Traumatic Stress in Ill or Injured Children AFTER THE ABC'S CONSIDER THE DEF'S

 Assess and manage pain. Ask about fears and worries. Distress

Consider grief and loss.

Barriers to mobilizing existing supports? Support

Family

• Who and what does the patient need now? Assess parents' or siblings' and others' distress.

Emotional

• Gauge family stressors and resources.

Address other needs (beyond medical.)

QUICK SCREEN

Is this child at risk for ongoing traumatic stress reactions?

ASK PARENT: Since this has happened, does your child...

- get Physical symptoms if reminded of the illness or injury?
- try not to Talk about it?
- Startle easily (for example, jump at sudden noises?)
- get very Distressed if reminded of the illness or injury?

ASK CHILD:

- Have you been really scared or thought you might die?
- Does a sudden noise really make you jump?
- Do you feel very upset when something reminds you of being sick or hurt?
- Do you have people who care about you and pay attention to what you say?

REMEMBER RISK FACTORS:

- Severe pain at any time?
- Exposed to scary sights and sounds?
- Separated from parents or caretakers?
- · Loved ones ill or injured? Did anyone die?
- Other losses such as, home, pet, belongings?
- · Is child mourning loss of ability, body image, or future?
- Prior scary experiences?
- Prior behavior problems?

If multiple concerns or risk factors present, arrange follow-up and consider referral for further assessment.