# Trauma-Informed Care Cheat Sheet

| Patient Information | |
|---|---|
| **Name:** | |
| **Age:** | |
| **Medical History:** | |
| | |
| **Trauma History:** | |
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| Aspect | Cheat Sheet | Notes |
|---|---|---|
| **Establishing Trust and Safety** | • Begin each interaction with a warm greeting.<br>• Communicate confidentiality and privacy measures.<br>• Be mindful of physical and emotional triggers within the healthcare environment. | |
| **Transparent Communication** | • Use clear and understandable language.<br>• Encourage open dialogue about the patient's experiences, concerns, and preferences.<br>• Actively listen to validate and acknowledge the patient's perspective. | |
| **Informed Consent** | • Seek explicit consent for examinations, procedures, or interventions.<br>• Explain the purpose, process, and potential outcomes of medical interventions.<br>• Respect the patient's right to refuse or modify recommended treatments. | |

| Aspect | Cheat Sheet | Notes |
|---|---|---|
| **Empowering Patient Autonomy** | • Provide choices whenever possible, involving patients in decision-making.<br>• Foster a collaborative approach to treatment planning.<br>• Acknowledge and respect diverse cultural backgrounds and preferences. | |
| **Creating a Safe Physical Environment** | • Minimize potential triggers in the clinic or hospital setting.<br>• Ensure a calming and welcoming atmosphere.<br>• Consider adjustments for patients who may have sensory sensitivities. | |
| **Educating Patients** | • Offer clear information about diagnoses, treatment options, and potential outcomes.<br>• Provide written materials or resources for patients to review at their own pace.<br>• Encourage questions and address concerns to enhance understanding. | |
| **Recognizing and Responding to Trauma Signs** | • Be aware of potential signs of trauma, such as hypervigilance or withdrawal.<br>• Approach patients with sensitivity, adapting your communication style as needed.<br>• Collaborate with mental health professionals when necessary. | |

| Aspect | Cheat Sheet | Notes |
|---|---|---|
| **Self-Care for Providers** | <ul><li>Recognize the emotional impact of providing trauma-informed care.</li><li>Seek supervision or support when dealing with challenging cases.</li><li>Engage in ongoing education and training to enhance trauma awareness.</li></ul> | |

| Aspect | Cheat Sheet | Notes |
|---|---|---|
| | <ul><li>Recognize the emotional impact of providing trauma-</li></ul> | |