## **Trauma-Informed Care Cheat Sheet**

Patient Information	
Name:	
Age:	
Medical History:	
Trauma History:	

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

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

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>	