

INTRODUCTION

Adverse childhood events and other forms of psychological trauma are experienced by many patients and medical trainees. All forms of trauma can be associated with adverse health consequences. Trauma-informed care provides a framework to address these consequences, however it is not routinely included in educational curriculum.

Microlearning, brief learning modules, may be one solution to increase awareness about the impact, assessment, and treatment of trauma. Online microlearning modules have been shown to improve accessibility and retention and are often preferred by learners.

The author aimed to develop a series of brief online modules intended to increase medical trainees ability to recognize, assess, and treat the impacts of trauma and other adverse experiences.

METHODS

Nine modules were created which covered a range of trauma-related topics.

1) Introduction. 2) Adjustment disorder. 3) Grief and bereavement. 4) Post-traumatic stress disorder. 5) Epidemiology, pathogenesis, & prognosis. 6) Clinical pearls. 7) Mental status exam. 8) Trauma-focused psychotherapy. 9) Medications for PTSD.

Each module takes less than five minutes to read. The lessons were made available on a free educational website (bulletpsych.com). The lessons were promoted through social media and email lists.

FIGURE #1: The Trauma Curriculum



RESULTS

There have been over 1,700 page views of the trauma-informed lessons since their creation (May 2021 - March 2022).

During this same time period there have been over 27,000 site sessions and over 12,500 unique visitors to the other microlessons on bulletpsych.com.

Top traffic sources to the trauma-related topics include search engines (33%), unknown (25%), direct search (19%), email campaigns (14%), facebook (8%), and reddit (1%).

The curriculum has reached readers from 117 different countries with the majority of readers located in the United States, Australia, Canada, India, the United Kingdom, and the Philippines.

CONCLUSION

There are a number of different ways to improve access to trauma-informed medical curricula and this project has highlighted one such avenue. Breaking down this complex subject into small online modules has the potential to improve access, understanding, and retention of trauma-informed principles.

The modules have drawn traffic from a number of different sources. We plan to continue this project and collect new data to determine the effectiveness of this curriculum on trauma-informed learning objectives.