

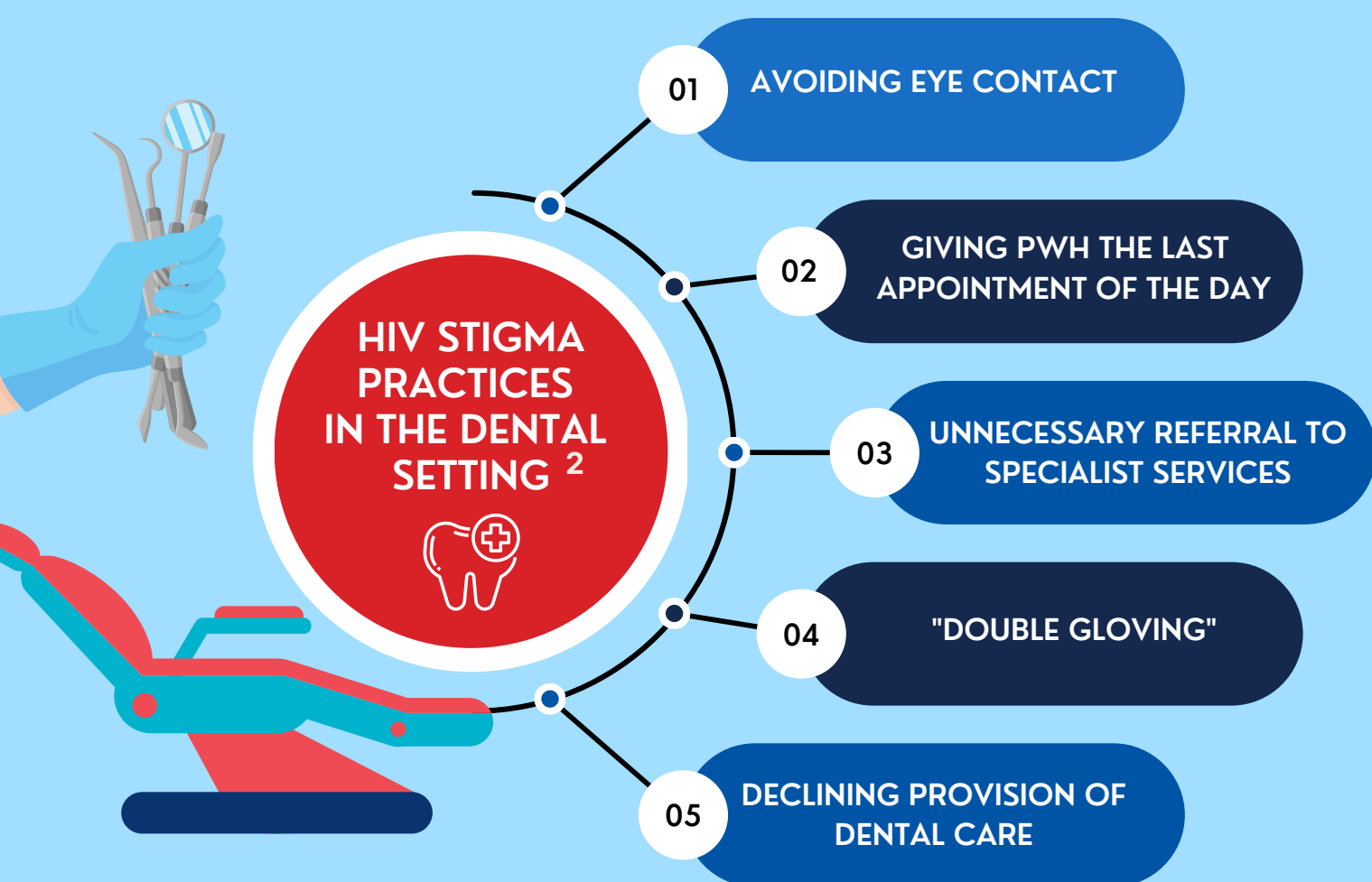
Using Trauma-Informed Dental Care for People with HIV

Trauma-informed care (TIC) is an approach that emphasizes physical, psychological, and emotional safety for providers and people who experience trauma, and creates opportunities for them to rebuild a sense of control and empowerment.¹

People with HIV (PWH) may feel traumatized and stigmatized due to^{1, 2}



- Internalized HIV-related stigma
- Intersectional (combined) stigma of HIV infection with other social determinants, e.g.,
 - Racism, sexism/genderism, heterosexism, classism
 - Poverty/underemployment
 - Substance use and behavioral health disorders
 - High risk for adverse childhood experiences (ACEs) and intimate partner violence (IPV)

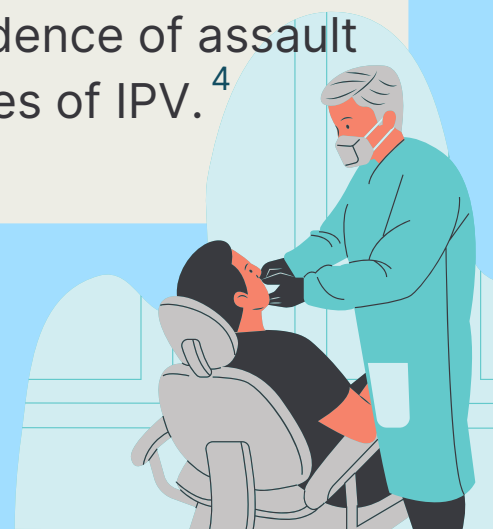


Transgender women are 32x more likely than cisgender adults to have HIV and 2x as likely to experience IPV.³

75%

of IPV injuries are associated with head and neck trauma.

Dentists are uniquely positioned to be the first line of defense in identifying evidence of assault and then reporting potential cases of IPV.⁴





Create a safe space for PWH by utilizing TIC principles in the dental setting.

How TIC interventions help:¹

Support physical & emotional safety by:

- Promoting confidentiality & consistency
- Using non-shaming, non-blaming, non-violent language/behavior
- Providing thorough explanations of treatment



Build trustworthiness & transparency by:

- Maintaining professional boundaries
- Ensuring patient health literacy
- Upholding clear policies and processes
- Ensuring informed consent and grievance process are present



Promote collaboration & mutuality by:

- Building respectful relationships
- Recognizing how healing occurs
- Leveling the power difference between providers, staff, and clients with shared decision making



Acknowledge cultural & gender norms by:

- Actively moving past cultural stereotypes and biases
- Accepting all sexual and gender identities
- Incorporating policies, protocols, and processes that are responsive to the racial, ethnic, and cultural needs of those served



The trauma-informed approach is guided by four assumptions known as the “Four R’s”¹



Realize the widespread impact of trauma and understands potential paths for recovery



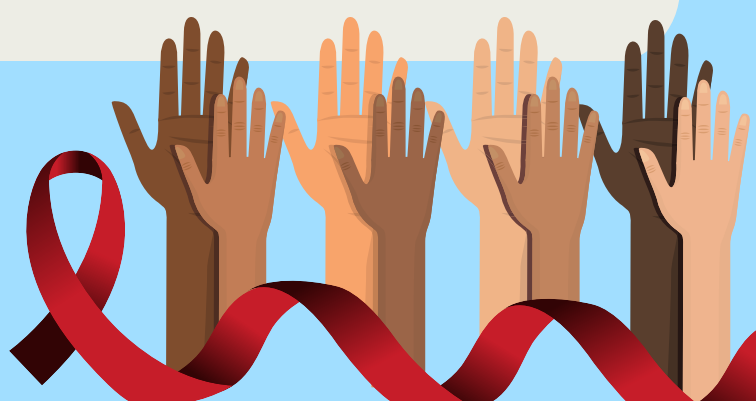
Recognize the signs and symptoms of trauma



Respond by fully integrating knowledge about trauma into policies and practices



Seek to actively **resist re-traumatization**



Let's change the language...

How?

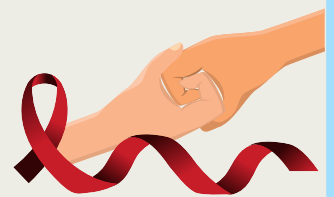
Start by...

Using person-first or identity-first language as is appropriate for the community or person being discussed. For example: ^{5,6,7}

Instead of...	Use...
HIV patient or HIV+	Person with HIV
Compliant or noncompliant	Adherent or nonadherent
Victim, survivor	Person who has experienced... Person who has been impacted by...
Drug abuser, addict, alcoholic, junkie	Person who uses drugs, person who has a substance use disorder, person who injects drugs, person in recovery
Homeless	Person without housing, person experiencing housing instability, unhoused, housing insecure
Boyfriend/girlfriend, wife/husband	Partner/spouse
Sex, male/female, transvestite, cross-dresser, assuming gender pronouns	Sex assigned at birth, transgender, cisgender, gender identity, personal gender pronouns; refer to the person as they identify
Homosexual, sexual preference	lesbian, gay, bisexual, queer, asexual, pansexual, sexual identity, sexual orientation

Dental practices can implement TIC immediately by ⁸

- Discussing and obtaining consent before procedures
- Allowing for more upright body positioning
- Providing same day appointment for follow-up procedures when possible
- Providing written information regarding examination results or instructions for follow-up care
- Implementing staff training on TIC; consider having a TIC champion



Visit aidsetc.org/resource/using-trauma-informed-dental-care-people-hiv-infographic for references and more information.