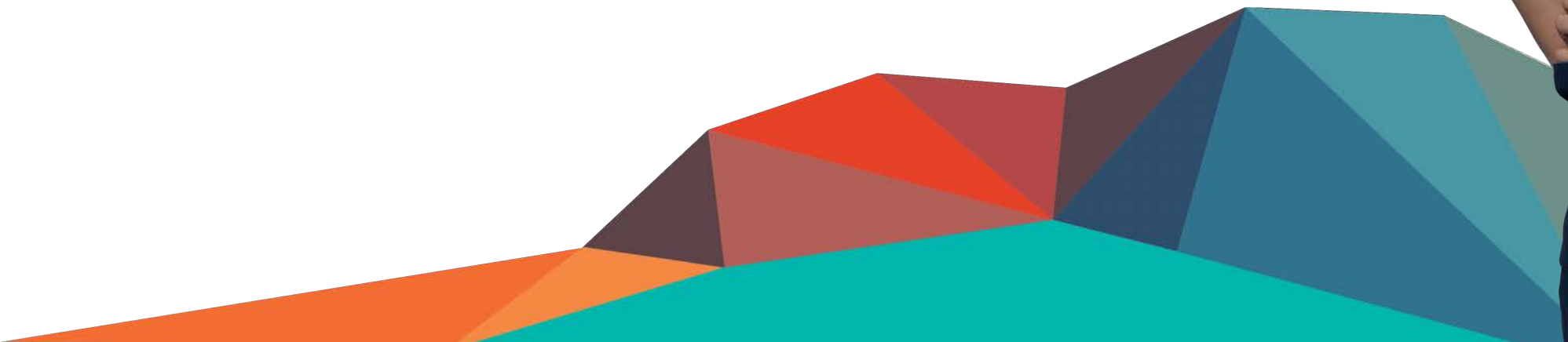


Getting started on

learn



Starting your learning modules & getting a certificate

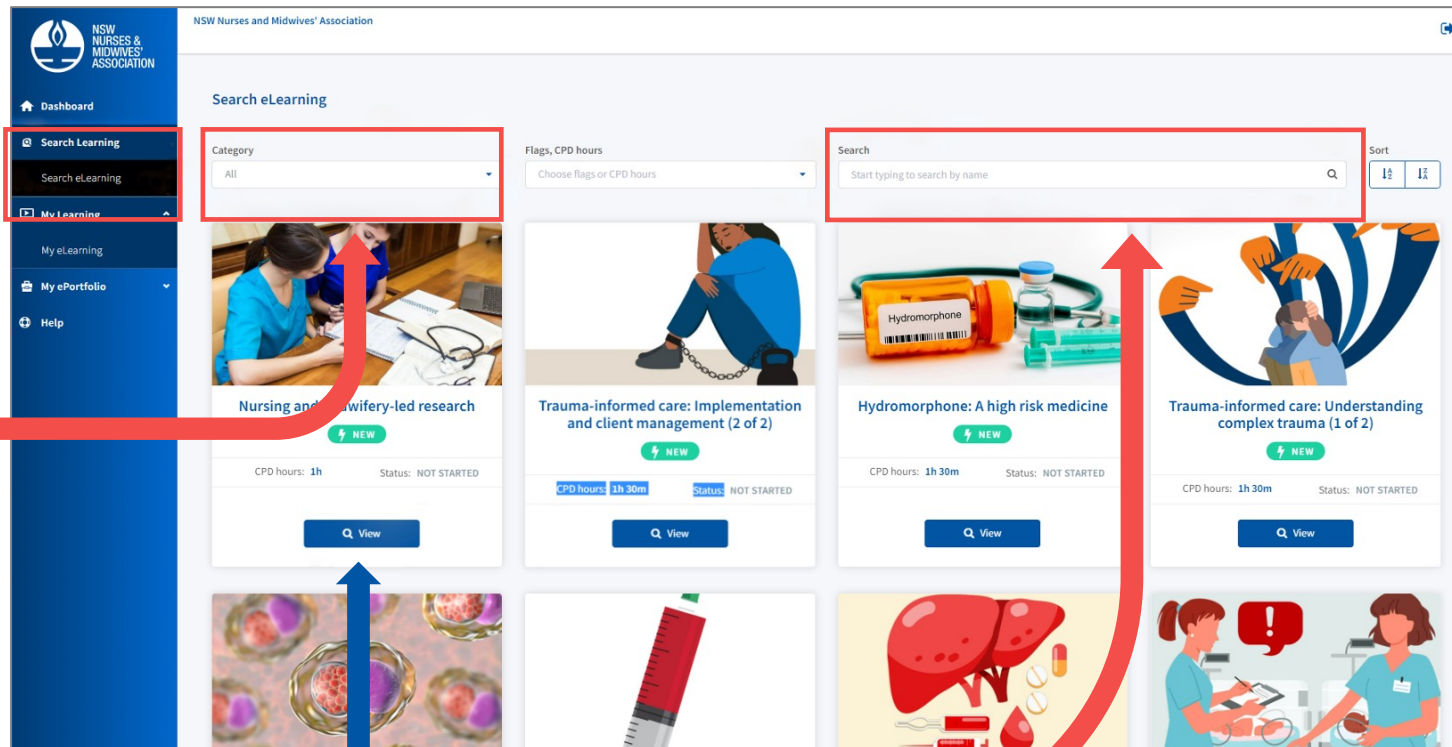


Click **Search Learning**

**Search eLearning**

By clicking 'Category' you can search what type of course you might want to do e.g. Mental Health

You can also type in the search bar to see any specific training e.g. 'medications'



If you find a course, you want to do click the **View** icon to read more about the course

Click on **Start**  
to begin working through the module

The screenshot shows a web browser window with the URL `nswnma-cpd.au/elearning/nzzqLXMgSAF8Z6E95`. The page header includes the NSW Nurses and Midwives' Association logo and name. A left-hand navigation menu contains links for Dashboard, Search Learning, My Learning, My ePortfolio, and Help. The main content area features a course card for "Trauma-informed care: Understanding complex trauma (1 of 2)". The card includes a "NEW" badge, "CPD hours: 1h 30m", and "Status: NOT STARTED". A red arrow points to a green "Start" button on the card. Below the card, there are sections for "Overview" and "Learning Objectives".

**Overview**

Trauma histories are ubiquitous in Australian society and affect a large proportion of individuals accessing health care services. Accordingly, trauma-informed care is now a requirement in all areas of service.

However, disorders resulting from more severe complex trauma are still misdiagnosed frequently. Healthcare professionals reportedly lack information about complex trauma and its effects and presentations.<sup>1</sup>

Acquiring an in-depth understanding of the pervasive impacts of complex trauma should thus be a priority for all health professionals to prevent the inappropriate and potentially harmful treatment of clients.

This module introduces the concept of complex trauma and explains its characteristics, pathophysiology, and long-term psychological and physiological consequences. It should be completed as a prerequisite to the discussion of implementing

**Learning Objectives**

At the end of this eLearning activity participants will be able to:

- ✓ Discuss the characteristics, causes, and prevalence of complex trauma.
- ✓ Describe the effects of toxic stress and the stress response.
- ✓ Understand the psychological and physiological effects of traumatic experiences.
- ✓ Recognise common presentations and diagnoses associated with complex trauma.
- ✓ Explain the individual and societal impacts of adverse childhood experiences.
- ✓ Associate the characteristics and effects of intimate partner violence.

# Complete your pre-learning plan to ensure it will be updated to your CPD e-portfolio

← → ↻ 🏠 nswma-cpd.au/elearning/nzzqLXMgSAF8Z6E95/launch

Managed Bookmarks

Trauma-informed care: Understanding complex trauma (1 of 2)

Send feedback Exit


### Learning Achievement Details

Start your pre-learning action plan

|  |  |
|--|--|
| ✔ Title  | Trauma-informed care: Understanding complex trauma (1 of 2)                  |
| Assign CPD to professional registrations and/or endorsements ? | (No professional registrations and/or endorsements added to your ePortfolio) |

#### Pre-learning plan

|                                |  |
|--------------------------------|--|
| ✔ Date started                 | 14/12/2022   |
| ✔ Topics covered               | <ul style="list-style-type: none"><li>✔ Complex trauma</li><li>✔ Stress response</li><li>✔ Long term outcomes of chronic stress</li><li>✔ Effects on mental health</li><li>✔ Long term effects of adverse childhood experiences</li><li>✔ Intimate partner violence</li></ul>  |
| ⊖ My identified learning needs | <p>I have reflected on my learning needs and I have identified that:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> There is a <b>gap in my knowledge</b> as it relates to the topics covered in this learning activity and this activity will assist me to achieve this goal.</li><li><input type="checkbox"/> I need to <b>improve and strengthen my knowledge of the professional guidelines</b> covered by this activity and this activity will assist me to achieve this goal.</li><li><input type="checkbox"/> I would like to <b>improve and strengthen my practice skills and competencies</b> as they relate to the topics covered in this activity and this activity will assist me to achieve this goal.</li><li><input type="checkbox"/> I would like to <b>incorporate new learning into my practice</b>. The topics covered in this learning activity relate to my scope and context of practice and will help me to incorporate them into my practice.</li><li><input type="checkbox"/> I would like to refresh, strengthen, and update my knowledge of <b>workplace health and safety</b> so that I can continue to provide a safe working environment for myself, colleagues and others. This activity will assist me to achieve this goal.</li></ul> |



# Complete post learning reflection

## You can also print your certificate at this time

Managed Bookmarks

Trauma-informed care: Understanding complex trauma (1 of 2) Send feedback Exit

### Learning Achievement Details

Start your post-learning reflection exercise

Title Trauma-informed care: Understanding complex trauma (1 of 2)

#### Post-learning reflection

Date completed 14/12/2022

Did this activity help me to achieve my learning needs?  
[Complete this only after finishing the learning activity](#)

Yes. This activity has enabled me to achieve my learning needs as per my learning plan.

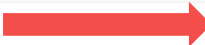

Yes, in part. This activity helped me to partially achieve my learning needs as per my learning plan.

No. This activity did not help me to achieve my learning needs as per my learning plan.

Type my response

#### Additional information

For self-directed learning activities, it is suggested that notes should provide a comprehensive summary of the key points of your learning activity and the learning outcomes from the activity.

Evidence file   certificate.pdf

Close

Click **My ePortfolio** on the left panel, then **Learning Achievements** to access this page. You will also be able to get a copy of your certificate here.

NSW Nurses and Midwives' Association

My ePortfolio

Listing all Learning Achievements

You have not added any professional registrations or endorsements to your ePortfolio. Click the "Add professional registration" button below to add a professional registration or endorsement and start assigning Learning Achievements.

Choose period

Export ePortfolio report

Annual CPD Tracker

Displaying CPD hours for the period: All records up to 14/12/2022

| Earned           | Total  |
|------------------|--------|
| eLearning 2h 30m | 2h 30m |
| Other Learning 0 |        |

Learning Achievements

eLearning

| Title   | Date Started | Date Completed | CPD Hours | Evidence                        |
|---|--------------|----------------|-----------|---------------------------------|
| ✓ Trauma-informed care: Understanding complex trauma (1 of 2) <b>UNASSIGNED</b> | 14/12/2022   | 14/12/2022     | 1h 30m    | <a href="#">certificate.pdf</a> |
|   |              |                |           | 2 total                         |

Other Learning


+ Add Learning Achievement

No results

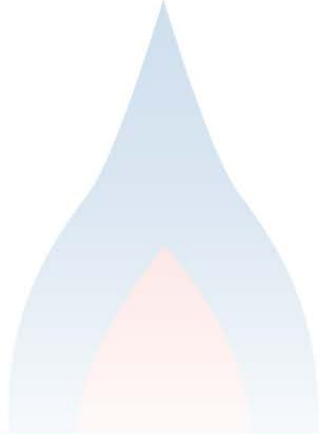
Learning Achievement updated: "Trauma-informed care: Understanding complex trauma (1 of 2)"

# Example of a certificate

Statement of Completion




**NSW  
NURSES &  
MIDWIVES'  
ASSOCIATION**



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eLearning: **Trauma-informed care: Understanding complex trauma (1 of 2)**

Completed on: 14 December 2022  
Provider: NSW Nurses and Midwives' Association



**NSW  
NURSES &  
MIDWIVES'  
ASSOCIATION**

ENDORSED  
CPD HOURS



**1h 30m**

All continuing professional development hours are issued and endorsed by  
NSW Nurses and Midwives' Association | ABN: 63 398 164 405  
Statement Number: 3398f3b0-7b52-11ed-ae26-b16aea33e8c2



Congratulations on starting your first steps in learning using this platform.

**Happy Learning!**

