

Assessing Knowledge and Perspectives of Pediatric Nurse Practitioners Students After Receiving Trauma Informed Care Training

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Background & Aim

Exposure to frequent, prolonged, or intensely negative experiences in childhood (i.e., early life adversity) has been associated with long-term negative health outcomes including:

- Ischemic
- Heart disease
- Cancer
- Diabetes
- Asthma
- Premature death

Research Hypotheses

Exposure to trauma informed care (TIC) learning sessions increases PNP student comfort level, and knowledge in the identification and management of children exposed to adverse childhood experiences.

Methods

- Mixed methods research study
 - Seventeen PNP students
- Interdisciplinary sessions with students from the PNP, occupational therapy, physician assistant, and community and trauma counseling programs.
- Pre-test and post-test surveys
- Thematic content analysis

Findings

A Wilcoxon signed-rank test showed that there was a statistically significant change in PNP students' comfort level and understanding toward the assessment and management of patients exposed to adverse childhood experiences following the first learning session ($Z = -3.62, p = 0.00$), and the second learning session ($Z = -2.52, p = 0.01$).



The nurse practitioner's recognition of trauma exposure, and its clinical manifestations can reduce trauma impact on mental and physical health.

Variable	Group	z	p
Understands trauma-informed care			
First learning session	Pre-test	-3.66	0.00
	Post-test		
Second learning session	Pre-test	-2.58	0.01
	Post-test		
Identifies signs/symptoms of trauma			
First learning session	Pre-test	-3.78	0.00
	Post-test		
Second learning session	Pre-test	-2.64	0.00
	Post-test		
Knows how to respond to child			
First learning session	Pre-test	-3.71	0.00
	Post-test		
Second learning session	Pre-test	-2.56	0.01
	Post-test		
Can provide trauma-informed care			
First learning session	Pre-test	-3.47	0.00
	Post-test		
Second learning session	Pre-test	-3.47	0.00
	Post-test		

Table 1: Change in scores following learning sessions

Thematic Analysis

Increased knowledge regarding:

- Prevalence of early life adversity
- TIC communication techniques, resources, and prevention
- Role of healthcare disciplines
- Importance of interdisciplinary collaboration

Conclusion/Discussion

- PNP students showed improved understanding and comfort level in caring and managing children exposed to adverse childhood experiences following two TIC learning sessions.
- Future Implications
 - TIC education should be integrated into curriculum.
 - Interprofessional collaboration among students improves knowledge base and understanding of TIC

References

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