Dear Healthcare Provider,
My name is ______________________,
my pronouns are ________________.
Please call me _____________________.

I have experienced trauma and that means at times it can be difficult for me to feel comfortable with medical/dental care.

Sometimes people approaching or touching me can be triggering and cause a trauma reaction in my body if I am not prepared.

If I am quiet or not responding to your questions, I may be dissociating, or need more time to process the information.

If I am upset or angry, I may be hyper-aroused or feel unsafe.

I would like to share some information with you to make my care easier and more effective.

Some common trauma triggers for me in the medical setting are:

Some common trauma reactions for me in the medical setting are:

There are things that you can do as a provider to make this easier and more effective. Here are a few ideas that work for me. (for example, cold packs, glass of water, blanket, soft tone, humor)

*Please remember to ask me how I would or would not like this information communicated to other providers and documented in my chart.

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**Trauma Informed Care Tips for Medical Exam**

- Prepare and use ‘Request for Trauma Informed Care’ card for the visit.
- If helpful, bring a safe or trusted person to visit, let provider know why they are there.
- Consider bringing grounding items (stress balls, stones, affirmations, blankets, oils etc.)
- Ask to meet fully clothed first to review the visit step by step and explain what exam entails and why.
- Ask for privacy to change, if not offered.
- Let provider know that getting consent to touch at each step is important and will help make the visit go more smoothly.
- During the exam, when possible, ask provider to stay within eyesight and not block the door.
- Request provider use simple language to communicate.
- If exam or intervention cannot be completed its ok.
- Give provider a safe person to call for you.
- Ask for the option of getting dressed before discussing next steps.
- Take notes for follow up information and ask how to access care information online.

Developed by the Center for Violence Prevention and Recovery staff in collaboration with survivors and patients through the Survivor Leadership Collective.