

# 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)<sup>1,2</sup>. In the United States, nearly 90% of the population report 1+ traumatic exposures<sup>3</sup>.

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<sup>4,5</sup>.

## 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

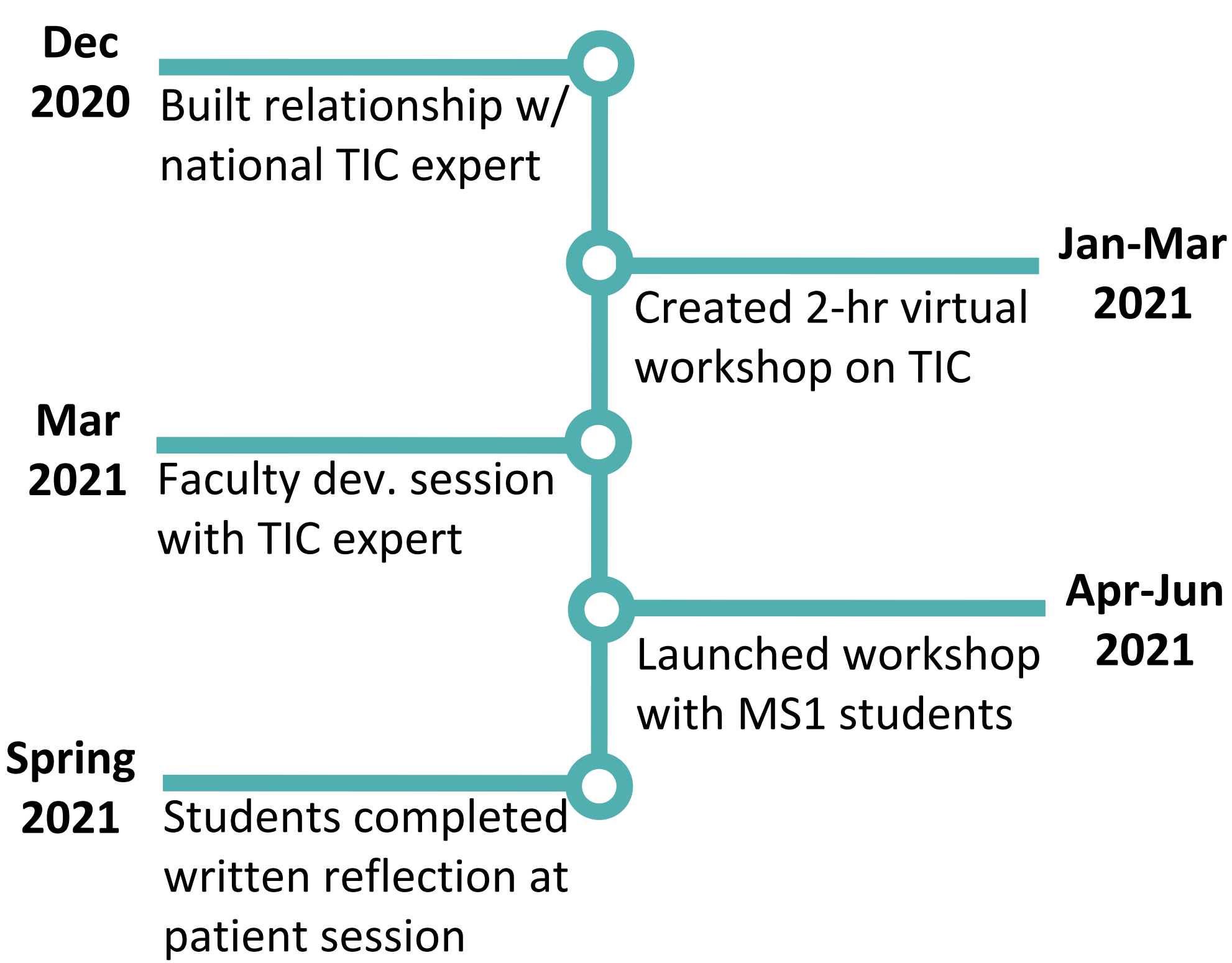


Figure 2. TIC Thyroid Exam

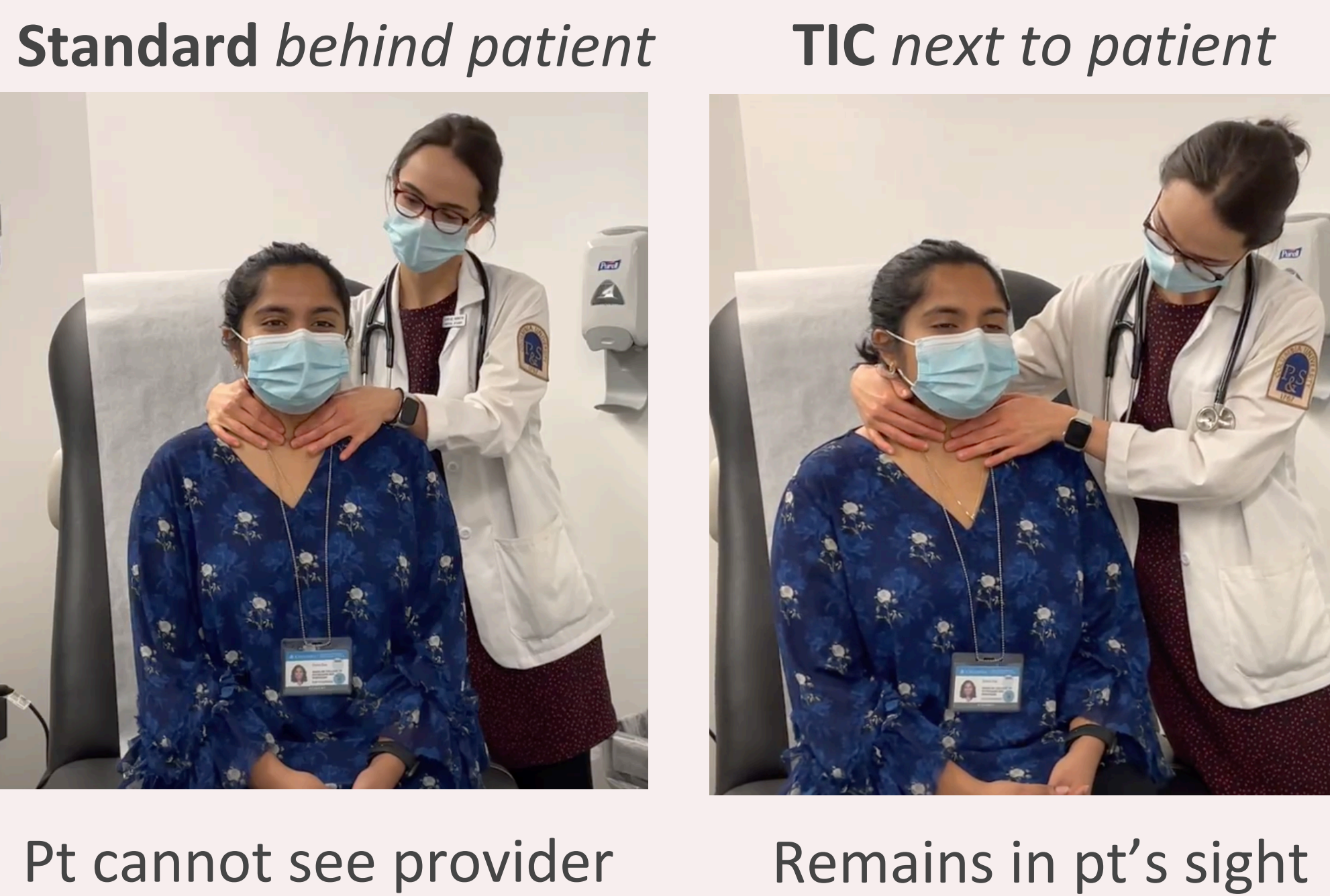


Figure 3. Edit the Phrase, Breakout Room Activity

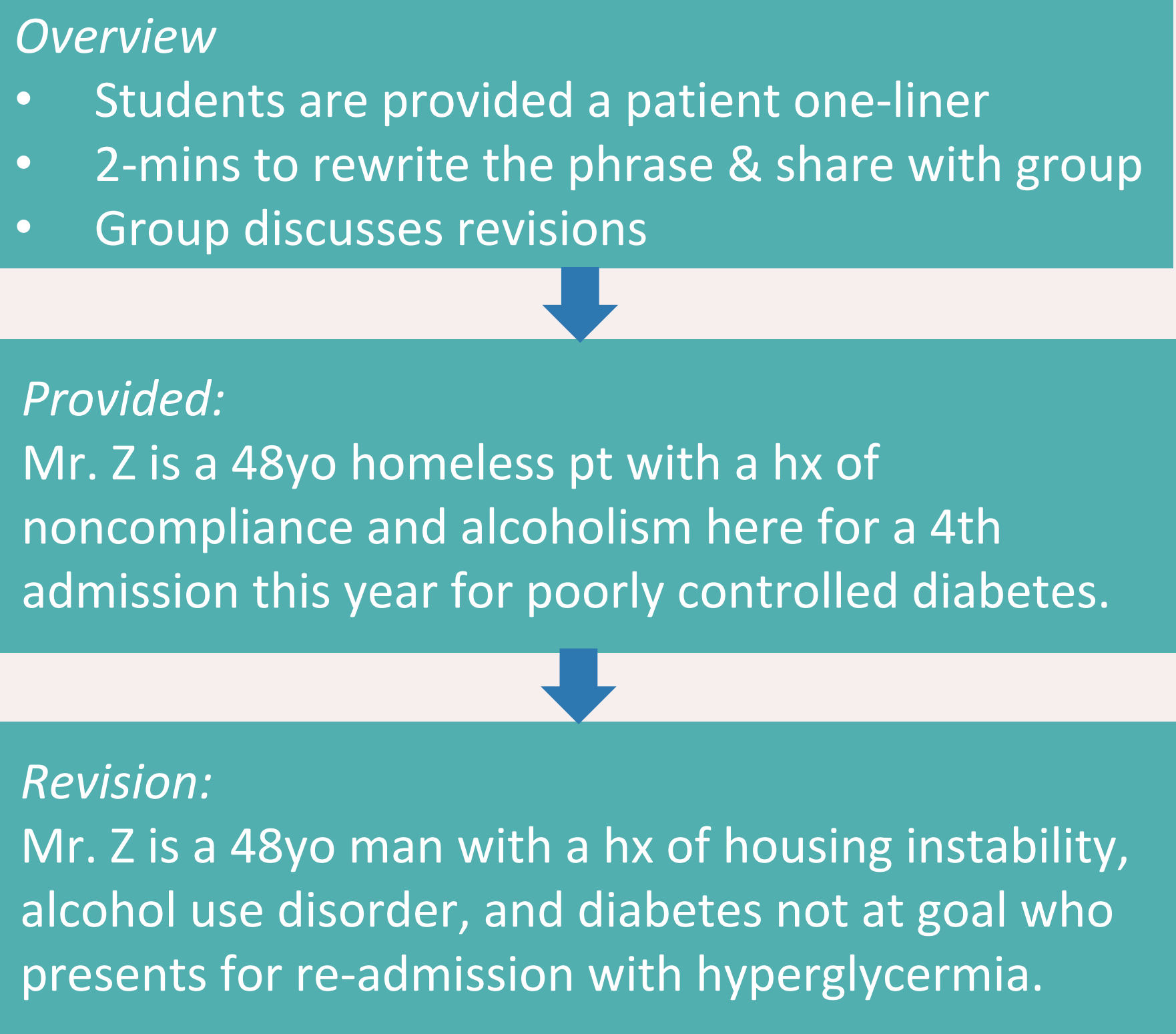
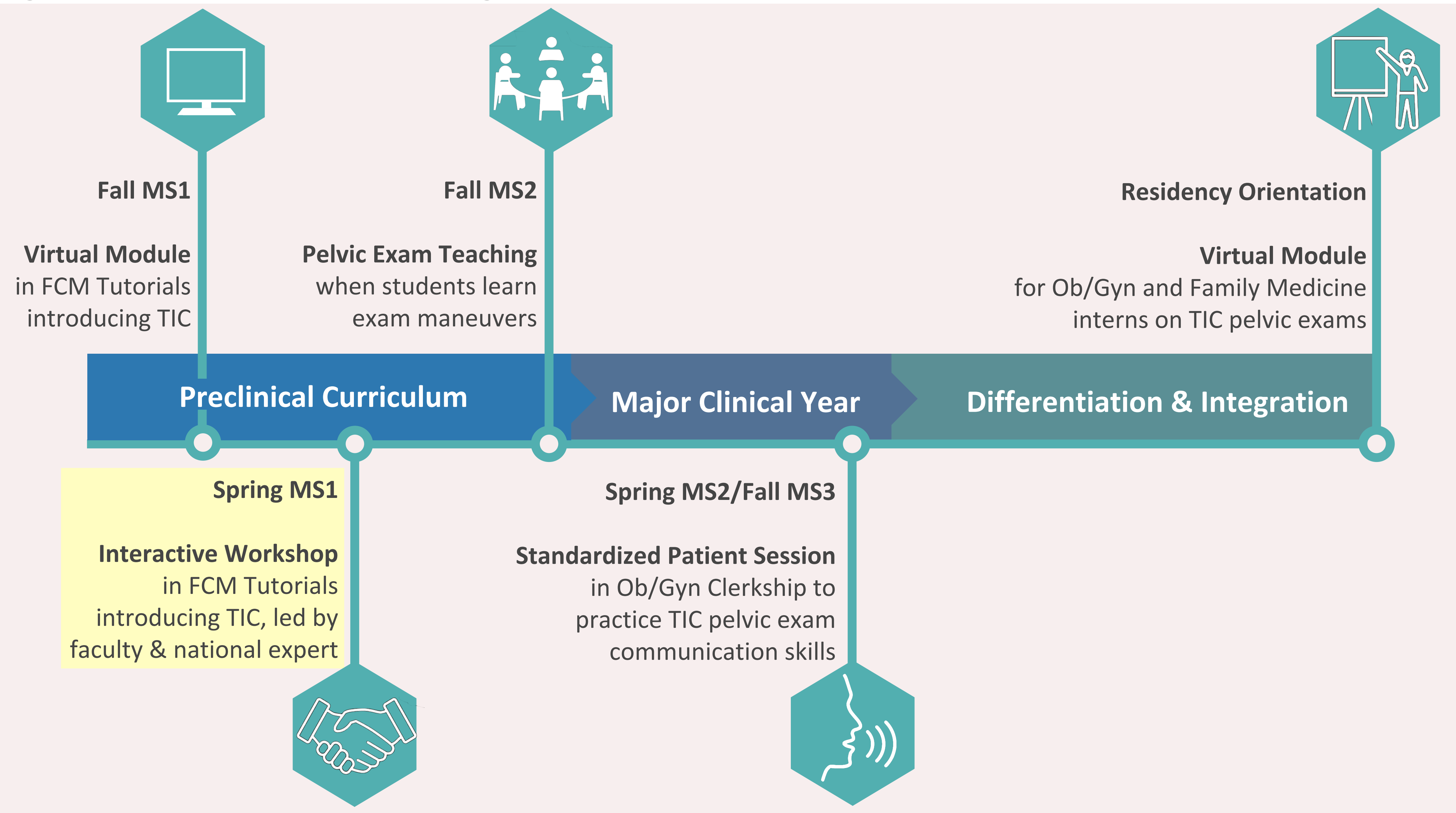
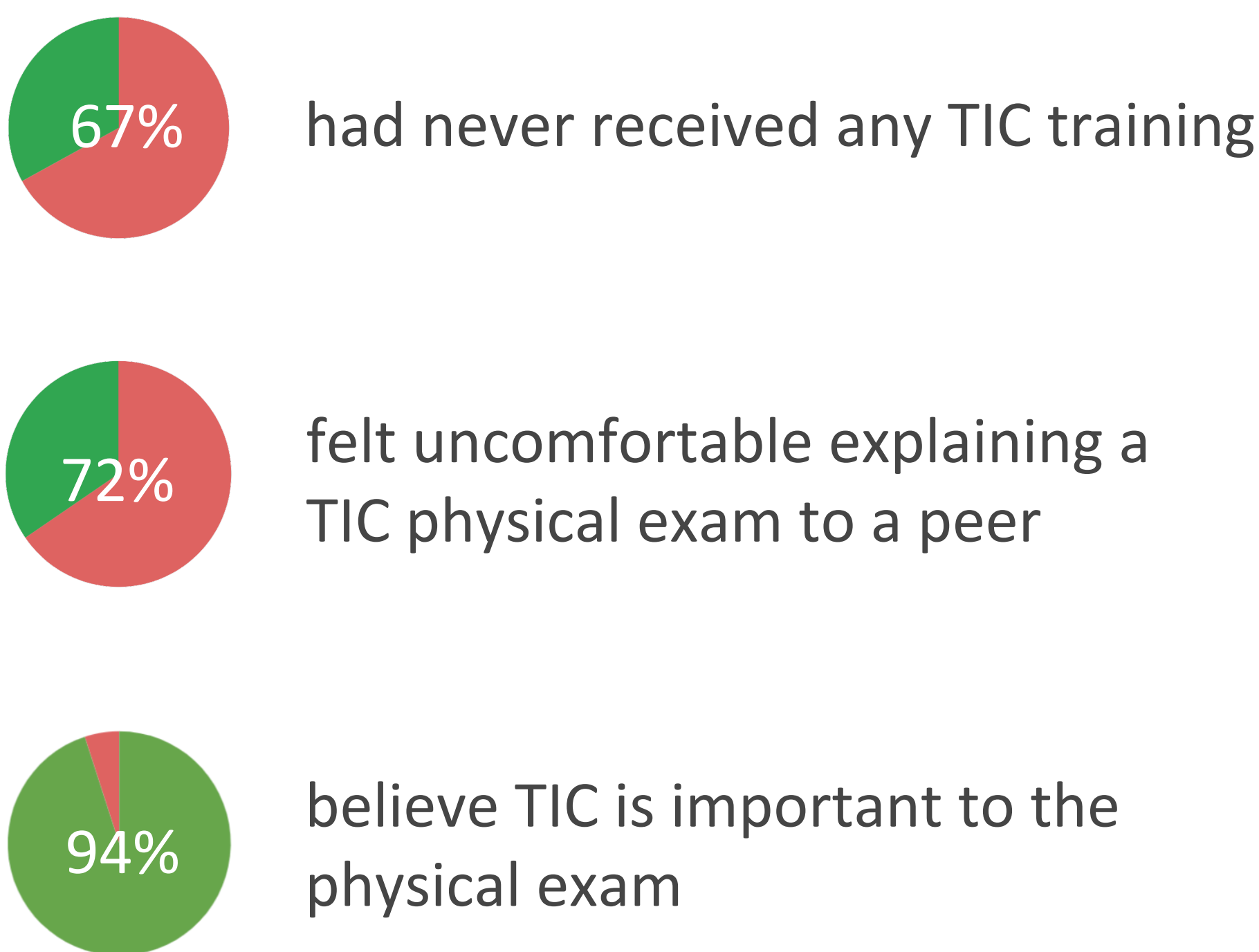


Figure 1. Trauma-Informed Care Longitudinal Curriculum Overview

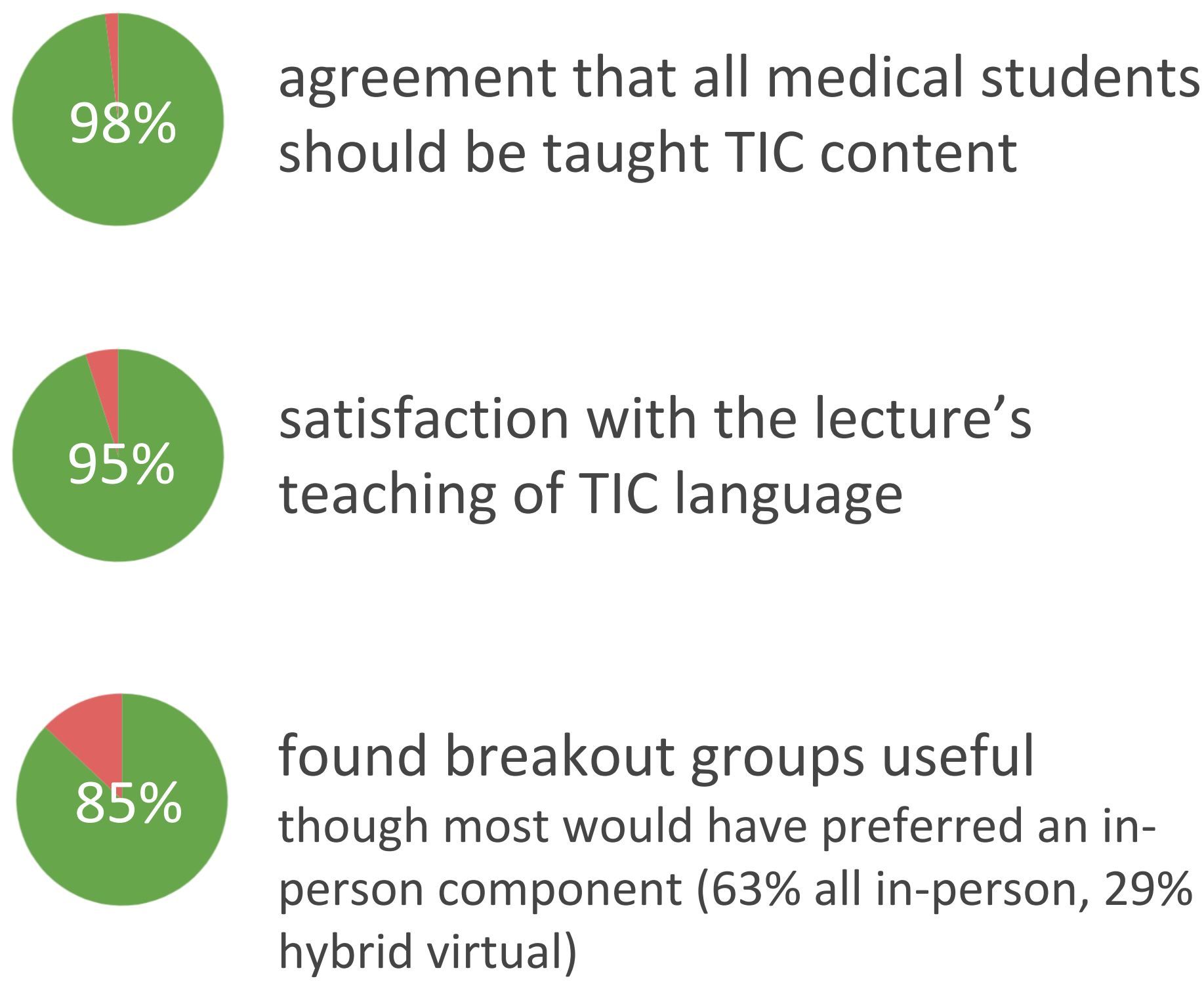


## Results

### 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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