

Experience of Medical Trauma Scale (EMTS)

The EMTS is a questionnaire completed by healthcare professionals to assess factors that contribute to a patient's distress while in the hospital setting and that can exacerbate a traumatic stress response to medical care. Such factors are distributed in the following categories: Communications with Clinicians, Physical Discomforts, Environmental Discomforts, and Emotional Discomforts.

Instructions to Clinician:

The following questionnaire should be administered by a clinician (*nurse, physician, or mental health professional*) in the acute care setting following a severe event, sentinel event, or in any circumstance in which a patient may have experienced trauma due to the nature of the illness, procedure, or unique circumstances.

For any items scored a "2" or above, clinicians should create a plan for improvement that includes consultation with the patient. For "Emotional Discomforts" items scored a "1" or above, plan to consult a mental health professional (Clinical Mental Health Counselor, Clinical Social Worker, or Psychologist) immediately.

In the event that a mental health professional is not accessible while the patient is at your facility, ensure that a referral for follow-up mental health care is included in the patient's discharge plan.

	Not Distressing/ Not Experienced	Slightly Distressing	Moderately Distressing	Fairly Distressing	Extremely Distressing
	0	1	2	3	4
Communication					
Interactions with medical staff (assistants and technologists)					
Interactions with nurses					
Interactions with physicians					
Interactions with surgeons					
Communications too detailed/technical					
Communications too quick/confusing					
Communications too vague					
Communications too infrequent					
Communications too frequent					

Plan of Action to Ameliorate the Patient Experience

For **Communications** items scored "2" or above:

Patient Remarks:.....

.....

Provider Response and Plan:.....

.....

.....

	Not Distressing/ Not Experienced	Slightly Distressing	Moderately Distressing	Fairly Distressing	Extremely Distressing
	0	1	2	3	4
Physical Discomforts					
Medication side effects					
Pain					
Medical procedures					
Experience of body in stressful positions					
IV placement and sensations					
Restriction of movement					
Uncomfortable gown/bedding					

Plan of Action to Ameliorate the Patient Experience

For **Physical Discomforts** items scored “2” or above:

Patient Remarks:.....

.....

Provider Response and Plan:.....

.....

.....

	Not Distressing/ Not Experienced	Slightly Distressing	Moderately Distressing	Fairly Distressing	Extremely Distressing
	0	1	2	3	4
Environmental Discomforts					
Restriction of food					
Restriction of water/fluids					
Limited personal hygiene					
Limited privacy					
Exposure to sounds (monitors, alarms, etc.)					
Exposure to lights (i.e. florescent overhead lighting)					
Exposure to odors					
Observing other sick/injured patients					
Threat of germs, infection					
Lack of personal clothing					

	Not Distressing/ Not Experienced	Slightly Distressing	Moderately Distressing	Fairly Distressing	Extremely Distressing
	0	1	2	3	4
Environmental Discomforts					
Lack of personal space					
Lack of typical routine/schedule					
Lack of typical diet					
Exposure to needles					
Exposure to blood					
Experience being monitored (heart rate, blood pressure, etc.)					
Experience of private areas being touched					
Experience of private areas being seen by staff					
Exposure to temperature					
Experience being confined to bed					

Plan of Action to Ameliorate the Patient Experience

For **Environmental Discomforts** items scored “2” or above:

Patient Remarks:.....

.....

Provider Response and Plan:.....

.....

.....

	Not Distressing/ Not Experienced	Slightly Distressing	Moderately Distressing	Fairly Distressing	Extremely Distressing
	0	1	2	3	4
Emotional Discomforts					
Feeling disoriented					
Feeling isolated					
Fear for own wellbeing					
Fear for own life					
Feeling anxious					
Feeling powerless					
Feeling vulnerable					

	Not Distressing/ Not Experienced	Slightly Distressing	Moderately Distressing	Fairly Distressing	Extremely Distressing
	0	1	2	3	4
Emotional Discomforts					
Concern about quality of medical care					
Feeling numb or detached					
Feeling depressed					

Plan of Action to Ameliorate the Patient Experience

Emotional Discomforts items scored "1" or above? _____ YES _____ NO

If YES, consult Mental Health Provider: _____
Name

Patient Remarks:.....

.....

Provider Response and Plan:.....

.....

.....

Additional Notes/Comments:

Administered By

Date

For more information about how to use the Experience of Medical Trauma Scale tool, contact:

Michelle Flaum Hall, Ed.D., LPCC-S

Xavier University, 3800 Victory Pkwy, Cincinnati, Ohio 45207

Email: hallm4@xavier.edu

Phone: 513-745-1027