

**Improving the Outcome of Patients with a History of Trauma**  
**By**  
**Educating Health Care Providers on Trauma-Informed Care Protocol in a Psychiatry**  
**Inpatient Treatment Center**

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**Abstract**

**Background**

Healthcare workers are challenged to provide care while preventing re-traumatization of the staff and patients. The psychiatric hospital in North Texas experiences an increase in patient re-traumatization due to the lack of effective strategies in managing patients who have history of trauma. The aim of this project is to improve the outcome of patients with a history of trauma by educating health care providers on trauma-informed care protocol in an inpatient psychiatry hospital in north Texas.

**Method**

A pre-questionnaire was issued to multidisciplinary staff caring for patients with history of trauma to discover staff knowledge gaps on TIC. Training on TIC was provided to staff. The same demographic was given an identical post-questionnaire to discover if there's an increase in staff knowledge and confidence in applying TIC during care. Paired sample t-test was used to determine whether the observed changes were significant.

**Result**

This QI project found a significant increase in staff knowledge and confidence in applying TIC approach, rising from average of 1.84 to 4.29 (85.8%) (p-value = 0.01). Also, the rate of re-traumatization slips decreased from 37.50% to 9.52%.  $z=-4.03$ ,  $p<.001$ .

**Conclusion**

The TIC education was successful in enhancing nurses' knowledge and confidence in providing trauma-informed care, proving its clinical significance. Adapting organizational processes to trauma-informed principles will positively impact the culture of a health care environment. This project is implemented in a psychiatric facility. Further research is needed to explore the effect of TIC application in other healthcare specialties.