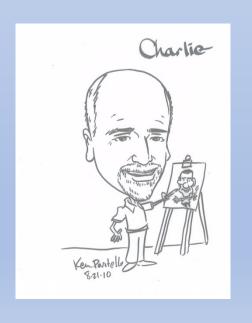
# Psychosocial Aspects of Medical Trauma in the Bleeding Disorders Community



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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 decisionmaking
- 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