

Request for Trauma-Informed Care

Dear Healthcare Provider,

My name is _____,

my pronouns are _____.

Please call me _____.

I have experienced trauma and that means at times it can be difficult for me to feel comfortable with medical/dental care.

Sometimes people approaching or touching me can be triggering and cause a trauma reaction in my body if I am not prepared.

If I am quiet or not responding to your questions, I may be dissociating, or need more time to process the information.

If I am upset or angry, I may be hyper-aroused or feel unsafe.

I would like to share some information with you to make my care easier and more effective.

Some common trauma triggers for me in the medical setting are:

Some common trauma reactions for me in the medical setting are:

There are things that you can do as a provider to make this easier and more effective. Here are a few ideas that work for me. (for example, cold packs, glass of water, blanket, soft tone, humor)

***Please remember to ask me how I would or would not like this information communicated to other providers and documented in my chart.**

Trauma Informed Care Tips for Medical Exam

- 🚩 Prepare and use 'Request for Trauma Informed Care' card for the visit.
- 🚩 If helpful, bring a safe or trusted person to visit, let provider know why they are there.
- 🚩 Consider bringing grounding items (stress balls, stones, affirmations, blankets, oils etc.)
- 🚩 Ask to meet fully clothed first to review the visit step by step and explain what exam entails and why.
- 🚩 Ask for privacy to change, if not offered.
- 🚩 Let provider know that getting consent to touch at each step is important and will help make the visit go more smoothly.
- 🚩 During the exam, when possible, ask provider to stay within eyesight and not block the door.
- 🚩 Request provider use simple language to communicate.
- 🚩 If exam or intervention cannot be completed its ok.
- 🚩 Give provider a safe person to call for you.
- 🚩 Ask for the option of getting dressed before discussing next steps.
- 🚩 Take notes for follow up information and ask how to access care information online.