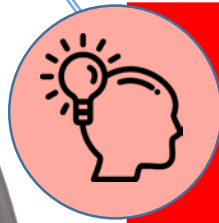


Trauma-Informed Practice in Family-Engaged Research

The estimated prevalence of medical traumatic stress (MTS) in pediatric caregivers of chronic, critical or injured children is up to 50%.¹

Creating a safer, more inclusive space for all families using 4 Trauma-Informed Principles²:



Trauma Awareness

- Build awareness amongst the researchers about MTS
- Recognize the wide range of responses people have to cope to traumatic stress
- Model skills for calming, centering and staying present when dealing with difficult topics



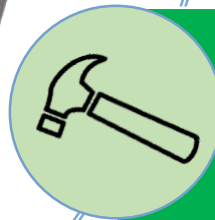
Emotional Safety & Trustworthiness

- Create welcoming intake procedures and collaboration space
- Clearly communicate the goals of the research
- Discuss potential triggers with a plan to address
- Obtain informed consent for patient partners
- Value and respect the lived experiences of the patient partner



Collaboration & Empowerment

- Establish equality on the research team
- Agree upon roles and responsibilities
- Encourage expression of ideas without judgement
- Allow choice over role in the research process
- Acknowledge that patient partnerships take time and effort to develop



Strength-Based Skill Building

- Acknowledge the knowledge and strengths brought to the project by the families
- Leverage existing skills through assignment of roles and responsibilities
- Encourage mentorship opportunities in areas of development