

# Psychosocial Aspects of Medical Trauma in the Bleeding Disorders Community



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# Objectives

- **Review medical trauma and stress experienced by PWH**
- **Identify Family Responses**
- **Identify Psychological Responses**
- **Review Treatment Approaches**

# Trauma and Stressor-Related Disorders

Trauma and stressor-related disorders include disorders in which exposure to traumatic or stressful event is listed explicitly as a diagnostic criterion.

- **Reactive Attachment Disorder**
- **Disinhibited Social Engagement Disorder**
- **Posttraumatic Stress Disorder**
- **Acute Stress Disorder**
- **Adjustment Disorders**
- **Other Specified Trauma- and Stressor-Related Disorder**

# Medical Trauma

- **Trauma Defined:** Traumatic events are defined as those that involve a direct threat of death, severe bodily harm, or psychological injury that the person, at the time, finds intensely distressing.
- **Psychiatric manifestations related to trauma exposure include mood, anxiety, behavioral, identity, eating, and substance abuse disorders**
- **Medical Trauma occurs in a medical care setting that is frightening, harmful, painful, isolating, and threatening, leading to significant emotional and psychological distress.**

# **Risk Factors for Medical Traumatic Stress**

- **Persons with a previous history of trauma**
- **Children and adolescents**
- **People with chronic illnesses**
- **Individuals from marginalized communities**

# **Symptoms of Traumatic Stress Disorder**

- **Intrusive Re-Experiencing**
- **Arousal, Hyper-Vigilance**
- **Negative Mood**
- **Avoidance**
- **Dissociative/Cognitive Symptoms**

# **PTSD & PTSS among PWH A & B**

- **N = 178 PWH**
- **57% (101) identified a hemophilia-related traumatic event**
- **11.8% (21) met criteria for PTSD; 3X higher than Gen. Pop**
- **Majority had not received a clinical diagnosis**

**Stahl, A., Barnett, K., Wilson, A., et al. PTSD and PTSS Symptoms Among Adults with Hemophilia A and B, 2023, Res Pract Thromb Haemost, 7.**

# **Effects of Medical Trauma**

- **Disrupted/Insecure Attachment**
- **Avoidance of Healthcare Settings**
- **Denial of Need for Care**
- **Anxiety/Stress around medical decision-making**
- **Distrust of Medical Staff**
- **Family Conflict/Emotional Dysregulation**
- **Self-Concept of Powerlessness**



# **Treatment Approaches for Medical Trauma**

- **Don't Re-traumatize the Patient!**
- **Educate**
- **Understand the meaning**
- **Cognitive Therapy**
- **Psychodynamic Therapy**

# **Hardiness Key Traits**

- Sense of control**
- Challenge orientation**
- Commitment to life roles**

# **Resilience Key Traits**

- **Ability to trust and form relationships**
- **Sense of independence**
- **Good problem-solving skills**
- **Perseverance**
- **Belief that lives have meaning and purpose**