

The Need for Specialized Care in Perioperative Services: A Trauma Informed Care Review

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Background Information: Patient care is more complex and nurses need to look at more than just the physical needs of a patient. Patients with mental illnesses and or previous trauma require compassion and empathy as they navigate healthcare. Trauma Informed Care (TIC) is an approach to meet the needs of the patient.

In Perioperative Services, our time with patients is limited in the pre-, intra-, and postoperative areas. The patients that we serve have complicated medical histories, however we often focus on the history that will affect a patient's procedure. We must find a way to understand the entire patient to help ensure we are providing individualized care that addresses their physical and psychological needs. Past trauma and mental illness can induce stress which can affect a patient's psychological well-being preoperatively and postoperatively. More negative effects could occur for the patient if nurses do not understand how to manage these patients.

Objectives of Project: To create awareness of this need throughout the department.

Process of Implementation: A literature review was completed and information was reviewed by the team. After completing the literature review with key-words such as: anxiety, trauma informed care, surgery; it was found that there is not a lot of research on trauma informed care of the surgical patient.

Statement of Successful Practice: The information was accepted to the OSUWMC Nursing Excellence Fair and presented to the attendees. The fair was held on September 19, at the Richard M. Ross Heart Hospital Auditorium as well as on October 3, at the Wallace Auditorium at East Hospital for over 400 attendees to review and learn from.

Implications for Advancing the Practice of Perianesthesia Nursing: More research must be completed to help surgical patients, who have endured trauma, feel like they are treated equally in the Perioperative setting. All staff members in Perioperative Services should be trained in TIC on a regular basis, to provide therapeutic communication and individualized care for each procedural patient. A specific TIC screening process should be developed for the department. It is recommended that patients undergoing procedures should be given the opportunity to be screened and disclose information about trauma several times throughout their surgical journey so that all clinicians caring for them are aware.