

Trauma

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The Ubiquity of Trauma

- **Adverse Childhood Experiences (ACEs) study**
 - Surveyed 17,000 HMO members
 - 2/3 of population reported at least 1 ACE
 - Over 20% reported 3 +
 - Graded dose-response relationship to later-life health, well-being
 - Various negative social, health, economic outcomes
- **All forms of abuse/neglect/violence likely under-detected in primary care**

Trauma and PCBH

- **Prevention**

- Enhanced behavioral screening during physicals
- Delivery of anticipatory guidance
- Creating trauma-informed clinic

- **Acute**

- Normalize reaction
- Mobilization of support
- Education for healthy coping

Trauma and PCBH

- **Chronic**
 - The Myth of the Superficial BHC Intervention
 - Reality: Trauma must often be part of BHC visit
 - Is the trauma influencing the current health issue?
 - Is the trauma relevant to overall health?
 - Patient's need to be heard
 - Relationship-building
 - Disclosure need not be time-consuming
 - Treat functional problems, not the trauma

Interventions for Trauma-Related Functional Problems

- **Sample interventions for functional problems**
 - Relaxation training
 - Mindfulness training
 - CBTI for impaired sleep
 - Exposure-based exercises
 - Self-help reading
 - Communication skills training
 - Anger management skills training

**** Willingness to engage with trauma is a core BHC attribute ****