

## ABSTRACT

### BE TRAUMA INFORMED: A PILOT EVALUATION OF A PODCAST INTERVENTION TO IMPROVE TRAUMA-INFORMED CARE KNOWLEDGE, ATTITUDES, AND PRACTICES AMONG PEDIATRIC CRITICAL CARE NURSES

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Trauma-informed care (TIC) is integral to pediatric critical care (PCC) but accessible, scalable education for PCC nurses is limited. This mixed-methods pilot study developed and evaluated *Be Trauma Informed*, a two-episode podcast educational series designed to increase PCC nurses' TIC knowledge, attitudes, and practices while also assessing implementation outcomes of feasibility, necessity, acceptability, fidelity, safety, and beginning effectiveness.

The curriculum was developed by the primary investigator with stakeholder input from PCC and TIC experts. The podcast was professionally produced, and episodes were distributed on major podcast platforms. Using purposive convenience sampling, PCC nurses within the United States completed pretest (N=137) and posttest (n=89) surveys (Knowledge, Attitude, and Practice Related to Trauma-Informed Care Scale; Continuing Professional Development Reaction Questionnaire) and submitted reflective narratives. A volunteer subset (n=12) completed semi structured interviews to evaluate implementation outcomes.

The findings of this study demonstrated significant improvements in composite Knowledge, Attitude, and Practice (KAP) scores, with significant gains across each domain as well. CPDRQ scores exceeded the *a priori* threshold indicating intention to change practice with TIC interventions. Participants endorsed the intervention's necessity, accessibility, acceptability, safety, and fidelity. Findings indicated that a brief, professionally produced podcast is a feasible, acceptable, and effective method for initiating TIC training among PCC nurses. Further research with larger, controlled trials is warranted to evaluate sustained behavior change and implementation at scale.