



## Pediatric Injury and Traumatic Stress

### Information Resources

**Center for Pediatric Traumatic Stress**, <http://www.chop.edu/cpts>

**National Child Traumatic Stress Network**, <http://www.NCTSN.net.org>

**TraumaLink**, <http://www.traumalink.chop.edu>

**CPTS**

**Center for Pediatric Traumatic Stress**

The Children's Hospital of Philadelphia

A PARTNER IN

**NCTSN**

The National Child  
Traumatic Stress Network

**TraumaLink**

**CH** The Children's Hospital of Philadelphia®

*A pediatric healthcare network*

Quick reminders if your patient has been injured:

# ARE U OK?

## 1 ASK child *and* parent:

“How are you doing since this happened?”

## 2 RISK factors – keep them in mind.

**Preexisting:** Traumatic experiences?

Behavioral concerns?

**When injured:** Very afraid?

Separated from parents? Severe pain?

## 3 UNDERSTAND common reactions to trauma.

- Thinking a lot about what happened
- Trying to avoid reminders of it
- Jumpy or on edge
- Trouble sleeping or concentrating

## 4 OFFER anticipatory guidance.

- Explain normal reactions to trauma.
- Counsel parents to talk with child and listen carefully.
- Encourage child’s return to normal activities.
- Acknowledge parent stress.

## 5 KEEP IN TOUCH:

**Consider:** Does this child need follow-up or referral?