

Trauma Pre-Screening Self-assessment

Workplace violence is on the rise. To better prepare employees in the event of escalating violence we are offering *Responding to Workplace Violence in Healthcare*. The experience is very valuable. This course discusses violence and violent situations. Some of the videos include simulations of active shooters and violent situations including gunshots being fired. The goal of this course is that you will be more conscious of threat potential and respond in a more proactive manner, potentially saving yourself and others from harm.

It is important to understand that the topic of this course may be difficult to experience. We do not want to do harm or traumatize any participants. Everyone comes to the course with different experiences and histories. The primary concern is your wellbeing. If at any time during the course, the topic is too much or it is affecting you in a negative way, you are able leave the room. One of the instructors will debrief you and offer assistance. After the course, if you are having difficulty managing the topics presented and discussed, please contact a member of the instructional team for assistance.

All participants are required to complete a pre-screening self-assessment. Some personal experiences make us more vulnerable or sensitized to violence. Employees have the option NOT to participate in this training.

Please review the following instructions and questions to help determine if you want to proceed with registration and participate in the simulation or opt out and NOT participate.

Instructions: To consider your risk for emotional trauma from participating in class, consider your answers to the following questions. **If you answer “yes” to 5 or more of the questions, you might consider opting out and not participating.**

Ask yourself:	Yes	No
Have you ever experienced a traumatic event?		
Do you have upsetting thoughts that come to mind against your will?		
Do you have dreams about a traumatic event?		
Do you have bad feelings that are stirred up by reminders of the event?		
Do you have difficulty falling or staying asleep?		
Do you have irritable outbursts of anger?		
Are you obsessed with concern of potential dangers to yourself or others?		
Are you experiencing being unusually jumpy or startled by something unexpected?		
When reminded of a traumatic event, do you have a fast heartbeat, stomach churning, sweatiness, or dizziness?		
Have you experienced times when you are acting or have feelings as though a traumatic event is happening again?		
Total		

Please provide your selection below:

_____ I have reviewed the course information provided and assessed my risk for emotional trauma from participating in the Responding to Workplace Violence in Healthcare. I am aware that video simulations of workplace violence, including an active shooter and gun fire, will be viewed, and discussed in this course. I voluntarily agree to participation.

_____ I am opting out of the course: Responding to Workplace Violence in Healthcare. I understand that this will not count against me or my employment in any way.