



# Entrustable Professional Activities

## EPA 2 for Child Abuse Pediatrics

### EPA 2: Engage in Behaviors and Use Coping Strategies That Will Mitigate the Emotional Stress of Caring for Patients That Have Been Abused, Neglected, or Maltreated

#### Supervision Scale for This EPA

1. Trusted to observe others and identify healthy coping strategies
2. Trusted to engage in using healthy coping strategies with routine coaching
3. Trusted to engage in using healthy coping strategies with coaching in times of stress
4. Trusted to engage in using healthy coping strategies without coaching
5. Trusted to engage in using healthy coping strategies and to provide support to others in improving their coping strategies

#### Description of the Activity

Providing care to patients and families experiencing child maltreatment can be traumatic for any physician. This secondary (i.e., vicarious) trauma is a risk to the well-being of providers if the exposure is chronic (as in the case of child abuse subspecialists), and protective factors such as effective self-care strategies are overwhelmed. If not adequately recognized and addressed, this trauma can affect clinical decision making and lead to professional burnout. It is important to the child abuse pediatrician providing care to abused children that lifelong strategies for personal well-being and professional development are attained.

The specific functions which define this EPA include:

1. Developing and maintaining greater resiliency through the preventive use of healthy coping strategies that help one to remain positive in the face of adversity
2. Learning strategies to protect against the effects of exposure to secondary/vicarious trauma, compassion fatigue, and burnout, by recognizing their triggers/signs and seeking immediate support
3. Engaging in reflective practice to enhance awareness of emotional limitations that lead to timely help-seeking behaviors
4. Managing conflict between personal biases and professional responsibilities
5. Recognizing potential threats to personal safety and utilizing practices that will mitigate them

#### Judicious Mapping to Domains of Competence

- ✓ Patient Care  
Medical Knowledge
- ✓ Practice-Based Learning and Improvement  
Interpersonal and Communication Skills
- ✓ Professionalism



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Systems-Based Practice

✓ Personal and Professional Development

### Competencies Within Each Domain Critical to Entrustment Decisions\*

PC 12:	Providing role modeling
PBLI 10:	Engaging in lifelong learning
P 1:	Taking on the values of the profession
PPD 1:	Engaging in help-seeking behaviors
PPD 2:	Using healthy coping mechanisms
PPD 3:	Managing personal/professional conflicts
PPD 8:	Dealing with uncertainty

*\*Based on original Pediatrics Subspecialty Milestones ©2015 ACGME/ABP. All rights reserved.*

### Context for the EPA

**Rationale:** Providing care to patients and families experiencing child maltreatment can be traumatic for the child abuse pediatricians involved. Physicians also can experience trauma in the process of dealing with the investigative process and juvenile and criminal justice systems. This secondary/vicarious trauma can be a risk to job satisfaction as well as personal well-being. It is important that physicians develop lifelong strategies for maintaining personal well-being.

**Scope of Practice:** Child abuse pediatricians and their colleagues.