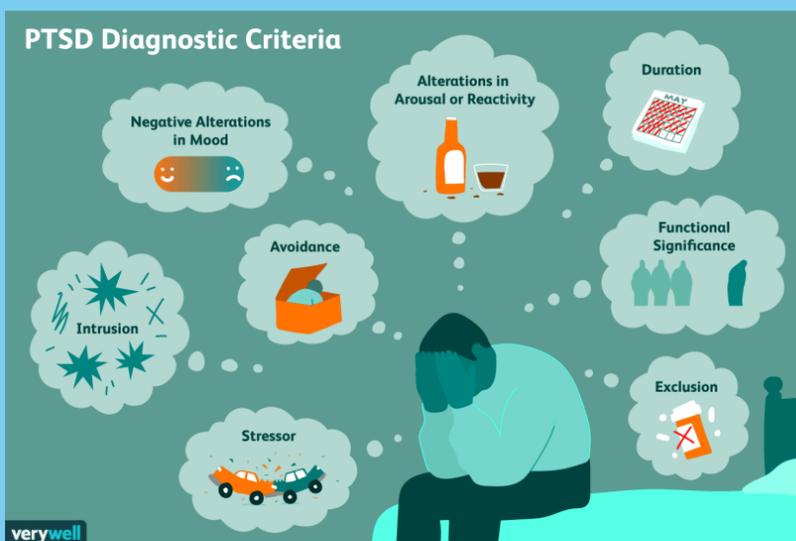


# POSTTRAUMATIC STRESS DISORDER (PTSD)

By Kaleb Kelly

## DSM-5 DIAGNOSIS

- Someone who has experienced, witnessed, or been confronted with a traumatic event
- Exposure to serious injury or death
- Natural disasters, serious accidents, war/combat, assault/rape, bullying
- Symptoms occur 3 months or more post-trauma, and may sometimes be delayed for years



## Prevalence of PTSD

**70 PERCENT** of adults experience at least one traumatic event in their lifetime



**1 IN 13 PEOPLE** will develop PTSD at some point in their life

**20 PERCENT** of people who experience a traumatic event will develop PTSD



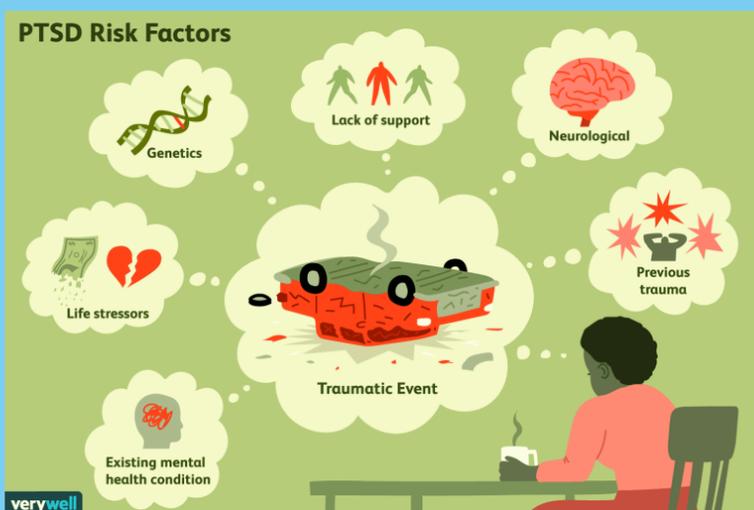
Prevalence of PTSD in the United States is equal to the **TOTAL POPULATION OF TEXAS**

## PREVALENCE

- 12 million U.S. adults living with PTSD
- Estimated 1 in 13 people diagnosed with PTSD in their lifetime
- Women are twice as likely as men
- 20% of people who experience a traumatic event will develop PTSD

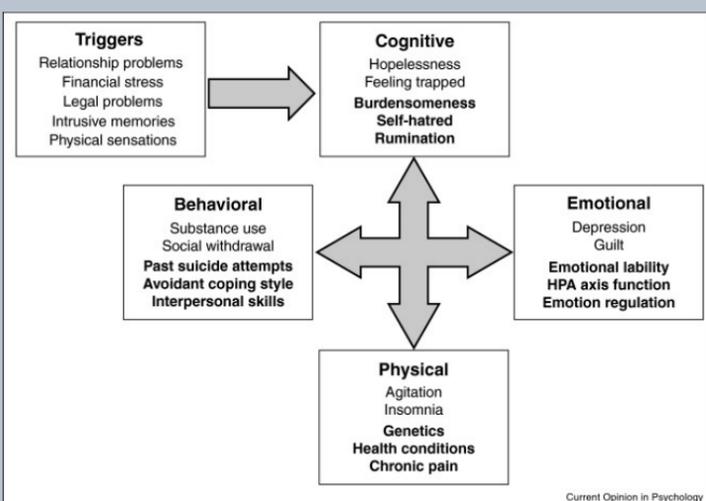
## RISK FACTORS/SYMPTOMS

- Anxiety, irritability, poor concentration, mood swings, night terrors, panic attacks
- Children most at risk for developing if experienced traumatic event
- Typical onset age 15-40



## NURSING ACTIONS/INTERVENTIONS

- Cognitive Behavioral Therapy - Relationships with thoughts, feelings, behaviors
- Exposure Therapy - Gradual approach to trauma-related event
- Cognitive Processing Therapy - focused on rape survivors and combat veterans - guilt/self-blame
- Medications - insomnia, anxiety, hyperarousal
- Approaching patient - non-threatening, nonjudgmental, professional



## REFERENCES:

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