

## The Increased Importance of Trauma Informed Healthcare in a Post Pandemic World

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### Abstract

Statement: Trauma Informed Healthcare is a subject that is not taught in most nursing programs, nor is it being brought to the forefront in most hospitals nationwide. In a study conducted by the {U.S. Health Department of Human Services Office of Women's Health it is reported "55% – 99% of women in substance use treatment and 85% – 95% of women in the public mental health system report a history of trauma, with the abuse most commonly having occurred in childhood (Johnson, Henderson-Smith, Sharp; 2018). In our post pandemic world, we are seeing significant increases in derogatory behaviors such as alcohol consumption/drug use, divorce, domestic violence, suicidal ideations and attempts in the general public; increasing exponentially, with the rate of these behaviors increasing by 96.2% (Hong, Park, Kim, 2021). Vicarious trauma-an even lesser-known form of trauma is rarely discussed and remains a general unknown in the healthcare world. Primary traumas are the traumas that methods such as ACE testing aim to identify in order to help mitigate one's risk of health co-morbidities and early death associated with adverse childhood events. Vicarious trauma, while it may sound exciting, is a secondary form of trauma that is incurred by public servants who work with patients/clients who incur a primary trauma and are thusly traumatized by working with such clients. In a post Covid world where healthcare professionals have been at the forefront and frontlines of the pandemic efforts, with more and more people leaving healthcare professions every day; 3 in 10 healthcare workers have left or plan to leave their positions; leaving an already overburdened system in dire straights' (Wan, 2021). Theoretical Orientation: Not only do healthcare systems need to start teaching trauma informed healthcare practices for patient care but also to offset the damage of vicarious trauma being incurred by those same healthcare professionals. In order to accomplish this, healthcare systems must first honor their staff by teaching them trauma informed healthcare techniques in partnership with an accredited program, but also need to respect the secondary, or vicarious, trauma that has been incurred in patient care by the combat of the pandemic, leading to an increase of workplace violence to 67%. Hospitals/healthcare systems must implement trauma informed strategies immediately in order to maintain adequate staffing, or risk shut down due to low staffing (Wan, 2021).

### Biography

Cassie Boyd has developed expertise by working in healthcare for more than twenty years, with over ten of those years working as a professional nurse. Through those experiences, she has worked in

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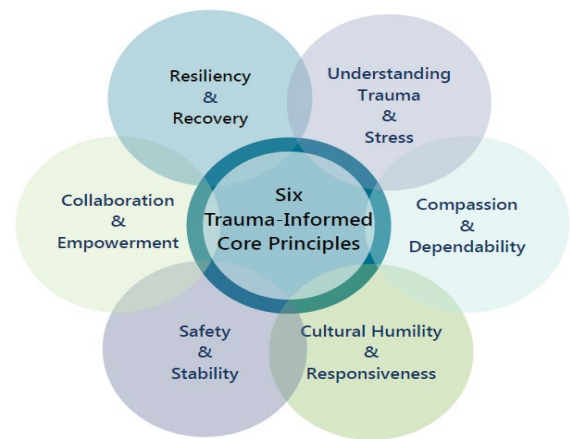
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multiple avenues in nursing but found her biggest passion as a nurse coach. Through becoming a nurse coach, she has been able to develop her own unique strategy for helping people to heal from trauma, without the traditional methods used in counseling and therapy of reliving those experiences in an effort to desensitize subjects to those experiences. She practices in an authentic and genuine manner with her clients, leading to her private coaching services being booked out for months in advance. Her current strategy is under copyright with plans for a book option so that she can reach a broader audience to satisfy her desire to help as many people as possible. Her expertise in trauma derives from her own trauma experiences starting in early childhood and progressing into early adulthood. Nursing experience includes: Director of Nursing Memory Care Unit, Pediatrics, Medical/Surgical, OB, Administrative, Case Management, ICU, Private Duty Nursing, Nurse Coaching, Infection Control and Prevention, as well as Safe Patient Handling.



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