
The TrACEs Project: Viewing a BSc in Nursing through a Trauma-Informed Lens.

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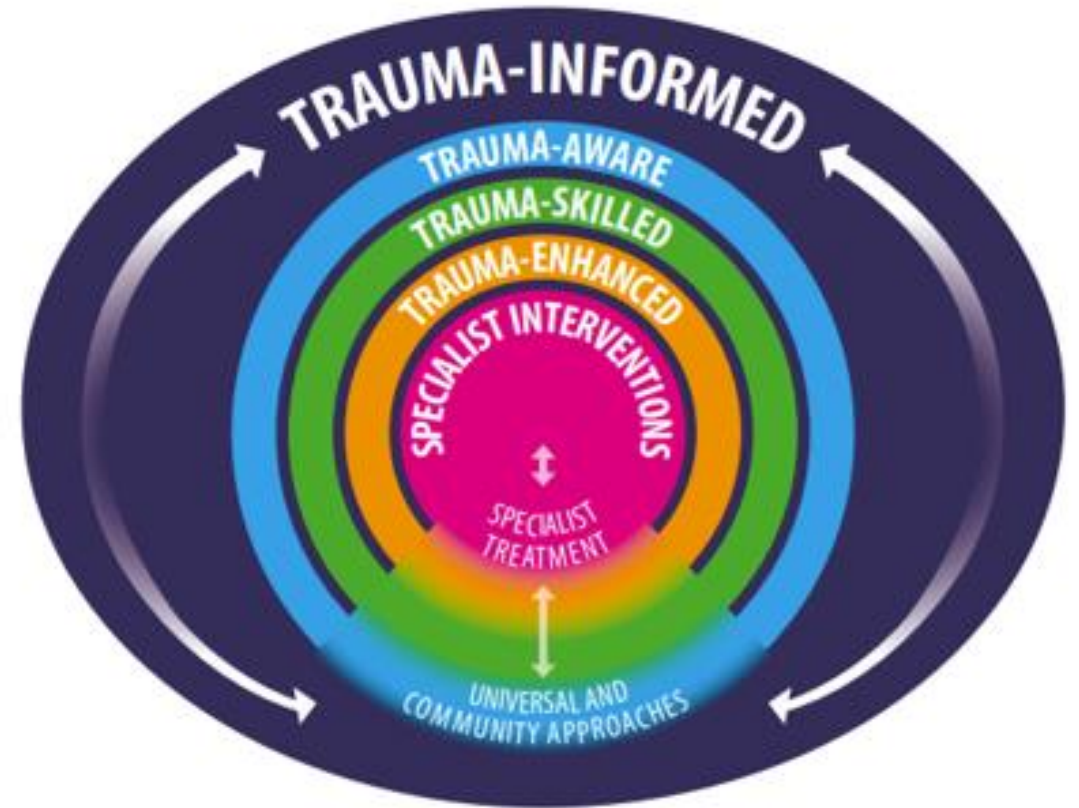
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Overview:

- Brief summary of the Adverse Childhood Experience (ACEs), Special Interest Group (SIG).
- Intention of our work.
- our paper.
- Evaluation.
- Findings.
- Future Ideas.
- Summary



ACEs SIG.

- 1st and 2nd year students and Mental Health Lead.
- Adult and Mental Health Students.
- OG formed in September 2023.
- New members September 2024.



Our work.

- Collaboration with ACE Hub Wales and TSW (trauma stress Wales).
- Workbook with resources for students and healthcare practitioners.
- Website with resources.
- TIA Teaching sessions for all students.
- Animation based on TIA funded by ACE Hub Wales.
- TrACE Ambassadors Aberystwyth University.
- Collaboration with other Welsh Universities.
- Presentations to HEIW (Health Education Improvement Wales).
- Conference Presentations ACE Hub Wales, TSW.
- Conference at Aberystwyth University November 2025 to launch CPD L7 module and TIA Training for all healthcare practitioners.



Aim of Teaching sessions:

- Brief summary of the Adverse Childhood Experience (ACEs) Special Interest Group (SIG).
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Exercise:

1. Think of a patient or service user that you have encountered and the behaviour they presented with?
2. Summarise the response of clinicians or the treatment they received.
3. Put on a 'Trauma-Informed Lens and consider how you could/would provide a TI response and explain what this looks like?

Trauma-Informed Sessions.

Content:

- Psychologically Safe Environment (TIEP).
- Recap on previous ACEs lectures.
- Potential Impact of ACEs across the Life Course.
- Adverse Community Environments.
- The Increased Risk of ACEs and Trauma.
- ACEs and Brain development.
- Stress and the Trauma Response.
- Understanding the Impact of Trauma.



Trauma-Informed Sessions.

Content:

- The Triune Brain and Stress Response System.
- Our Own Stress Response System.
- Intergenerational Transmission of Trauma – ‘Breaking the Cycle of Transmission’.
- Understanding Trauma Through a Trauma-Informed Lens.
- Culture, Adversity and Trauma Interface.
- The Wales Trauma-Informed Practice Framework.



TI Session Evaluation:

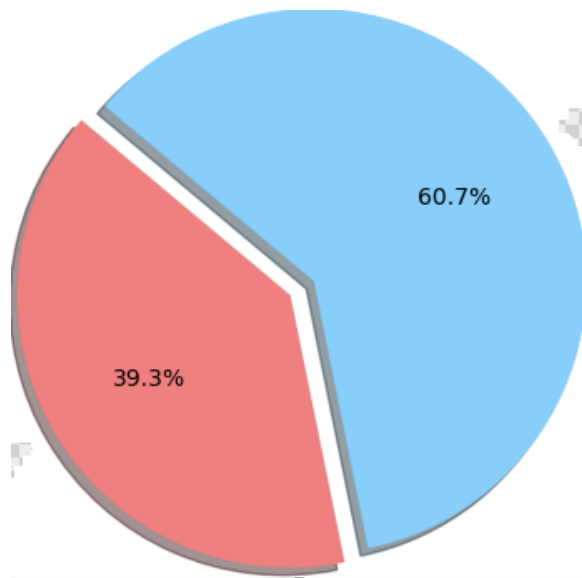
Method – mixed methodology to elicit quantitative and qualitative data:

- 1: not at all.
- 2: somewhat.
- 3. some change; and
- 4. Significantly.

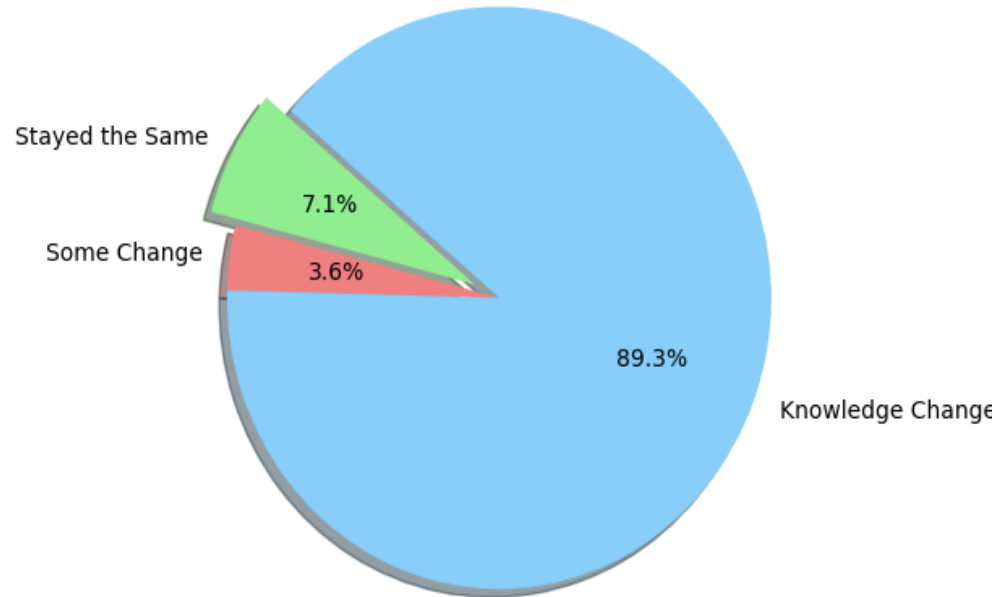


Quantitative Evaluation:

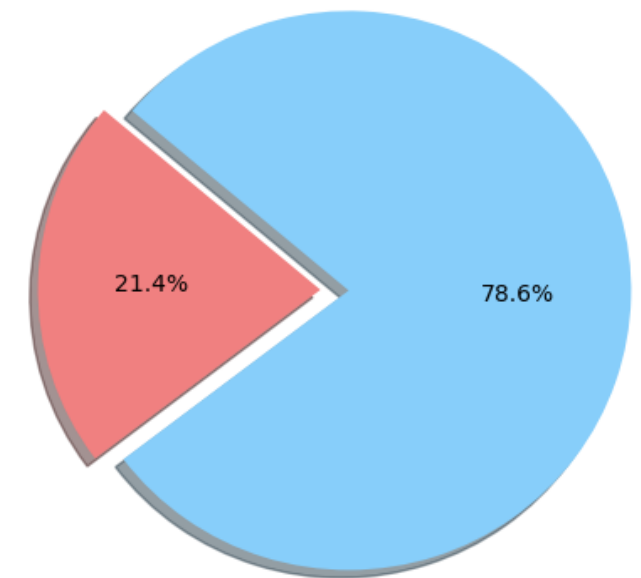
1. To what extent do you believe that your understanding of trauma-informed approaches has changed?



2. To what extent do you feel your knowledge of how ACEs impact upon physical and mental health has improved?



1. To what extent do you believe that this session will influence your future practice?



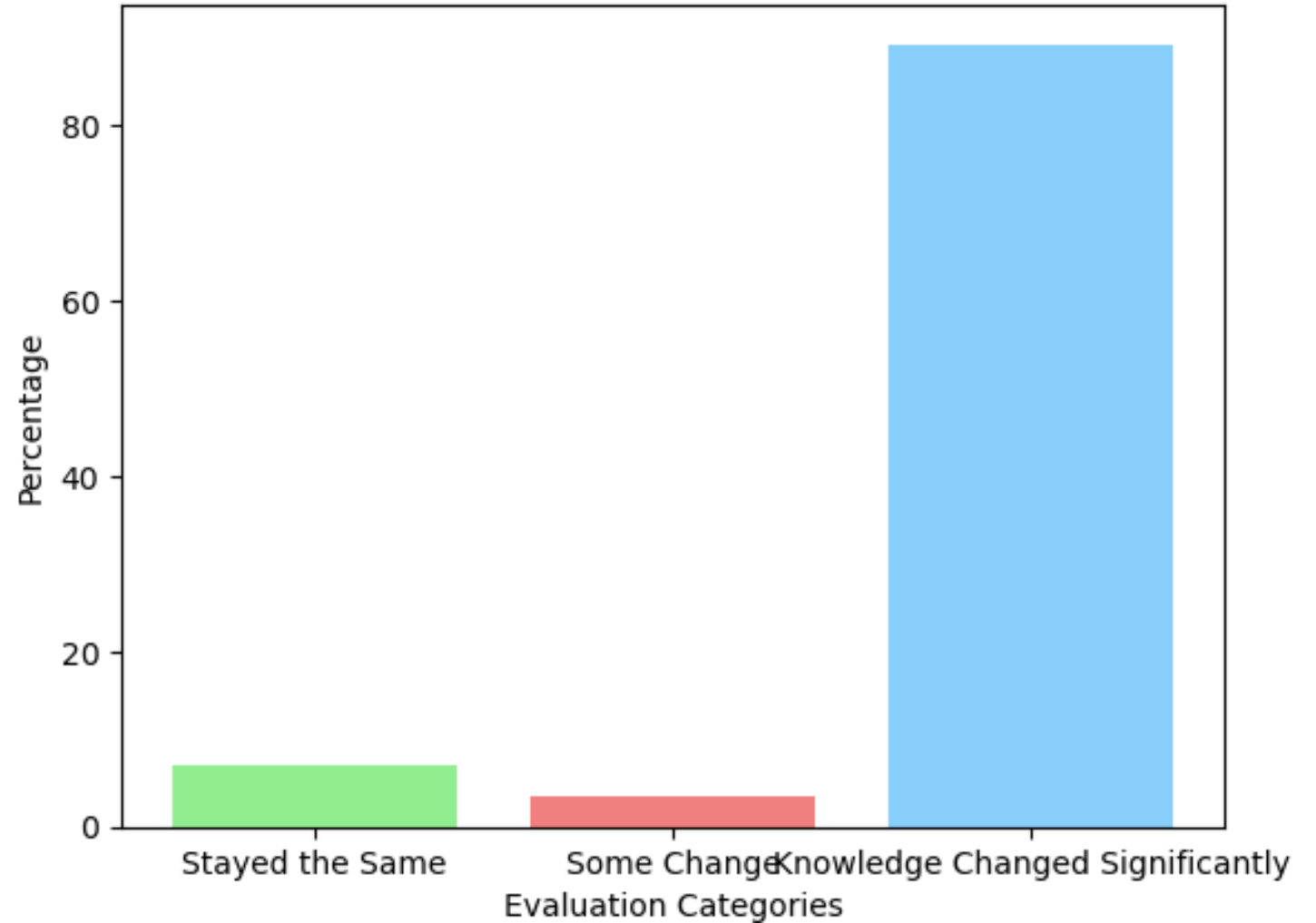
Question 1:

- 39.3% of students (11 students) answered that there had been 'some change'.
- 60.7% (17 students) stating that their knowledge had changed 'significantly'.



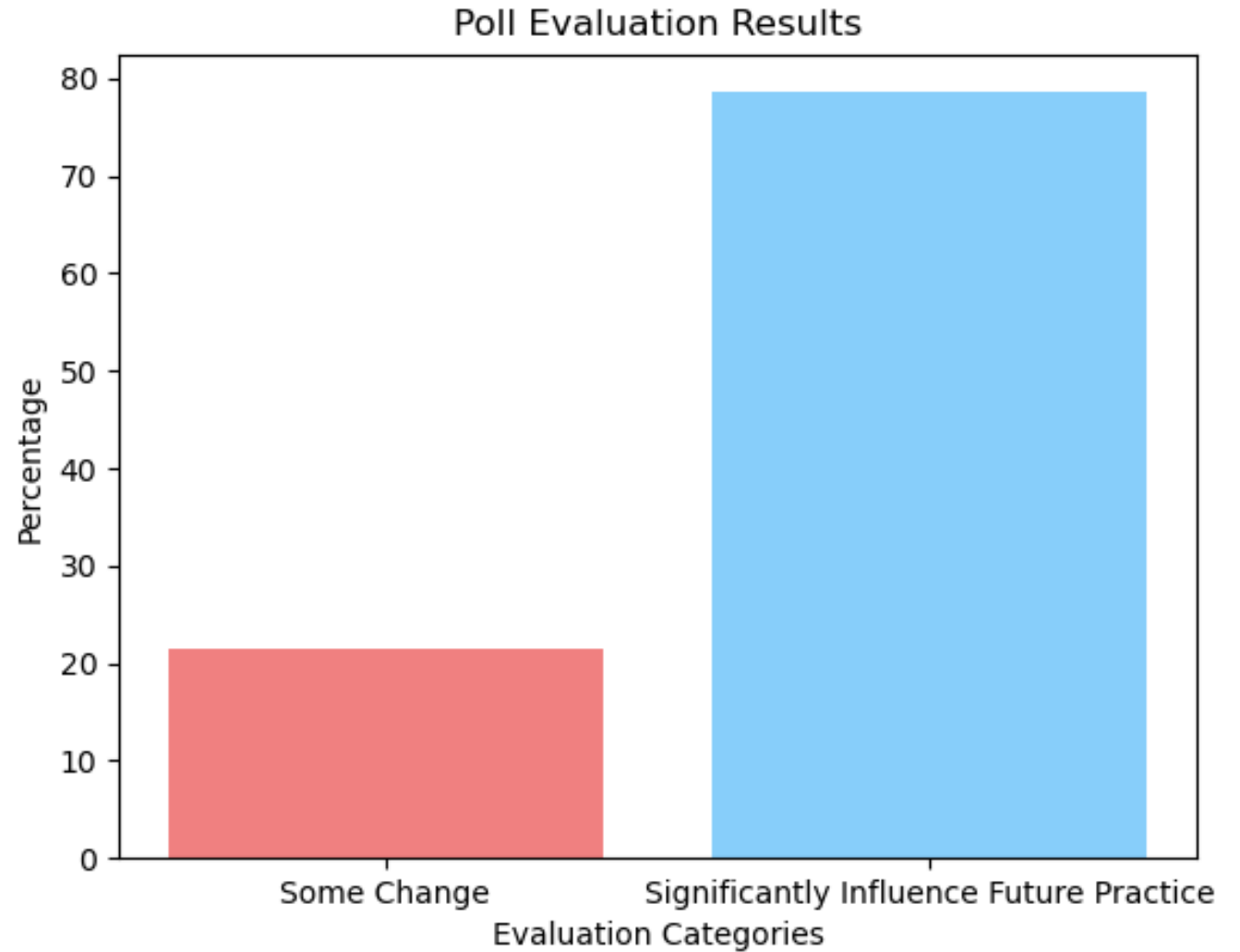
Question 2:

- 7.1% (2 students) stated that their knowledge had stayed the same.
- 3.6% (1 students) stated that there had been 'some change'.
- 89.3% (25 students) stated that their knowledge had increased significantly.



Question 3:

- 78.6% (22 students) stated that the TI training would influence their future practice.
- 21.4% (6 students) stated that it would influence 'some change'.



Qualitative Evaluation:

4. What are your thoughts and feelings about ACEs and Trauma-informed approaches?

6 respondents (23%) answered important for this question.



5. In what ways do you think this will impact upon your practice?

5 respondents (20%) answered patients for this question.

A word cloud of responses to the question 'In what ways do you think this will impact upon your practice?'. The words are arranged in a cloud shape, with 'patients' and 'trauma' being the most prominent. Other words include 'practice', 'people', 'open minded', 'approaching', 'informed', 'holistic care', 'relationships with patients', 'patients and colleagues', 'impact of trauma', 'impact on both patients', 'care is individualized', 'ACEs and trauma', 'understanding of patients', 'patients with ACEs', 'caring', 'knowledge around trauma', and 'environment for patients'.

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patients with ACEs
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Incorporating knowledge of ACEs and trauma-informed approaches will have a significant impact on my practice by enhancing the quality of care I provide and fostering stronger, more empathetic relationships with patients. Understanding the impact of trauma will enable me to view patients' behaviours and needs through a compassionate lens, recognizing that their experiences may influence how they interact with care or respond to treatment.

(Anon, 2025)

6. Any other thoughts?

4 respondents (27%) answered session for this question.

A word cloud visualization of responses to the question 'Any other thoughts?'. The words are arranged in a circular pattern around a central white circle containing the text 'session Great'. The words are in various sizes and orientations, representing their frequency or importance in the responses.

session Great

systemic improvements
healthcare delivery
important changes
shift in healthcare
healthcare disparities
self-care
care and resilience
practice
healthcare professionals
standards of care
ACEs and trauma
greater empathy
effects of trauma
address inequities
leadership and inclusivity
Great session
individual interactions
better advocate



I also believe that adopting trauma-informed approaches has broader implications beyond individual patient interactions. It encourages a systemic shift in healthcare towards greater empathy, inclusivity, and equity.

(Anon, 2025)

Findings:

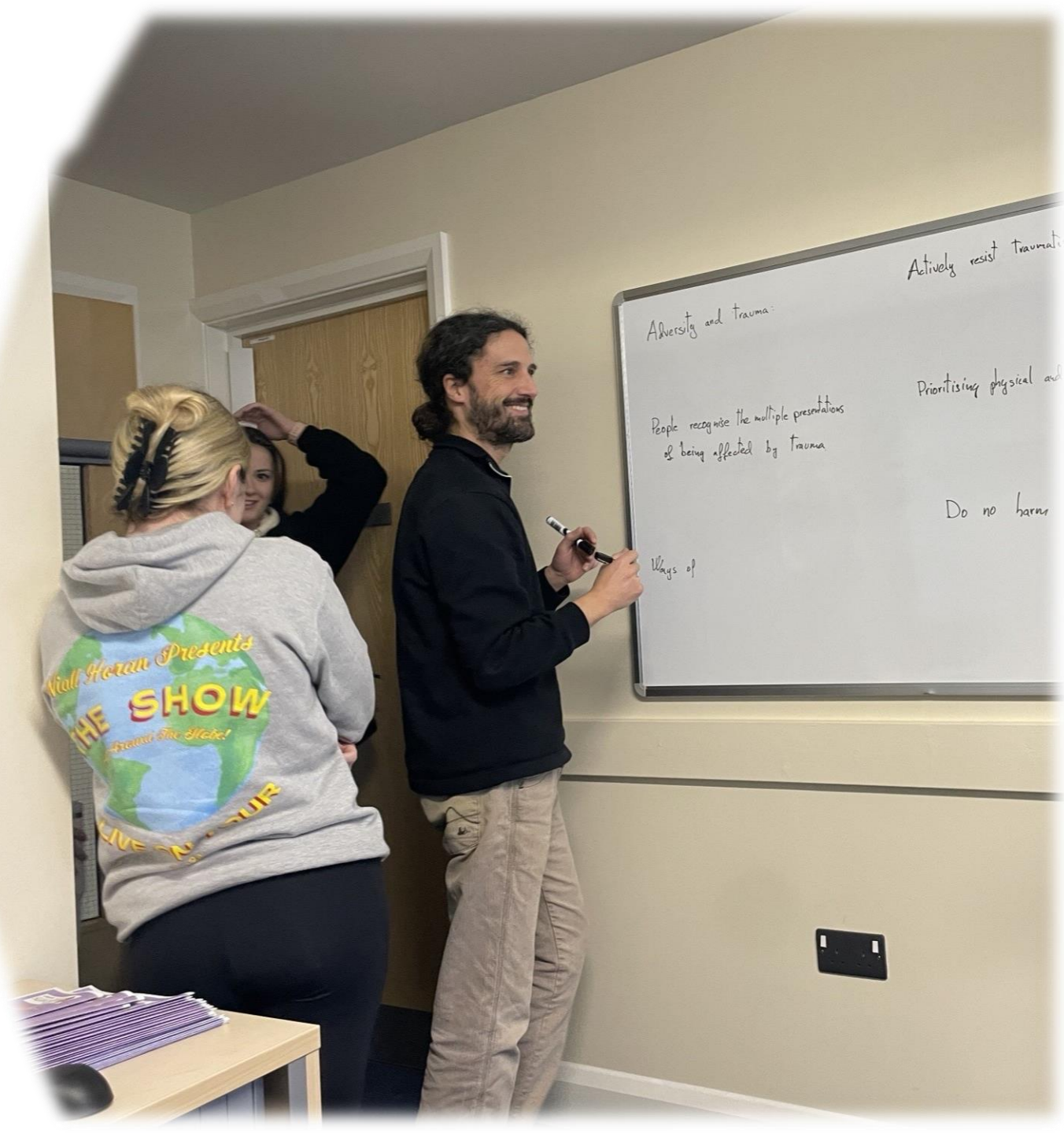
Based on the data from the poll, we can draw several conclusions:

- **Major Impact on Future Practice:** 78% of students stated that this training would influence their practice.
- **Positive Change:** training had a positive effect on their knowledge and future practice.
- **Overall Effectiveness:** The combined data shows that 100% of the students experienced some level of positive change.



Future Ideas:

- TrACE Champions upon registration.
- TSW (traumatic stress Wales) training.
- CPD L7 Module.
- Practical TrACE Training for all healthcare practitioners.
- New student's new ideas: creative writing sessions, Care leavers, Influence upon substance use, etc.
- Art Therapy sessions – create a psychologically safe place.
- TRiM (trauma response and management) training.
- Continue the cycle of TrACE training and awareness for all AU students.



Summary:

- Sustainability.
- Continue to evaluate and improve our work and training.
- Continue to evolve and promote the TrACE agenda in Wales.
- TSW 'In-Person' Training.
- Embed Self Compassion & Resilience sessions in Nursing Curriculum.
- Conference November 2025.
- Training for our Health Board Partners.
- L7 CPD module.
- Animation.
- TrACE Champions upon registration and continue to promote this vital work in Wales.



Thank you for listening.

QUESTIONS?



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