

Trauma-Informed Care Cheat Sheet

PATIENT INFORMATION

Name: _____ Age: _____

Medical history:

Trauma history:

ESTABLISHING TRUST AND SAFETY:

Establishing trust and safety:

TRANSPARENT COMMUNICATION:

Transparent communication:

INFORMED CONSENT:

Informed consent:

EMPOWERING PATIENT AUTONOMY:

Empowering patient autonomy:

CREATING A SAFE PHYSICAL ENVIRONMENT:

Creating a safe physical environment:

EDUCATING PATIENTS:

Educating patients:

RECOGNIZING AND RESPONDING TO TRAUMA SIGNS:

Recognizing and responding to trauma signs:

SELF-CARE FOR PROVIDERS:

Self-care for providers: