Trauma-informed, Age-appropriate Care in the NICU

Paradigm Shift & Leadership Courage

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Objectives

Upon completion of the learning session participants will:
1. Examine their leadership strengths and development opportunities necessary to shift a care paradigm
2. Draft an action plan to consistently and reliably adopt and implement this new paradigm in the NICU.
3. Apply the evidence based principles and practices of trauma-informed age-appropriate care in their NICU.

WHAT IS TRAUMA-INFORMED CARE?
What is trauma?

• Causes physical, emotional, psychological distress or harm
• Perceived as a threat to one’s safety
• Involves a single experience OR an enduring, repeating event(s)
• Overwhelms an individual’s ability to cope
• Dehumanizing, shocking, terrifying, singular or multiple compounding events over time
• Often include betrayal of a trusted person or institution and loss of safety
• Induce powerlessness, fear, recurrent hopelessness, constant state of alert

WHAT IS AGE-APPROPRIATE CARE?

http://www.youtube.com/watch?v=HEHW8oTj0BA

Erikson Life-Stage Virtues

• HOPE – basic trust vs. mistrust (0-1)
• WILL – autonomy vs. shame & doubt (1-3)
• PURPOSE – initiative vs. guilt (3-6)
• COMPETENCE – industry vs. inferiority (6-11)
• FIDELITY – identity vs. role confusion (12-mid 20’s)
• LOVE – intimacy vs. isolation (young adult – mid 20’s to early 40’s)
• CARING – generativity vs. stagnation (40’s to 60’s)
• WISDOM – ego integrity vs. despair (>60’s)
Three Core Concepts in Early Development:

1. Toxic Stress Derails Healthy Development

2. General Stress of Prematurity

3. Allostasis

Derived from the allostatic load model by McEwen (1998b).

Moore et al. 2012

Physiologic Response Patterns (Adaptive vs. Maladaptive)

Complications of Prematurity

https://www.youtube.com/watch?v=rVwFkcOZHJw
Neonatal Infant Stressor Score and Neurobiological Findings

- It is estimated that 50-70% of infants born preterm develop behavior problems including internalizing and externalizing problems and symptoms of Attention Deficit/Hyperactivity Disorder (ADHD).
- Infants hospitalized for CHD increase their risk for neurodevelopmental compromise if their postop LOS is > 2 weeks.

Compared with term births:

Infants born 32-36 weeks were:
- 1.6 x more likely to have nonaffective psychosis (schizophrenia)
- 1.3 x more likely to have depressive disorder
- 2.7 x more likely to have bipolar disorder

Infant’s born < 32 weeks were:
- 2.5 x more likely to have nonaffective psychosis (schizophrenia)
- 2.9 x more likely to have depressive disorder
- 7.4 x more likely to have bipolar disorder

Nosarti et al 2012

Other Morbidities

Risk of violent suicide attempts patients born prematurely (OR [95%] = 2.38[1.12–5.08])
- Blasco-Fontcella et al 2013

Risk of cardiovascular disease in adulthood
- Lewandowski et al 2013

Risk of metabolic syndrome and obesity in adulthood
- Thomas et al 2013; Finkin et al 2011

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The oxytocin system important for increasing fear extinction and social functioning after trauma.

Therapeutic Use of Self

"We don't call it torture anymore - it's occupational therapy!"

Core Measures – NANN Guidelines
The Healing Environment: Physical, Human, System

Pain & Stress: Prevention, Assessment & Management, Parental Education

Protected Sleep: Assess, Support, Parent Education
**ADLs:**
Posture/Mobility, Alimentation, Skin Care

**Family:**
Access, Assess, Partner

“I sustain myself with the love of family.” — Maya Angelou
You will never do anything in this world without courage. It is the greatest quality of the mind next to honor – Aristotle

LEADERSHIP COURAGE
• ‘It may seem a strange principle to enunciate as the very first requirement in a hospital that it should do the sick no harm.’
• ‘So never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard seed germinates and roots itself.’
What are you trying to accomplish?

How will you know that a change is an improvement?

What changes can be made that will result in an improvement?

Plan

Do

Study
Unless someone like you cares a whole awful lot, nothing is going to get better. **It's not.**

Dr. Seuss, *The Lorax*

References


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