

Continuing Education (CE) for nurses: Understanding the health effects of Adverse Childhood Experiences (ACE)

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TOPIC/TARGET AUDIENCE: Topic: Adverse Childhood Experiences (ACEs), Trauma-Informed Care, Resilience/Target Audience: Nurses and Other Public Health Professionals in Oregon

ABSTRACT: Background of the Problem: Adverse childhood experiences (ACEs) such as childhood maltreatment, socioeconomic disadvantage, social isolation, and other stressful and traumatic experiences have been associated with long-term health effects such as depression, metabolic disorders, and elevated inflammation (Danese & McEwan, 2012). Nationally, Oregon has a higher prevalence of ACEs which impacts the health and overall well-being of individuals, families, and the community.

Strategies: Nurses have the opportunity to develop their knowledge of the long-term health effects of adverse childhood experiences (ACE), stress, and trauma. Strategies such as trauma-informed care, self-awareness and reflection, and developing therapeutic relationships can be used to promote healing and build individual and community resilience. The Oregon Action Coalition (OAC) Education Work Group, a collaborative group of nurse leaders from a variety of academic and practice organizations, developed a free online learning module for nurses to participate in lifelong learning while earning continuing education (CE) credit. The CE activity is one component of a larger initiative to build a Culture of Health while educating at least 100 nurses on concepts of ACEs, trauma experiences, trauma-informed care, and building resilience in the community.

Outcomes: The outcomes of the CE activity will be shared in the presentation.

OBJECTIVE(S):

- Describe the health effects of Adverse Childhood Experiences (ACE).
- Identify strategies that nurses can use to promote healing and resilience among individuals and communities.
- Discuss a continuing education (CE) opportunity developed for nurses to promote awareness of ACEs and build a Culture of Health.

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