

Trauma-Informed and Resilience-Promoting Care in Perinatal Settings

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BACKGROUND

- Perinatal and neonatal medical teams are uniquely poised to support parents' skills, confidence, and identity during a critical time
- Medical teams can experience a number of barriers to supporting families, including:

Limited time and high-stakes medical situations

Low job satisfaction

Provider posttraumatic stress, anxiety, and burnout

Uncertainty managing intense patient reactions and emotions

Unconscious bias toward marginalized families

- Medical staff report not receiving adequate training in psychosocial issues and do not feel equipped to recognize and manage these concerns
- Medical teams can receive support and education to provide family integrated care that is sensitive to the medical trauma that families face

(Mealer et al., 2007; Myhren et al., 2013; Poncet et al., 2007)

PURPOSE

To train perinatal providers in trauma-informed and resilience-promoting practices

OBJECTIVES

- Understand the impact of trauma on families
- Increase self-awareness about the interplay of professional wellbeing and patient interactions
- Improve practical skills such as in-the-moment problem solving and responding
- Provide concrete communication and coping skills for team building

CURRICULUM

A Shift in Perspective

Problem-Focused:
What's wrong with them?

Trauma-Informed:
What happened to them?

Resilience-Informed:
What are their strengths and how can we leverage them?

- A 5 module curriculum focused on trauma-informed and resilience-promoting practices to support medical staff in supporting families and staff on the unit was first developed specifically for NICUs in 2018



Module 1:
The Family Experience in the Hospital



Module 2:
Understanding Trauma and Resilience



Module 3:
Supporting Healthy Bonding and Attachment



Module 4:
Managing Communication with Family Members



Module 5:
Building Resilient Teams

- In 2022, the training expanded to include acute pediatric units
- The 2 training sessions were delivered virtually over Zoom, facilitated by a licensed psychologist and a postdoctoral fellow
- Each training lasted 4 hours and was strategically scheduled one month apart to allow practical application

PARTICIPANTS

- 100 participants completed the training in Spring of 2022
- Participants were medical staff (e.g., RNs, OTs, Child Life specialists) from six units: Perinatal, NICU, Acute Pediatrics, Pediatrics, Hematology/Oncology
- Training evaluations were completed by 80 participants

OUTCOMES

OVERALL SATISFACTION

- 91.5% of respondents rated the course *excellent* or *very good*
- 8.5% of respondents rated the course *good*

DISSEMINATION INTEREST

- 98% of respondents *agreed* or *strongly agreed* that other staff should receive this training

IMPACT

- All respondents (100%) endorsed confidence in their ability to implement trauma-informed care following their participation in the training
- 30% of respondents stated they would not have been able to implement skills at all prior to receiving training

[I appreciated] moments of reflection and sharing. Very difficult but necessary to be vulnerable and pushed out of our comfort zone.

I so appreciated the incredible commitment from and knowledge base of its organizers. I loved doing this with colleagues from perinatal and NICU to get different perspectives. I'm immensely grateful to my administrators for prioritizing and encouraging this.

I love that it was well structured but there was also flexibility for the students to talk as needed. I got so much out of the class both personally and professionally!

CORE PRINCIPLES OF TRAUMA-INFORMED CARE

Safety and Nurturing

Trust and Stability

Collaboration and Support

Empowerment and Choice

Cultural, Historical, and Social Issues

Strength-Based

DISCUSSION

TAKEAWAYS

- Perinatal and neonatal medical teams can support families in providing a nurturing environment for their child
- Staff may experience high stress on the unit and want support in guiding vulnerable families
- Reflective, interactive, in-person or virtual trainings can provide a safe environment for staff to learn skills, receive positive reinforcement, connect, and gain insight into psychosocial aspects of their role
- Trainings may also improve inter-staff and inter-unit support (Staff are grateful and interested to hear from colleagues in related fields)

FUTURE DIRECTIONS

- Develop brief "mini trainings" on related topics
- Disseminate written materials (handouts, articles) to reinforce skills
- Translate material into training packages for dissemination to other perinatal units and NICUs
- Continue providing live workshops as needed within the UCLA Health System

ADDITIONAL RESOURCES



SCAN ME

Scan to access our free Resilient NICU Course and additional handouts!

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CONTACT INFORMATION

For additional information, please visit the UCLA Family Development Program website:
<https://nfrc.ucla.edu/FDP>

