Assessment of trauma-informed care knowledge among caregivers in an inpatient mental health unit

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**Background**
- Past trauma increases risk for physical and emotional health disease, substance use, and suicide attempts
- Trauma-informed health care (TIC) can improve depression and suicidality
- TIC approach considers safety, trust, peer support, collaboration, patient empowerment, and cultural/sex issues
- On an inpatient adult behavioral health unit servicing patients with suicidal or homicidal ideation, no formal TIC education existed for staff and TIC was not standard of care

**Purpose**
- Assess staff knowledge and perceptions of TIC practices on the inpatient adult behavioral health unit

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**Methods**
- Cross-sectional TIC knowledge, attitudes, and practice survey of staff
  - Security, nurses, providers, techs, social workers, and therapists
  - 21-item scale ranging from 0 – 84
  - Higher score = more favorable TIC knowledge, attitudes, practice

**Results**
- 47/82 (57%) participated
- 15 staff (32%) had prior TIC education (Table 1)
- Overall, staff scored 68.6/84 on the scale
- Staff with prior TIC training scored higher on survey and more likely to lead groups (Table 1)
- Most staff wanted further TIC education (83%)

**Discussion**
- Staff report favorable foundation of TIC practices and concepts
- Most indicated an interest in further TIC education to benefit patients
- Implementing TIC practices may translate to better patient outcomes

**Implications for Practice**
- TIC healthstream assigned and completed (n=79, 98%)
- Next steps include creating a workgroup to integrate TIC practices and measure outcomes

**Acknowledgments**
Thanks to the behavioral health staff and the medical services librarian.

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**Table 1. Staff Characteristics by TIC Training Status**

<table>
<thead>
<tr>
<th>Role</th>
<th>Past TIC training (n=15)</th>
<th>No TIC training (n=32)</th>
<th>Overall (n=47)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurse</td>
<td>9 (60%)</td>
<td>16 (50%)</td>
<td>25 (53.2%)</td>
</tr>
<tr>
<td>Provider</td>
<td>0 (0%)</td>
<td>3 (9.4%)</td>
<td>3 (6.4%)</td>
</tr>
<tr>
<td>Social</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work/Therapist</td>
<td>3 (20%)</td>
<td>1 (3.1%)</td>
<td>4 (8.5%)</td>
</tr>
<tr>
<td>Security</td>
<td>2 (13.3%)</td>
<td>9 (28.1%)</td>
<td>11 (23.4%)</td>
</tr>
<tr>
<td>Tech</td>
<td>1 (6.7%)</td>
<td>3 (9.4%)</td>
<td>4 (8.5%)</td>
</tr>
<tr>
<td>Leads Groups</td>
<td>7 (46.7%)</td>
<td>7 (21.9%)</td>
<td>14 (29.8%)</td>
</tr>
<tr>
<td>Length of Service</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0-5 years</td>
<td>9 (60%)</td>
<td>16 (50%)</td>
<td>25 (53.2%)</td>
</tr>
<tr>
<td>5-10 years</td>
<td>2 (13.3%)</td>
<td>7 (21.9%)</td>
<td>9 (19.1%)</td>
</tr>
<tr>
<td>10+ years</td>
<td>4 (26.7%)</td>
<td>9 (28.1%)</td>
<td>13 (27.7%)</td>
</tr>
<tr>
<td>TIC total score</td>
<td>72.4</td>
<td>66.9</td>
<td>68.6</td>
</tr>
</tbody>
</table>

For references and additional information, please use the QR code to view the electronic poster online.