

Trauma Informed Care Education in the Emergency Department

Andrea Hall¹, Trentham Furness², Brian McKenna² Vikki Dearie¹ Rosemary Charleston¹

¹ The Royal Melbourne Hospital, Melbourne Health, Grattan Street, Parkville, Victoria, 3050 andrea.hall@mh.org.au;

² North Western Mental Health, The Royal Melbourne Hospital, Grattan Street, Parkville, Victoria, 3050

Introduction: Emergency departments (ED) in Australia are the service entry- point for a large number of people in mental health crisis. Many such people have experienced a traumatic event in their past. The use of restrictive interventions can recapitulate previous traumatic experiences and thereby exacerbate symptoms. Defined by the Victorian Mental Health Act (2014), restrictive interventions are seclusion and bodily restraint (i.e., physical restraint and mechanical restraint). The Victorian Reducing Restrictive Interventions (RRI) Project included the roll out of a trauma-informed care (TIC) education package for ED across four sites. Therefore, the aim of this study was to determine whether TIC education for nurses in ED can lead to practice change toward reducing restrictive interventions.

Methods: A mixed methods research design was used to meet the aim. Pre and post training surveys were undertaken to measure shifts in perceptions of understanding and practical skills about TIC. Focus groups were undertaken at least three months after training to determine perceptions of embedding TIC training into practice.

Results: Shifts in understanding and practical skills about TIC were detected post training ($p \leq 0.05$) among the cohort of ED nurses ($n = 69$). At three months following training, staff were able to discuss examples of effective TIC use to reduce restrictive interventions.

Conclusion: The State-wide TIC training package developed in collaboration with consumers, has proved a viable way of training staff in EDs. However, considerations needs to be given regarding strategies to assist staff to further embed TIC into practice, in order to assist in the reduction of restrictive interventions.