruction
- Psychological and social responses to traumatic events
 - Impacts the individual, family and community
 - Most are unaware of the trauma and its extent

Background

- There is an increasing body of evidence that trauma-informed care should be adopted and implemented as part of HIV prevention and treatment services.
- The impact of traumatic events on health is a critical social determinant of health that is often unrecognized and unaddressed.

Background

- About half of PLWH report experiencing childhood sexual and/or physical abuse (double the prevalence of childhood abuse observed in the general population).
- PLWHs who have experienced traumatic events experience greater rates of poor HIV treatment adherence, poor linkage to care, resistance to antiretroviral therapy (ART), lower CD4 counts, higher HIV viral loads, additional opportunistic infections, and a high rate of AIDS-related mortality.



Background

- Several studies have demonstrated that lifetime experience of intimate partner violence among PLWH is two times more prevalent than the lifetime prevalence estimate for women nationally (33%).
- PLWH with histories of trauma are more likely to be involved in substance abuse and unprotected sexual behavior.
- There is a critical need for interventions designed to address trauma and its associated effects to improve physical and mental health and to augment HIV prevention and treatment efforts.

What is Trauma Informed Care?

What is the aim of trauma informed care and who does it benefit?

What is Trauma Informed Care?

- Trauma-informed care is a strategy for providing human services that is based on the understanding of how trauma affects people.
- Aims to avoid re-traumatization and create a safe and inclusive environment for people who have experienced trauma.

What is Trauma Informed Care?

- Considers the needs of everyone involved, including caregivers, and acknowledges the relationships between survivors, service providers, and their communities.
- Considers the impact of historical and social forces (racism, sexism, homophobia) that can further traumatize survivors.

Why Consider Trauma Informed Care?

What are the potential benefits of trauma informed care?

Why Consider Trauma Informed Care

- Positively impacts patient engagement, treatment adherence, and health outcomes, as well as the wellness of providers and staff.
- Contributes to the reduction of avoidable care and unnecessary costs in the health care and social services sectors.

Why Consider Trauma Informed Care?

- Shifts focus from "What's wrong with you?" to "What happened to you?"
- Aims to understand the patient's life situation to provide effective care.
- Builds on the strengths and resilience of clients within their communities and environments.
- Prevents treatment practices that could re-traumatize clients.

What are Benefits of Trauma Informed Care?

- Patients who have experienced traumatic events often have difficulty maintaining patient-provider relationships.
- A trauma-informed approach to health care
 - enables patients to become more engaged in their health care
 - establishes a trusting relationship with their provider
 - improves their long-term health

What are Benefits of Trauma Informed Care?

- Empowers individuals to make choices regarding their health and well-being.
- Improves accessibility and quality by creating culturally sensitive, safe and trustworthy services.
- Healthcare providers also benefit from trauma-informed care by reducing burnout.

What are Guiding Principles to Trauma Informed Care?

Six Core Principles: Safety, Transparency, Peer Support, Collaboration, Empowerment, and Cultural Issues

How is Trauma Informed Care Implemented?

- Must be comprehensive at both the clinical and organizational levels.
- Failure at the clinical level can be due to the lack of organizational culture change support.
 - Day-to-day operations may be affected unevenly and unsustainable.
 - A narrow clinical focus fails to acknowledge the importance of non-clinical staff.

Guiding Principles to Trauma Informed Care

- Safety: physical setting is safe and interpersonal interactions promote a sense of safety defined by those served.
- Trustworthiness and transparency: organizational operations and decisions are conducted with transparency with the goal of building and maintaining trust.
- Peer support: “Peer” refers to individuals with lived experiences of trauma. Utilize stories and lived experience to promote recovery and healing.

Guiding Principles to Trauma Informed Care

- **Collaboration:** Partnering and the leveling of power differences. Recognizes that everyone has a role to play in a trauma-informed approach.
- **Empowerment:** Individual's strengths and experiences are recognized and built upon. Fosters a belief in the primacy of the people served, in resilience, and in the ability of individuals, organizations, and communities to heal and promote recovery from trauma.
- **Cultural, historical, and gender issues:** organization actively moves past cultural stereotypes and biases and offers access to gender responsive services.

Final Thoughts

Building a trauma informed environment across the continuum of care.

Final Thoughts

- Trauma informed care can
 - improve patient engagement, treatment adherence, and health outcomes.
 - reduce avoidable care and excess costs.
- By recognizing that traumatic experiences front-line professionals can build a trauma-informed environment across the continuum of care.

