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BACKGROUND

The Timely Topics (TT) series is a collection of modules designed by the Adolescent Health Initiative (AHI) to give providers a framework for understanding key issues in the care of adolescent patients.

The topics of these modules were selected based on a survey of primary care physicians (PCPs) regarding areas of least familiarity in adolescent care.

Current Timely Topics Modules

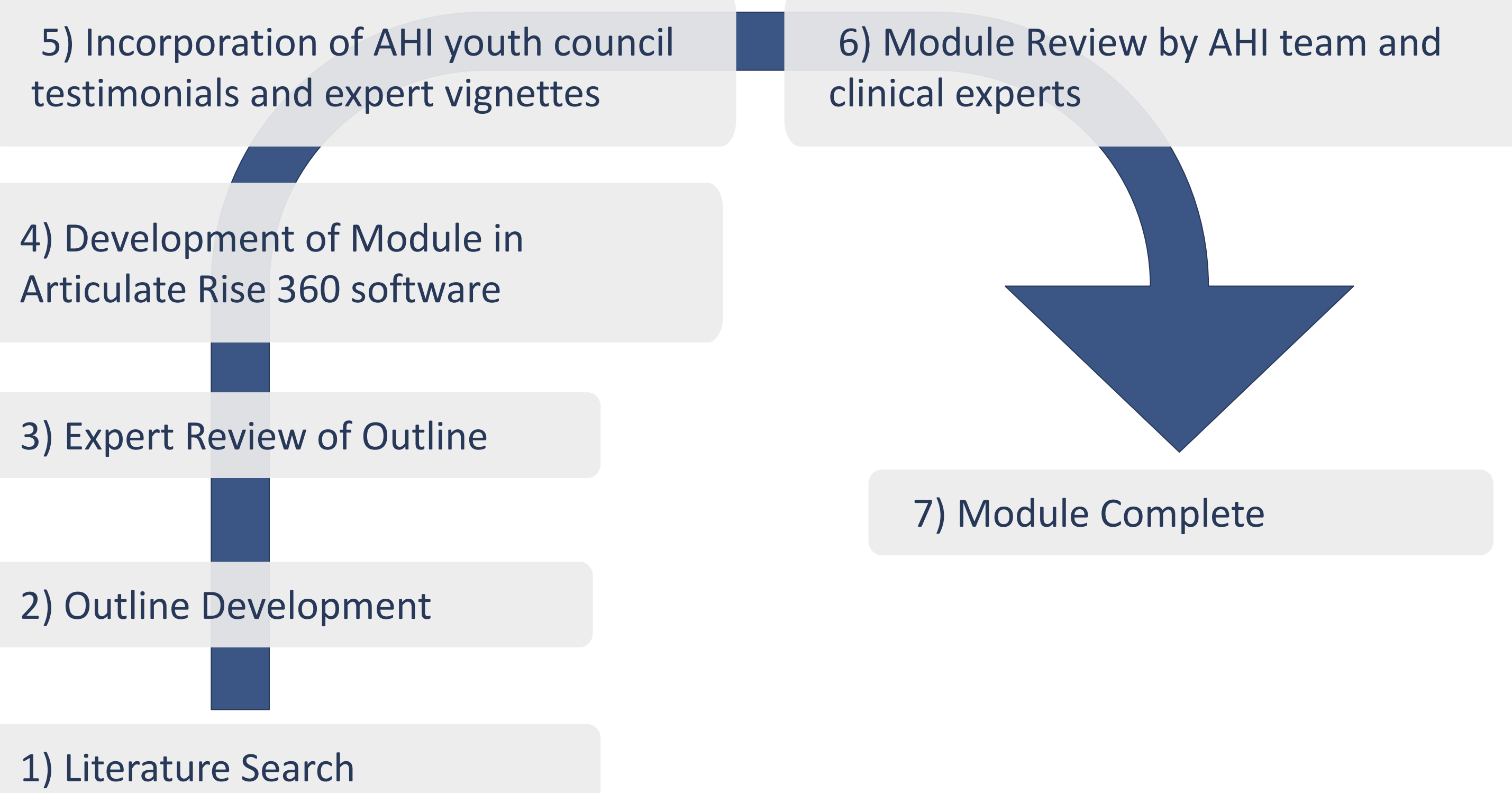


Interdisciplinary Emphasis

While the TT Module series was originally developed for PCPs, the users of the first two modules in the pilot year represented a broader range of participant roles within the healthcare system. Therefore, the Trauma-Informed Care (TIC) module was developed with the goal audience of adolescent-serving health care professionals in any role.

METHODS

The TIC module was developed from Feb-Oct 2020. An initial outline was created based on a literature search of TIC principles among adult and pediatric patients and review of multiple TIC talks. The outline was reviewed by AHI program staff and a clinical psychologist with significant expertise in trauma and adolescents. The module was then created using the Articulate Rise 360 software. Testimonial videos from AHI's youth council members and clinical faculty were collected and included to add stakeholder voices to the module.



INTERVENTION

Trauma-Informed Care with Adolescent Patients

Providers have the potential to create health care experiences that are comforting and reassuring to adolescents who've experienced trauma. They also have the potential to re-traumatize. This Timely Topics module provides a brief outline of the impacts of trauma on adolescents, and shares strategies for practicing trauma-responsive care in a primary care setting.

Launch Module

The module can be accessed at the AHI website:
<https://www.umhs-adolescenthealth.org/improving-care/timely-topics/>

In this section, we will:

- Review the multifaceted definition of trauma-informed care.
- Define trauma, identify potentially traumatic events, and have an understanding of the range of experiences that can cause trauma.
- Consider the significance of trauma in health care, and the components of a health care visit that could be perceived as dangerous for traumatized adolescents.

Next, let's check out the results. Click through the cards below to examine the prevalence of trauma in the ACE study cohort.

| | | |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| ___% of study participants reported experiencing at least one ACE ^[9] . | ___% reported experiencing 4 or more ACEs ^[9] . | ___% of female participants reported experiencing childhood sexual abuse ^[9] . |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|

ACE Calculator
If you're interested in determining your own ACE score, click the green button to open a new page where you can calculate your score.

ACE CALCULATOR

Interactive Content

Articulate Rise 360 software allows for an engaging and interactive user experience. Multiple mediums were utilized in the module to enhance the learning experience, including:

- Flashcards
- Interactive images
- Subject matter expert videos
- Testimonial videos from AHI youth council members
- Multiple choice questions
- Links to additional reading about key topics
- Links to outside sites to calculate participants' own Adverse Childhood Experience score or to complete Implicit Association Tests

INTERVENTION & IMPACT

AHI released a soft launch of the module in late 2020 and plans to promote the module for broader dissemination in Spring 2021. So far, four viewers with backgrounds in mental health, nursing, and social work have evaluated the module. 75% (n=3) strongly agreed and 25% (n=1) agreed that the module enhanced knowledge on TIC. 50% (n=2) strongly agreed and 50% (n=2) agreed that they would be able to apply the information to their work. 50% (n=2) of evaluators commented that the video vignettes of adolescents were especially valuable.

Viewer Feedback: What was the most valuable part of the module?

- "Discussion of potential triggers in the office, ways to talk with patients about trauma, how to make patients feel comfortable"
- "Adverse Childhood Experiences overview"
- "Listening to the videos of the teens speaking."

LESSONS LEARNED

Initial data from the feedback survey suggests that the module was effective in increasing knowledge regarding TIC for the adolescent patient and is applicable and useful for interprofessional providers. An initial subject matter expert reviewer provided feedback that the module needed more coverage of race-based trauma. We subsequently made significant revisions to incorporate this concept throughout the module.

What is the trauma of racism and what are its impacts on adolescent health?

Creating Anti-Racist Clinics
A trauma-informed clinic must be open and welcoming of patients of all backgrounds in order to account for the significant burden of racism based trauma. A few strategies based in family and patient-centered care practices are listed below:

- Train clinical and office staff in culturally sensitive care according to national standards for culturally and linguistically appropriate care. This includes ensuring the availability of language assistance services for written and verbal translations and ensuring clinic signs are easy to understand or available in multiple languages^[21, 28].
- Infuse racial and ethnic diversity into images, authors, and stories displayed in the clinic to reflect the diversity of patients in the practice^[21].
- Educate staff and providers on medical mistrust and the history of medical abuse in black and brown communities.
- Document a written non-discrimination policy.
- Create a hiring strategy to ensure that clinic staff are representative of the patient population.
- Provide an option to patients to be able to request a provider that speaks their preferred language.
- Develop resources for families with civil rights concerns, including medico-legal partnerships and referrals to civil rights law agencies^[21].

NEXT STEPS

Formal launch of the TIC module will provide additional data collection, feedback, and revisions. Subsequent TT modules should continue to focus on interprofessional audiences to amplify the provision of trauma informed care to adolescents.

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