



Trauma-informed care practices to support caregivers of children with severe illness: a systematic review

Family caregivers experience anxiety, distress, and depression at levels greater to or equal than patients, with evidence showing that 20-30% of care partners experience post-traumatic stress symptoms. Bereaved parents report poorer psychological well-being that last for many years after child loss. While we recognize and support family caregivers in their journey of grief, we lack understanding of the trauma associated with caring for or losing a child who has a life-limiting or chronic complex medical condition—and an understanding of the effect of trauma-informed care services on caregiver well-being.

Our patient-driven research project aims to evaluate and synthesize the literature to understand whether and how trauma-informed care services can prevent or alleviate traumatic stress in family caregivers. The proposed systematic review is co-led by a patient caregiver and includes family caregivers, multidisciplinary pediatric clinicians, and researchers within the team. This work seeks to challenge current paradigms by identifying, critiquing, and merging qualitative and quantitative research to gain a deeper understanding of how caregivers experience trauma-informed care services. This review will provide crucially needed data to inform the development and implementation of high-quality, caregiver co-designed services aimed at improving health outcomes for the families of children with life-limiting or chronic complex medical conditions.



BC Pomeroy

Patient Partner, SPOR Evidence Alliance

BC Pomeroy is an active patient partner, Healthcare Educator and works with the Experience Team at Island Health. BC is co-lead and PI on several research projects partnering with institutions and organizations like UBC, BC Children's Hospital and Women's Health Research Institute. They also sit on the Oversight & Advisory Council for BCPSQC's Patient Voices Network and SPOR Evidence Alliance Executive Committee. BC has a particular interest in Justice, Equity, Diversity and Inclusion (JEDI+) and has co-developed a Trauma & Resiliency Informed Practice program for Research and Evaluation; a strength-based approach to patient-oriented research. BC fell into patient-oriented research after their daughter, Sophia, passed away in 2017 from a rare, complex, chronic disease at the age of 16.



Lindsay Jibb RN, PhD

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Dr. Lindsay Jibb holds the Signy Hildur Eaton Chair in Pediatric Nursing Research at the Hospital for Sick Children and the University of Toronto and a Certified Pediatric Hematology/Oncology Nurse. Lindsay's research program is broadly focused on enhancing quality of life and improving psychosocial care for children, adolescents, and young adults with cancer and their families with focus on:

- User-centered development and evaluation of digital health technologies for symptom management
- Interventions to empower and support the health of family caregivers of children with cancer
- Home-based childhood cancer care
- Child with cancer- and caregiver-oriented research priority identification and engagement in research