

Trauma Informed Care & Harm Reduction within your practice and with your colleagues

TIC case studies for discussion

A) The public health nurse (PHN) receives a referral to visit a client diagnosed with perinatal hepatitis B. The PHN calls the client to schedule a visit. During the call, Beth (the client) has many questions about the purpose of the visit and is hesitant for the PHN to make a home visit. Eventually the client agrees to a home visit. On the day of the visit, Beth answers the door and seems hesitant to invite the PHN into the house. After several minutes of talking in the doorway they move into the living room to continue the visit.

1. Given Beth's reluctance in arranging a home visit, how might the PHN begin to establish a trusting relationship with the client?
2. How does the nurse address the needs of the infant and establish a safe environment without judgment for the child?
3. What key principles would you apply to this case using TIC?
4. What would be your approach to set up your next visit to create trust?

B) The PHN addresses the emotions Beth (the client) displayed at the previous visit when attending to follow with her infant with prenatal hep B. The client shared that she was having difficulty about being a mother and discussing her mother. The PHN assures Beth that when she is ready, the PHN is open to talking about the possible connection between the trauma of her mother's death and her hepatitis diagnosis. Beth again becomes emotional, and the PHN sits with her silently. After a few minutes, Beth stops crying and states she is willing to talk about her past. She acknowledges there may be a connection between her mother's death and her current infection.

1. What are the red flags with this mother and potential issues with infant bonding?
2. Which key principles of TIC would you apply in this case?
3. What type of goal setting and strategies would you recommend for Beth?
4. What would be your recommendation for resources?

C) You're her nurse in a primary care clinic and this patient has shared her past history with you after she was seeking an appointment for STI testing. Molly, 21, experienced sex

trafficking at the age of 19 and has a prostitution charge on her record. She is working with Molly disclosed her story to you and used the word, “boyfriend”, to describe her trafficker. She is jittery, scanning the room and very anxious. A male provider enters the room a rush and proceeds to start the visit.

1. What is your first response?
2. Which TIC techniques might facilitate Molly to feel more at ease?
3. How would you address her reaction with the male provider?
4. Describe how you would create a trusting and safe environment for her next visit?

D) You work in ICU Oncology and Bone Marrow Transplant nights and a new traveler nurse joins the team. He is friendly and talkative but does not share much of his past. He only works nights. The med count is off and you suspect he might be diverting. You confront him and breaks down that he has been diverting opioids after the death of his mother who was his champion from abuse from an alcoholic father who abused his most of his childhood. He went into nursing to care for his mother who had pancreatic cancer.

1. What is your first response?
2. Is this an appropriate situation to use TIC?
3. What is your next steps?
4. How does this make you feel when learning this person has had a traumatic childhood?

E) You are working in an ED in a large urban setting. Lee is a new nurse who has started their residency with you. Lee has moved from a rural community and is new to the area. They are thriving for the first couple of months when a patient comes who is in alcohol withdraw with a police escort. As the patient Herman is being admitted you have Lee take the lead. You notice Lee is struggling with eye contact, engagement and has closed body language. Lee shares they do not want to work with Herman.

1. What red flags are you identifying?
2. How do you approach Lee?
3. What TIC techniques can you demonstrate as you do your intake with Herman?

4. What resources might you recommend to Lee to assist them in their learning and comfort?