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To whom it May Concern:

I am writing to support Trauma First Aide (TFA) Training within all health care venues. I would strongly encourage facilities and institutions to consider this training equally with all CPR requirements. I cannot count the times that I have done my CPR updates over the years (my nursing years span 40 plus years). All this time a mental health and addictions nurse, I was fortunate, as I not only had life support training but assault and behavior intervention training as well. I have worked in hospitals, clinics, doctor's offices and home health, to name a few. I have worked as a manger, a director and as a staff nurse.

Had I been trained in Trauma First Aide earlier in my career, it might have saved both patients and staff from the potential harm and anxiety that disruptive and aggressive behavior can cause. Nurses along with other hospital personal are frequently called to ERs, lobbies, outside clinics, different hospital floors when there is disruptive or challenging behavior from patients, family members, and visitors (invited and uninvited). This situation may create stress (accumulative) in the staff and also cause greater anxiety in the person with the challenging behavior. Pair this with the common stressors within any health care setting, death and dying, codes, chemicals and schedules and the outcome is predictable; burn out, increased absences, anxiety disorders, and physical illness to name a few.

Trauma First Aide is a process that puts us (health care personal) back in control of our internal world and a process that rearranges our approach to the unpredictable terrain we work in. I urge all health care settings to consider TFA equally important when developing their initial orientation programs as well as their yearly updates such as infection control, fire, safety, and CPR.

Regards,

Connie Henry

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