Effect of a Trauma Informed Care Tool in a Pediatric Cardiac Intensive Care Unit

Date: July 7, 2022  
Time: 8:45 a.m. to 9:20 a.m.  
Place: South Campus Classroom Building Room 204

Abstract

Problem: Parents of infants less than one-year-old with complex congenital heart disease (CCHD) experience significant stress while their child is admitted to the pediatric cardiac intensive care unit (PCICU), often resulting in trauma to parents and their families. Trauma informed care (TIC) seeks to minimize the impact of emotional trauma and it acknowledges previous trauma an individual may have experienced.

Methods: The projects’ purpose was to prevent or anticipate re-traumatization of parents in the PCICU with the use of the trauma informed care tool known as the thrive guide, and to decrease parental Perceived Stress Scale (PSS) scores by 10% in parents of infants with CCHD during a twelve-week implementation period. The thrive guide is a TIC tool developed at the project site that is created in collaboration with the family to aid staff in providing TIC. Data was collected from a large, pediatric tertiary care center in a pediatric cardiac intensive care unit.

Results: Analysis included t-tests and an ANOVA on pre/post PSS mean scores. A correlation and regression analysis were completed on parental satisfaction surveys of the thrive guide. All analyses were not statistically significant except for the regression analysis which had a p-value = 0.03 showing there is enough statistical evidence to show that there is a positive relationship between a parent’s satisfaction survey and the reduction of their PSS score. The average reduction of PSS scores was 12.34%.

Implications for practice: Limitations include a small sample size. Clinical significance supports the use of the thrive guide in the PCICU. Recommendations include widening the inclusion criteria, expanding TIC to the cardiac floor, and expanding staff education of TIC.

Keywords: Trauma informed care, pediatric cardiac intensive care unit, trauma.