

COVID-19



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 Scorer:	Pre-Test Score:

True – False Questions	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	A	B	C	D	E
5. When caring for people who are distressed or resisting care, it is best to: A. Talk loudly and focus on getting your task done. B. Tell the resident that everything is fine and there is nothing to worry about. C. Provide choices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
6. Trauma can be caused by: A. Natural disasters like fires, tornadoes, or floods. B. Car, bus, train, or airplane crashes. C. Observing violence. D. A personal experience with loss or grief. E. All the above.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PRE-TRAINING ASSESSMENT, CONT'D.

Multiple Choice Questions	A	B	C	D	E
<p>7. If someone lived through a traumatic experience, which of the following may be true?</p> <p>A. The person might show physical signs like headaches and fatigue.</p> <p>B. The person might show anger, sadness, or worry.</p> <p>C. Every person who experienced trauma will act the same way.</p> <p>D. Both A and B.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>8. Learning about the signs and symptoms of trauma is important because:</p> <p>A. We can ensure the older persons in our care feel safe.</p> <p>B. It can prevent us from knowingly re-traumatizing someone.</p> <p>C. It can help us make sense of resident behavior.</p> <p>D. All of the above.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>9. To whom should you report changes in the way a resident is acting?</p> <p>A. Talk about it at break time with another CNA.</p> <p>B. Charge nurse or supervisor.</p> <p>C. You don't need to report it because someone else probably already has.</p> <p>D. The resident always acts like this so no need to report it.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>10. The goal of providing trauma-informed care is to:</p> <p>A. Judge residents for their past.</p> <p>B. Recognize, respond, and avoid re-traumatization.</p> <p>C. Provide care even when the person is upset.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

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Trauma-Informed Care

POST-LEARNING ASSESSMENT GUIDE

Training format: In-person presentation and case scenario discussion

POST-TRAINING ASSESSMENT

This post-test should be taken after participating in the trauma informed care training and case scenario discussion.



Staff member:

Date:

Test Scorer:

Post-Test Score:

True – False Questions

True

False

1. Triggers are things that might remind someone of dangerous or scary situations that occurred in their past.
2. Trauma causes changes in the brain and body that happen without us knowing it.
3. Trauma may affect a person's health and well-being long after the traumatic experience.
4. Only a small number of people have had a traumatic experience.

Multiple Choice Questions

A

B

C

D

E

5. Trauma can be caused by:
 - A. Natural disasters like fires, tornadoes, or floods.
 - B. Car, train, or airplane crashes.
 - C. Observing violence.
 - D. A personal experience with loss or grief.
 - E. All the above.
6. Learning about the signs and symptoms of trauma is important because:
 - A. We can ensure the older persons in our care feel safe.
 - B. It can prevent us from unknowingly re-traumatizing someone.
 - C. It can help us make sense of resident behavior.
 - D. All the above.

POST-TRAINING ASSESSMENT, CONT'D.

Multiple Choice Questions	A	B	C	D	E
<p>7. When caring for people who are distressed or resisting care, its best to:</p> <p>A. Talk loudly and focus on getting your tasks done.</p> <p>B. Tell them everything is fine and there is nothing to worry about.</p> <p>C. Provide choices.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
<p>8. The goal of providing trauma-informed care is to:</p> <p>A. Judge residents for their past.</p> <p>B. Recognize, respond, and avoid re-traumatization.</p> <p>C. Provide care even when the person is upset.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
<p>9. If someone lived through a traumatic experience, which of the following may be true?</p> <p>A. The person might show physical signs like headaches and fatigue.</p> <p>B. The person might show anger, sadness, or worry.</p> <p>C. Every person who experienced trauma will act the same way.</p> <p>D. Both A and B.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p>10. To whom should you report changes in the way a resident is acting?</p> <p>A. Talk about it at break time with another CNA.</p> <p>B. Charge nurse or supervisor.</p> <p>C. You don't need to report it because someone else probably already has.</p> <p>D. The resident always acts like this so no need to report it.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Training Format: In-Person Presentation and Case Scenario Discussion

PRE-TRAINING ASSESSMENT ANSWER GUIDE



	Answers
1. Trauma causes changes in the brain and body that can happen without us knowing about it.	True
2. Only a small number of people have had a traumatic experience.	False
3. Trauma may affect a person's health and well-being long after the traumatic experience happened.	True
4. Triggers are things that might remind someone of dangerous or scary situations that occurred in their past.	True
5. When caring for people who are distressed or resisting care, it is best to: C. Provide choices.	C.
6. Trauma can be caused by: E. All of the above.	E.
7. If someone lived through a traumatic experience, which of the following may be true? D. Both A and B.	D.
8. Learning about the signs and symptoms of trauma is important because: D. All of the above.	D.
9. To whom should you report changes in the way a resident is acting? B. Charge nurse or supervisor.	B.
10. The goal of providing trauma-informed care is to: B. Recognize, respond, and avoid re-traumatization.	B.

Training Format: In-Person Presentation and Case Scenario Discussion

POST-LEARNING ASSESSMENT ANSWER GUIDE



	Answers
1. Triggers are things that might remind someone of dangerous or scary situations that occurred in their past.	True
2. Trauma causes changes in the brain and body that happen without us knowing it.	True
3. Trauma may affect a person's health and well-being long after the traumatic experience.	True
4. Only a small number of people have had a traumatic experience.	False
5. Trauma can be caused by: E. All of the above.	E.
6. Learning about the signs and symptoms of trauma is important because D. All of the above.	D.
7. When caring for people who are distressed or resisting care, it is best to: C. Provide choices.	C.
8. The goal of providing trauma-informed care is to: B. Recognize, respond, and avoid re-traumatization.	B.
9. If someone lived through a traumatic experience, which of the following may be true? D. Both A and B.	D.
10. To whom should you report changes in the way a resident is acting? B. Charge nurse or supervisor.	B.