

Brooklyn Heights Behavioral Associates presents:

Continuous Exposure to Trauma & Impact of COVID-19 on Frontline Workers



*A workshop by clinicians
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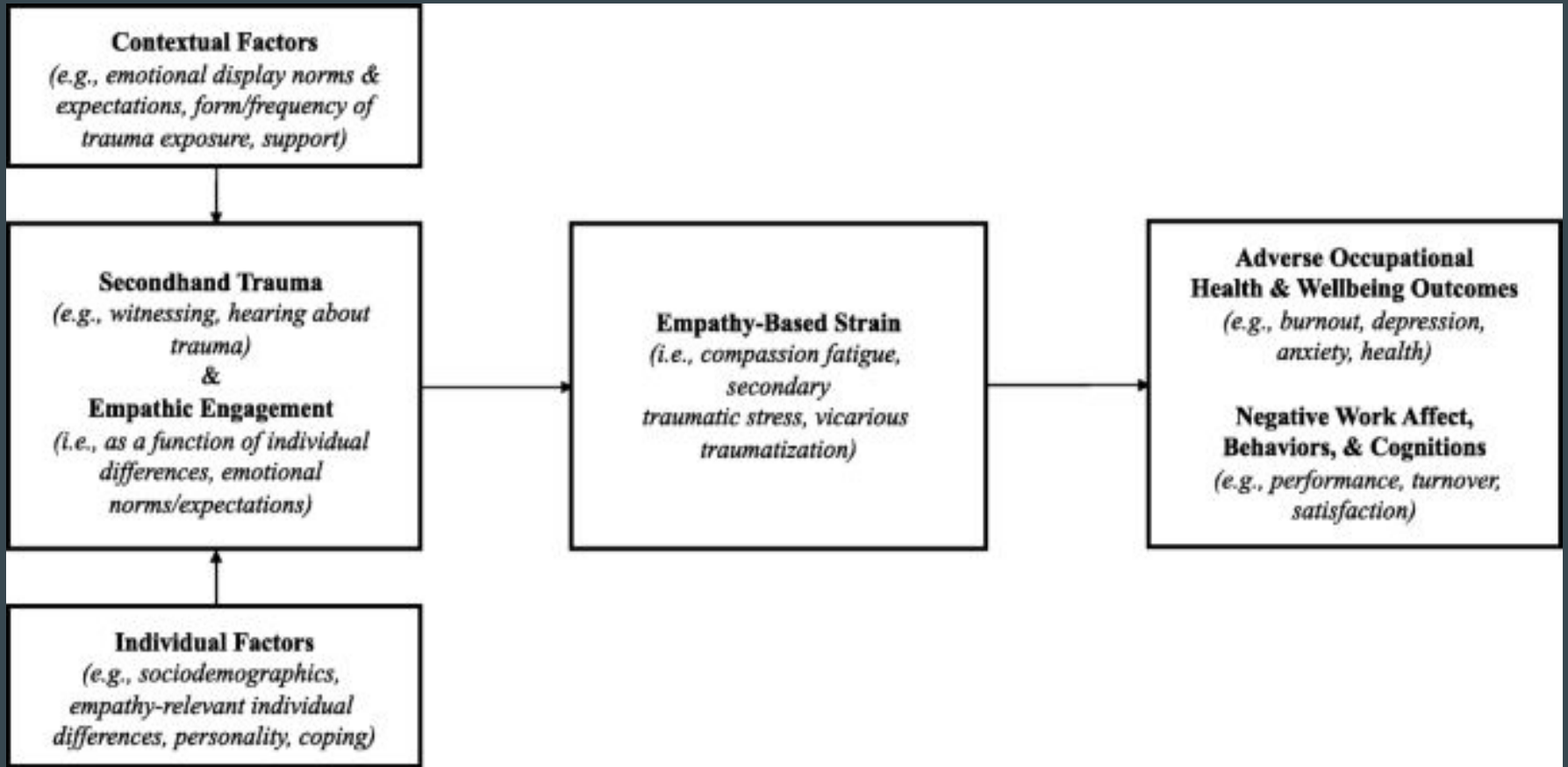
Research contribution by Sarah Palasick, Alexandra Roseman and Ethan Sapienza

Agenda

- Define Secondary Trauma
- Continuous Trauma Exposure/Stress
- Listening to your body re trauma symptoms
- Understanding Compassion Fatigue
- Define Compassion Satisfaction
- 4 R's of Trauma-Informed Care
- Q & A

Understanding Secondary Trauma

- ❑ Figley (1995) describes secondary traumatic stress as “natural and consequential behaviors and emotions resulting from knowing about a traumatizing event experienced by a significant other (or client) and the stress resulting from helping or wanting to help a traumatized or suffering person”
- ❑ What causes secondary Trauma for all healthcare and covid frontline workers:
 - ❑ End-of-life issues
 - ❑ Unfamiliar job tasks
 - ❑ Ethical decision making
 - ❑ Witnessing the suffering of patients
 - ❑ Disproportionate care or medical futility
 - ❑ Miscommunication
 - ❑ Demanding relatives of patients
 - ❑ Moral distress
 - ❑ Organizational Issues



Continuous Traumatic Exposure/Stress

Continuous Traumatic Exposure or Stress refers to the ongoing interaction or exposure to situations of threats or trauma

This framework was originally introduced in South Africa, by researchers-practitioners as a result of the apartheid.

Examples of this can be:

- Dealing with trauma on a constant or daily basis
- Exposure to trauma, violence and conflict on a daily basis

(Stevens et al., 2013)

Listening to Your Body

Secondary Trauma Reactions

- Symptoms similar to PTSD, but from secondary exposure.
- Specifically relating to Covid-19 frontline workers have Insomnia and suffer from exhaustion.

Continuous Trauma Reactions

- Including avoidance
- Continuous hyperarousal
- Eventually lead to fatigue, anxiety, depletion, and incapacitation in almost all individuals
- May result in PTSD

Rauvola, R.S., Vega, D.M. & Lavigne, K.N, 2020; Diamond, G. M., Lipsitz, J. D., & Hoffman, Y. (2013) ; Secosan, I., Virga, D., Crainiceanu, Z. P., & Bratu, T.,2020;

Understanding Compassion Fatigue

- ❑ Compassion fatigue can cause burnout and secondary trauma

Compassion fatigue:

- ❑ The eventual and continual depletion of sympathy for others
- ❑ May cause mental and physical strains
- ❑ Result of prolonged and intense contact with patients
- ❑ Exposure to continuous stress
- ❑ Often times overlaps with concept of secondary trauma

Compassion Satisfaction

- ❑ Compassion satisfaction (Trumello, 2020):
 - ❑ Represents the positive aspect of being a healthcare worker
 - ❑ Related to an empathetic attitude and inclination to take care of suffering patients
- ❑ These factors play a fundamental role in professional quality of life stress
- ❑ As compassion satisfaction goes down, compassion fatigue goes up
- ❑ Positive affect and personal/social factors are positively correlated with compassion satisfaction
- ❑ Higher levels of stress and burnout = lower levels of compassion satisfaction

4 R's of Trauma-Informed Care



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Q&A