

A Novel Virtual Workshop on Trauma-Informed Care for First Year Medical Students

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Introduction

Trauma – including physical, sexual, emotional abuse, and more – has a well-established impact on health outcomes, and may even lead to avoidance of care, as exams themselves may be triggering (e.g., closed-door rooms, disrobing)^{1,2}. In the United States, nearly 90% of the population report 1+ traumatic exposures³.

Trauma-informed care (TIC) is an established paradigm that promotes safety, resilience, and healing, and helps prevent re-traumatization during medical care. Recently, TIC has gained momentum, in part due to events such as #MeToo.

It is critical to prepare providers to offer TIC, and research shows that TIC workshops in medical school are effective^{4,5}.

Teaching Innovation

- As part of a longitudinal curriculum (Figure 1), this virtual session introduced TIC concepts and exam maneuvers to MS1s during the COVID-19 pandemic
- Part 1: at-home lecture** by TIC expert on concepts and physical exam (Figure 2)
- Part 2: virtual workshop**
 - 2-hrs, 4 faculty & 35 students, offered 4x to reach all MS1s
 - Live Q&A with national TIC expert
 - Faculty-led breakout groups for discussion and practice of TIC communication skills (Figure 3)
- MS1s completed written reflection at next patient encounter

Trauma-informed care is an established set of practices that promote patient agency, safety, and comfort in order to avoid retraumatization, create safe exam spaces, and ultimately further humanistic care.

Process

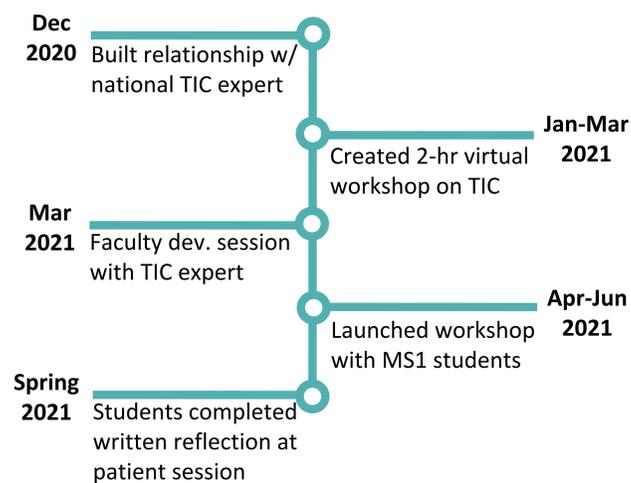


Figure 2. TIC Thyroid Exam



Figure 3. Edit the Phrase, Breakout Room Activity

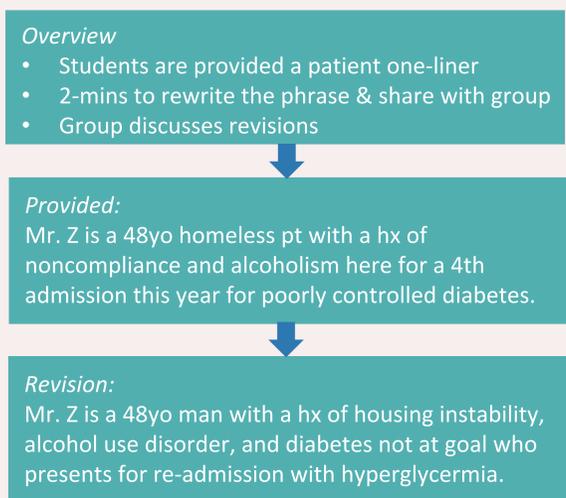
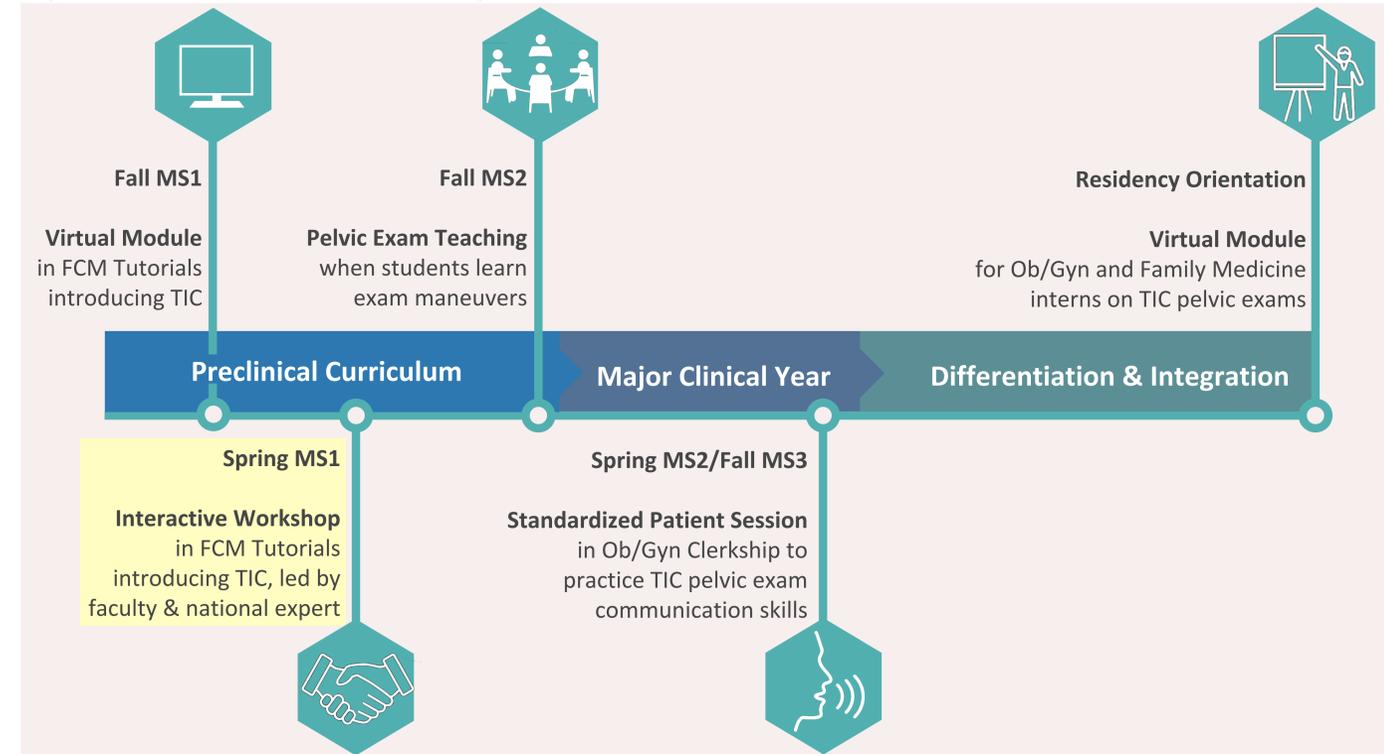
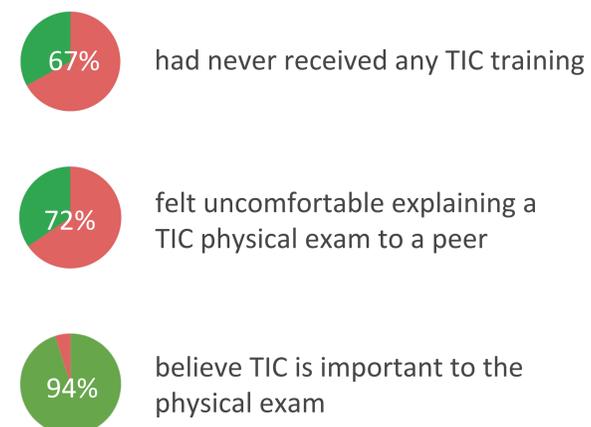


Figure 1. Trauma-Informed Care Longitudinal Curriculum Overview

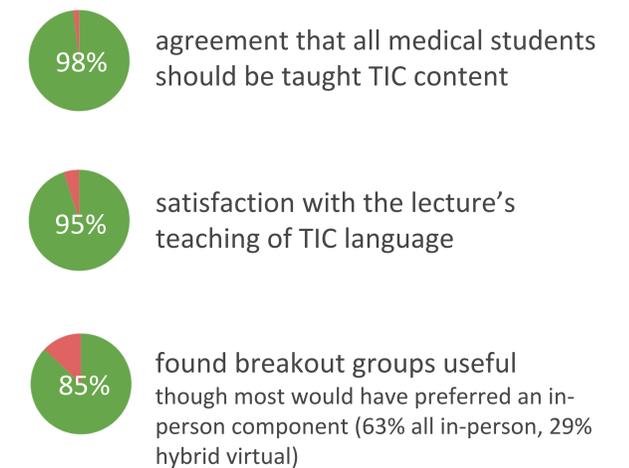


Results

Pre-Session (n=135)



Post-Session (n=124)



Lessons Learned

- First-ever fully virtual TIC curriculum & first-ever content on TIC at VP&S to our knowledge.
- VP&S students perceive TIC as an important aspect of patient care that all medical students should learn.
- Virtual workshop is easily transferable and could be expanded to reach all interested students and programs.
- Columbia instructors may use virtual formats even for sensitive content, ideally paired with an in-person component.

Contact

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