

Life After Trauma- A Childs' Perspective

Kayla Cehand, MSN, RN, CPN, NEA-BC

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.” -Dr. Rachel Remen

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Disclosures

- Trigger Warning
- Public Testimony

Outline

- Personal testimony
- Back to the basics- utilizing a holistic approach
- Recognizing the signs of trauma in the pediatric population
- Life after trauma is for a lifetime

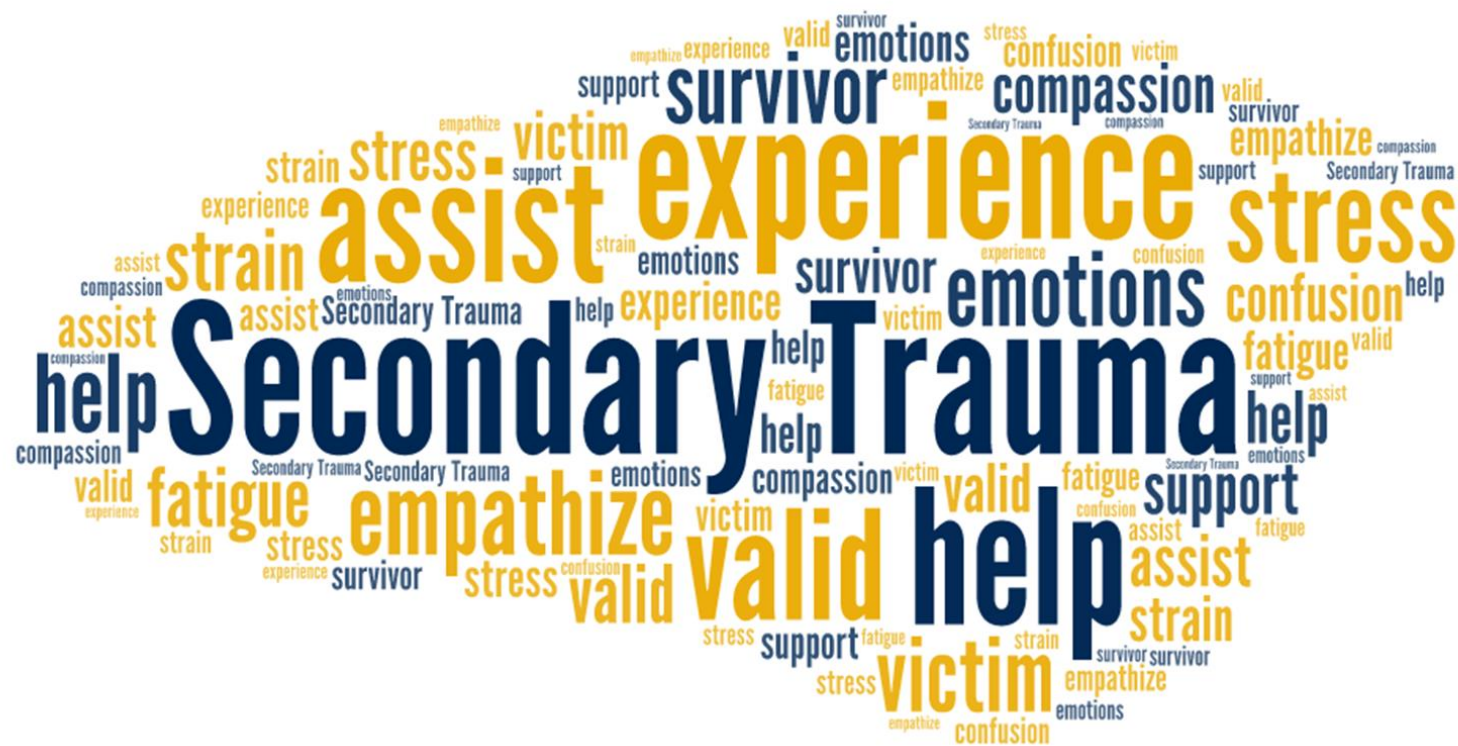
Ask yourself: Is there any part of Maslow's that will not affect Maslow's Hierarchy of Needs?

Maslow's hierarchy of needs



10 Second challenge

- Who is your patient as we walk through this testimony
- We will pull it together at the end



Testimony

- Events leading to event
- Event Date: December 17, 1994
- Event- 3 Months
- Life After Trauma

The record shows that the victims in these cases were members of the [REDACTED] family who were on their way Christmas shopping on December 17, 1994. [REDACTED] ran out onto the highway and flagged down the [REDACTED] Suburban. [REDACTED] asked for help and told the family that appellant had a gun. As appellant started shooting, [REDACTED] drove away while helping [REDACTED], who had been shot three times, stand on the Suburban's running board. While speeding down the highway, [REDACTED] lifted [REDACTED] through the window and into the Suburban. [REDACTED] wife

Court Documents

into the Suburban while driving down the highway. Bullets went into the rear passenger seat where the [REDACTED] 13-year-old son was riding. The high-speed chase culminated in the town of Palo Pinto where appellant blocked the Suburban on a dead-end street one-and-a-half blocks away from the county courthouse. Appellant walked up to the Suburban, looked into the middle window on the driver's side, shot the window and the [REDACTED] 10-year-old daughter, knocked out the rest of the window, and emptied his 9mm Ruger pistol into [REDACTED].

Holistic approach

- Provide trauma informed care
- Consider the family/coping mechanisms
- Consider care following discharge
- What is life like- is it possible to receive basic needs
- What resources can be provided
- Mental Health

Recognizing signs of trauma in the pediatric population

- Sadness/Depression
- Sleep Disturbances
- Restlessness
- General Fearfulness
- Anxious
- Difficulty with trusting others
- Difficulty seeking help
- Difficulty controlling emotion
- Low self-esteem
- Feelings of shame or guilt
- Nightmares/insomnia
- Reactive to triggers
- Problems in school
- Poor coping mechanisms

Stress Reduction Kit

Bang Head Here

Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

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"Howl at an ambulance or fire siren every chance you get.
Run around the room in circles with a sock in your mouth.
Eat a messy meal without using your hands or utensils.
Ask a friend to scratch your belly..."

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Life after trauma

Looking through a new lens



What's
wrong
with you



What
happened
to you

Reflection

- What resonates with you?
- What do you feel would be the best way to support the family?
- How could you practice dealing with ***secondary trauma*** during this scenario?
- How would you prepare yourself for the next patient?

References

- The National Child Traumatic Stress Network. (2018, October). Secondary Traumatic Stress. <https://www.nctsn.org/trauma-informed-care/secondary-traumatic-stress>
- The National Child Traumatic Stress Network. Creating Trauma-Informed Systems. <http://www.nctsn.org/resources/topics/creating-traumainformed-systems>
- Centers for Disease Control and Prevention. Post-traumatic Stress Disorder in Children. (2023, March). <https://www.cdc.gov/childrensmentalhealth/ptsd.html>