Trauma-Informed Collaborative Documentation
Objectives for This Training

- Establish a common language around what effective and strong progress notes looks like.
- Demonstrate how collaborative documentation is a patient-centered approach that results in better care, treatment, and notes.
- Explore the collaborative documentation model and discuss best practices for process and environment.
Determinants of Health

Health Behaviors 30%

Clinical Care 10%

Access to Care 10%

Social & Economic Factors 40%

Physical Environment 10%

Health Outcomes
Eight Dimensions of Wellness

EMOTIONAL
Coping effectively with life and creating satisfying relationships

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills

PHYSICAL
Recognizing the need for physical activity, diet, sleep and nutrition

FINANCIAL
Satisfaction with current and future financial situations

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system

SPIRITUAL
Expanding our sense of purpose and meaning in life

OCCUPATIONAL
Personal satisfaction and enrichment derived from one’s work

# Social Determinants of Health

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>Housing</td>
<td>Literacy</td>
<td>Hunger</td>
<td>Social integration</td>
<td>Health coverage</td>
</tr>
<tr>
<td>Income</td>
<td>Transportation</td>
<td>Language</td>
<td>Access to healthy options</td>
<td>Support systems</td>
<td>Provider availability</td>
</tr>
<tr>
<td>Expenses</td>
<td>Safety</td>
<td>Early childhood education</td>
<td></td>
<td>Community engagement</td>
<td>Provider linguistic and cultural competency</td>
</tr>
<tr>
<td>Debt</td>
<td>Parks</td>
<td>Education</td>
<td></td>
<td>Discrimination</td>
<td>Quality of care</td>
</tr>
<tr>
<td>Medical bills</td>
<td>Playgrounds</td>
<td>Higher education</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Support</td>
<td>Walkability</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Health Outcomes**
- Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations
Community-level interactions

Source: Centers for Disease Control and Prevention, 2018
Why Does Documentation Matter?

If it is not documented, it did not happen!
An Effective Progress Note

- Readable – not too “clinical” or too much jargon
- Objective neutral language
- Useful to:
  - Patient
  - Clinician
  - Others involved in patient’s care – team members, collaterals, others?
- Demonstrates service necessity
Language Matters: Be Attentive to All Language

“Lazy”

“Naughty”

“Non-compliant”

“Manipulative”

“Jargon”

TheNationalCouncil.org
The Documentation Linkage

Assessment
- Strengths/Challenges
- Assessed Needs/Personal Goals

Treatment Plan
- Goals and Objectives
- Should link to assessed needs and goals from initial assessment

Progress Notes
- Interventions
- Progress
What’s wrong with the way I am documenting now? Why should I care about collaborative documentation?
Trauma Impacts Brain Development

Typical Development
- Cognition
- Social/Emotional
- Regulation
- Survival

Developmental Trauma
- Cognition
- Social/Emotional
- Regulation
- Survival
Trauma Shapes Beliefs

- Worldview
- Spirituality
- Identity

We do not see things the way they are. We see them as we are.

Heather Marcus
What’s Sitting in the Room from Trauma

- Anger
- Defiance
- Difficulty forming relationships
- Physical Illness
- Sleep problems
- Persistent irritability
- Inattention
- Hyper arousal
- Need to control
- Shame
- Mistrust
- Traumatic grief
- Depression
- Sensory sensitivity
- Dissociation
- Avoidant behavior
- Low self-esteem
- Aggression
- Difficulty concentrating
- Perfectionism
- Disrupted Mood
- Regressive behavior
- Guilt
Principles of a Trauma-Informed Approach

1. Safety
2. Trustworthiness & Transparency
3. Peer Support
4. Collaboration & Mutuality
5. Empowerment, Voice & Choice
6. Cultural, Historical & Gender Issues
Cultural Humility

Practicing Cultural Humility

Ask questions in a humble, safe manner
Seek Self-Awareness
Suspend Judgment
Express kindness and compassion
Support a safe and welcoming environment
Start where the patient is at

- Lisa Boesen
We need to have...
Collaborative documentation is a practice where the clinician and client document together, during the session.

- Concurrently for assessments/treatment plans
- Beginning and end for ongoing sessions...
  - “first five and last five”
- Not Concurrent Documentation
Tips for Collaborative Documentation

- **Use**
- **Ask**
- **Let**
Benefits of Collaborative Documentation

- Improves Quality of Life
- Improves Client Outcomes
- Supports Shared Decision-Making
- Improves Compliance
- Improves Capacity and Productivity
Collaborative Documentation Setup

**SCRIPTS** – KNOW HOW YOU ARE GOING TO INTRODUCE TO CLIENT BEFORE THE SESSION

**TECHNOLOGY** – WHAT IS NEEDED/AVAILABLE?

**TIME/FLOW** – REAL TIME FOR ASSESSMENTS/TX PLANS, BEGINNING AND END FOR PROGRESS NOTES

**HIPAA** – BE CAREFUL OTHER INFORMATION ON THE COMPUTER IS NOT SEEN BY THE CLIENT
Thank You!