

Trauma Responsive Leadership in Labor and Delivery: Implications for Perinatal Patient Safety and Quality

A One-Day Workshop for Perinatal Leaders



September 12th, 2024



9:00am-2:30pm
lunch will be provided



Maryland Patient Safety Center
6820 Deerpath Rd. Elkridge, MD

Who Should Attend: Each birthing hospital has been guaranteed two seats at this workshop and is encouraged to send one nurse and one OB provider leader (2 individuals)

**CLICK HERE
TO REGISTER**

[Trauma Responsive Leadership Workshop-Register Here](#)
Please register by August 30th

Workshop Description

Healthcare providers are regularly exposed to trauma in the workplace. Although leaders cannot eliminate trauma, they can be sensitive to the trauma their staff experiences. Leaders can mitigate workplace trauma by building healthy work environments and organizational cultures that promote personal connections, foster trust, and authenticity, and prioritize rest. Creating work environments where individuals feel safe promotes workforce retention, staff morale, and a culture of safety. Specifically, Trauma-responsive leadership following severe maternal and neonatal events has the potential to improve the quality and safety of care provided. This workshop will explore how leaders can apply the principles of trauma-informed care to realize, recognize, respond, and resist the re-traumatization of nurses and providers on their team. Additionally, attendees will learn foundational debriefing practices that can be used after serious events to identify opportunities for improvement as well as to provide support and check-in with colleagues.

Workshop Objectives

- Identify the impact of trauma on the healthcare workforce, quality, safety, and retention.
- Discuss key strategies that leaders can use to debrief with nurses and providers after a severe event to promote staff wellbeing.
- Create a trauma-responsive leader toolbox to support perinatal nurses and providers.

“Health care providers are often “second victims” of traumatic childbirth events and should be adequately supported by their organizations to alleviate occupational stress and burnout”~ Shorey & Wong, 2022



questions about the program contact Adriane Burgess at aburgess@marylandpatientsafety.org

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Workshop Agenda

Time	Topic	Speaker
9:00-9:45am	Introductions and Why We Are Here	Adriane Burgess <i>Maryland Patient Safety Center</i>
9:45-10:30am	Support after Severe Maternal Event and Perinatal Quality and Safety	Adriane Burgess <i>Maryland Patient Safety Center</i>
10:30-10:45am	Break	
10:45-11:15am	Provider Trauma: The Case of an Amniotic Fluid Embolism	Kayleigh Summers <i>The AFE Foundation and The Birth Trauma Mama</i>
11:15-12:00pm	Debriefing the Frontlines	Tara Ryan Kosmas <i>Debriefing the Front Lines</i>
12:00-12:30pm	Lunch	
12:30-1:15pm	What Leaders Need to Know about Perinatal Trauma and Secondary Traumatic Stress	Maggie Runyon <i>Your Birth Partners</i>
1:15-2:00pm	Case Studies and Discussion Creating a Leadership Tool Box	Maggie Runyon and Tara Ryan Kosmas
2:00-2:30pm	Resources, Solutions and Next Steps Designating a Debriefing Site Champion	Adriane Burgess <i>Maryland Patient Safety Center</i>

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Support after Severe Maternal Event and Perinatal Quality and Safety

Rates of severe maternal morbidity and mortality have been increasing. Perinatal nurses and providers are significantly impacted by these events, require support, yet may be unprepared or unaware of how to access resources for support. Debriefing as a team after an adverse event to identify opportunities to improve has been highlighted by organizations such as the Alliance of Innovation in Maternal Health and The Joint Commission as a critical to improving perinatal safety. Yet many of those who lead debriefs have not been formally trained and formal workflows do not exist to connect perinatal clinicians in need of support to more formalized support programs within the hospital. This presentation will aim to shine a light on gaps in the current debriefing process and the implications this has on perinatal quality and safety.

Objectives:

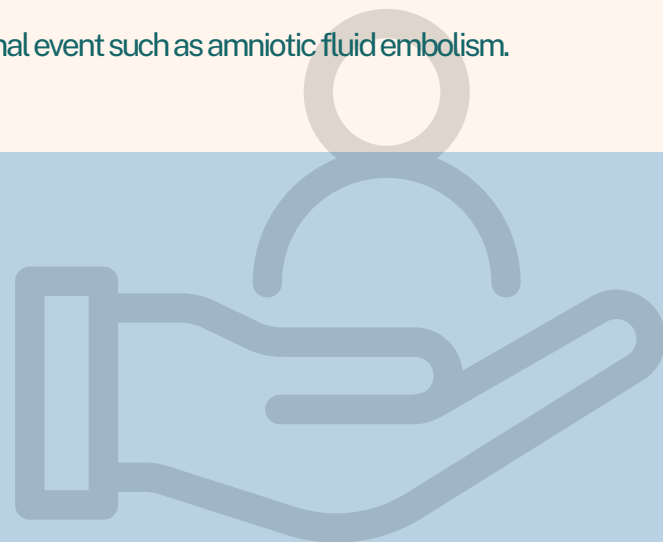
- Outline gaps in perinatal debriefing and consider the impact of this on patient safety, quality and perinatal clinicians.
- Describe the need for well done debriefing after severe maternal events.

Provider Trauma: The Case of an Amniotic Fluid Embolism

Severe maternal events, among other obstetric emergencies, increase the risk for trauma, not only for patients but also for providers. It is important to understand the unique intersection of trauma in these cases and the role provider trauma plays in future patient interactions as well. OBGYNs and L&D staff are in a unique position to witness the extreme spectrum of tragedy and joy within a single day on their unit. The cognitive and emotional flexibility required for such work must be supported and fostered in order to uphold the health and safety of the unit. This presentation will describe provider trauma and its intersection with patient trauma through the case of an Amniotic Fluid Embolism. It will provide strategies for recognizing and supporting providers who have experienced trauma with the goal of a safe and healthy unit for everyone.

Objectives:

- Recognize provider trauma, particularly in the setting of a severe maternal event such as amniotic fluid embolism.
- Understand the intersection of provider trauma and patient trauma.



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What Leaders Need to Know about Perinatal Trauma and Secondary Traumatic Stress

Trauma, burnout, trauma-informed care, secondary traumatic stress, trauma-awareness, compassion fatigue, trauma-responsiveness...there are so many buzzwords, so many definitions, what do leaders need to know to support their staff? In this session, we will cover the basics trauma responses in patients and staff and discuss the perinatal care-specific concerns leaders need to be cognizant of as they build their trauma-responsive toolkit.

Objectives:

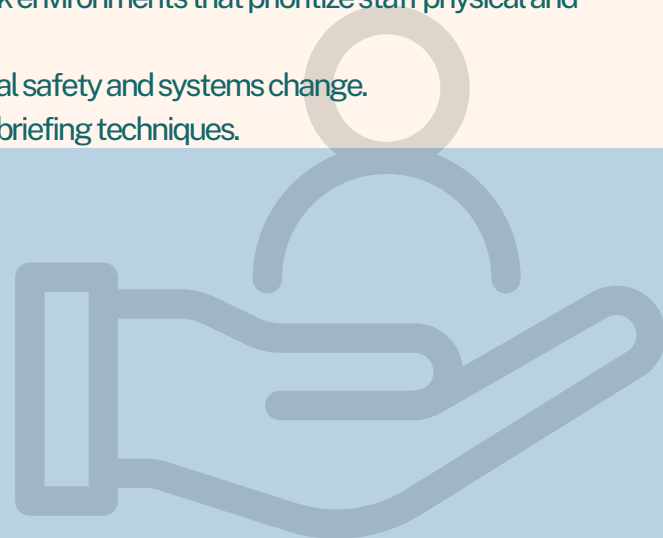
- Appreciate the impact of perinatal-specific trauma on staff's risk of secondary traumatic stress and other psychological distress.
- Foster trauma-responsive leadership techniques to improve staff well-being.

Debriefing the Frontlines

Trauma is a pervasive problem, it is seen and felt everywhere within the healthcare system. Although unavoidable, leaders play a crucial role in creating and maintaining healthy work environments that prioritize physical and emotional well-being. Through debriefing practices, leaders can foster a culture of safety, role model empathy, encourage open, retaliation-free communication, and uncover vulnerabilities to prevent further harm to staff and patients alike. This workshop will explore how leaders can utilize debriefing tools to promote psychological safety, increase workplace morale, and build trust in an authentic and meaningful way that contributes to staff well-being, retention, and quality patient care.

Objectives:

- Discuss the crucial role leaders have in creating and maintaining healthy work environments that prioritize staff physical and emotional well-being.
- Explore meaningful debriefing practices as a tool for cultivating psychological safety and systems change.
- Reflect on your own leadership practices and identify areas to implement debriefing techniques.



Meet our Speakers



Tara Ryan Kosmas, MSN, RN, NC-BC, CHSE, SOAR
Executive Director, Debriefing the Front Lines, Inc.
Debriefing, Peer Support + Continuing Education

Life as a pediatric burn survivor shaped Tara's experience and led her to the nursing profession. Tara's nursing experience spans 20 years and includes burn trauma ICU and nursing education with an emphasis on debriefing and peer support. Tara is the Executive Director of the national nurse-led mental health organization, Debriefing the Front Lines. Debriefing the Front Lines provides debriefing of single incident and Cumulative Care Taking Trauma®, emotional wellness offerings, sobriety support, and continuing education workshops for nurses working the bedside and beyond.



Maggie Runyon (she/her), MSN, RNC-OB, CYT-200
Founding Executive Director of Your BIRTH Partners

Maggie is a nurse, educator, and writer. She began her nursing career in 2009 and has since practiced in hospitals and communities nationwide, primarily in labor and birth environments. Maggie maintains a bedside practice at a community hospital in Pennsylvania, in addition to her non-profit work as Founding Executive Director of Your BIRTH Partners. Maggie is currently pursuing her PhD in Nursing and loves educating, mentoring, and learning alongside other nurses. Her research interests are trauma-informed care, secondary traumatic stress, trauma-responsive work environments, and nurse identity.



Kayleigh Summers MSW, LCSW, PMH-C
Founder of The Birth Trauma Mama, Birth Trauma Education and Support

Kayleigh Summers is a licensed therapist, writer, speaker and private practice owner in Downingtown, PA. She specializes in perinatal trauma and has specific training in both perinatal mental health and EMDR. Kayleigh uses her training as a licensed therapist and her lived experience as an Amniotic Fluid Embolism survivor to collaborate with hospitals and medical staff to understand the patient experience of birth trauma along with ways to prevent and mitigate that trauma. Kayleigh has also created thriving birth trauma support communities through Instagram and Tik Tok, as well as her podcast, where she provides connection, story sharing, and resources to support those experiencing birth and other trauma. You can find her @thebirthtrauma_mama.

Meet our Speakers



Adriane Burgess PhD, RNC-OB, C-ONQS, CPHQ, FAWHONN
Director of Innovation in Patient Safety and Quality
Maryland Patient Safety Center

Dr. Burgess has been a registered nurse for over 25 years working in a variety of maternal child health clinical settings. She holds a variety of certifications including certifications in health care quality, education, and obstetrical care. Currently, she works as the Director of Innovation in Patient Safety and Quality at the Maryland Patient Safety Center where she leads several statewide initiatives to promote quality and safety in maternal and neonatal care. In 2023, Dr. Burgess received AWHONN's Award for Excellence in Leadership and was inducted as a fellow in the Association of Women's Health Obstetric and Neonatal Nurses. She is passionate about moving forward and supporting initiatives aimed at improving the health and outcomes of birthing people and their babies.



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