

Trauma-Informed Care Learning Modules



FACILITATOR GUIDANCE AND INSTRUCTIONS

Alliant Health Solutions has developed two resources for providing trauma-informed care training to frontline staff.

Use the Trauma-Informed Care: Training for [Frontline Staff PowerPoint presentation](#) with facilitator talking points to maximize the benefits of interaction in a live forum and to discuss case examples with your team.

When in-person training is not feasible (e.g., to reach all per diem or contracted staff), utilize the Trauma-Informed Care for Frontline Staff 30-minute online learning module.

Use either or both modules as one component of a facility-wide initiative to establish and maintain

Custom facility reports track participation and assessment results. Complete this brief form to set up custom reporting for your facility: <https://bit.ly/AHS-TIC-reports>. Once your custom report has been developed, the form submitter will be sent a link to access your facility reports.

Trauma-Informed Care
PRE-LEARNING ASSESSMENT GUIDE

Training format: in-person presentation and case scenario discussion

PRE-TRAINING ASSESSMENT

This pre-test should be taken prior to participating in the trauma-informed care training and case scenario discussion.

Staff member: _____ Date: _____
Test Score: _____ Pre-Test Score: _____

True-False Questions

Question	True	False
1. Trauma causes changes in the brain and body that can happen without us knowing about it.	<input type="checkbox"/>	<input type="checkbox"/>
2. Only a small number of people have had a traumatic experience.	<input type="checkbox"/>	<input type="checkbox"/>
3. Trauma may affect a person's health and well-being long after the traumatic experience happened.	<input type="checkbox"/>	<input type="checkbox"/>
4. Triggers are things that remind someone of dangerous or scary situations that occurred in their past.	<input type="checkbox"/>	<input type="checkbox"/>

Multiple Choice Questions

Question	A	B	C	D	E
5. When caring for people who are distressed or seeking care, it is best to:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A. Ask questions that feel, sometimes, or floods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. Care both truth and sensitive answers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. Offer choices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D. All the above.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

a culture of wellness and trauma-informed care by training nurse aides and other frontline staff—such as dietary aides, activity aides or housekeepers—to understand, recognize and respond to signs of trauma. Both formats have pre- and post-learning assessments to evaluate knowledge and pinpoint where your team may benefit from additional education.

Preview the online module here: <https://bit.ly/AHS-TIC>. To preview, complete the brief pre-learning assessment to transition to the learning content. *This is also the link your individual staff will use to complete the training.* Share the link when you are ready to have an individual employee complete the training. Providing your staff with specific instructions on how to enter your facility name is highly recommended. Facilities can either set individuals up on any computer with Internet access or provide the link.

Page 2 of this document can be given as a handout and provides instructions on how to complete the training and can be modified for your facility.

Contact nursinghome@allianthealth.org for questions or support in implementing the modules in your facility.

TRAUMA-INFORMED CARE LEARNING MODULES

Completing Your Trauma-Informed Care Training

I am committed to creating a culture of wellness. A safe environment is important for all of us.

Let's learn together about trauma-informed care, self-care and our roles as individuals, teammates and caregivers.

Please complete the trauma-informed care module by _____.

Begin by entering the facility name: _____.

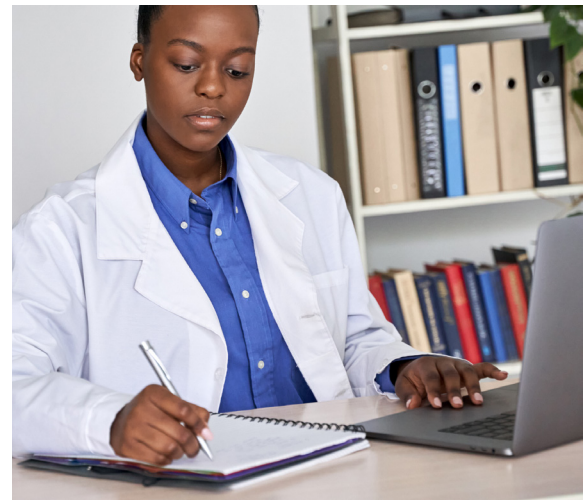
Fill out the basic information. Then, answer the ten questions on the pre-learning assessment. Use the down arrow (pic) to see your answer choices. Hover over the answer you want to choose and left click.

Do not worry if you do not know all of the answers. The pre-learning assessment gives us a starting point to measure how much we learn as a group. If you know all the pre-learning answers, challenge yourself to learn something new!

Click the blue submit button when all information is completed to move to the learning content.

When the video training ends, follow the directions on the screen to take the post-learning assessment. Be sure to click the blue submit button once all information is complete.

Everyone experiences trauma differently. If you have questions, concerns or want to talk about the information, please reach out to me, the director of nursing, social worker or medical director.



**Watch previous LAN events and Bite-Sized Learnings
on the [Alliant QIN-QIO YouTube](#) channel.**