



Are you able to recognize the signs/symptoms of medical PTSD in parents/caregivers of children with medical complexities?



Flashbacks



Nightmares



Fight or flight response



State of hyperarousal



High anxiety

What can you do as a Healthcare Provider?



Communicate

With family and other health providers



Check-in

Ask parents/caregivers how they are doing and what is going well



Come prepared

Read their chart before an appointment



Respect

Trust that parents and caregivers are the experts on their child's health

For more resources go to:

www.changingyourlens.ca

www.cheo.on.ca

