

DIAGNOSIS



- A mental health condition that can develop after someone experiences or witnesses a traumatic event.
- events include:
 - ABUSE
 - VIOLENCE
 - ACCIDENTS
 - COMBAT
 - NATURAL DISASTERS

INTERVENTIONS

- PROVIDE CALM ENVIRONMENT
- ENCOURAGE PATIENT TO EXPRESS FEELINGS
- MONITOR FOR SUICIDAL THOUGHTS
- TEACH COPING SKILLS
- GIVE MEDICATIONS AS ORDERED

CLINICAL INFO



• PCL - 5

- screening tool - assesses PTSD symptoms
- 20 questions corresponding to symptom
- patients rate each one 0-4 scale:
 - 0 (not at all) - 4 (extremely)
 - higher score = severe PTSD

PTSD

“POST TRAUMATIC STRESS DISORDER”

SIGNS & SYMPTOMS

- flashbacks/ unwanted memories
- nightmares of trauma
- avoiding people, places, situations reminding of the trauma
- fear, guilt, & emotional numbness
- trouble sleeping
- easily startled



PREVALENCE

- VETERANS!!
 - increased risk of suicide
 - alcohol abuse disorders
- WOMEN
 - physical assault
 - rape & abuse
- exposure to traumatic experience:
 - any age
 - any gender
 - any race

THEORY

• PAPLAU'S INTERPERSONAL RELATIONS THEORY

FOCUSES ON BUILDING A TRUSTING NURSE - PATIENT RELATIONSHIP USING THERAPEUTIC COMMUNICATION - HELPS THEM FEEL SAFE AND SUPPORTED WHILE ENCOURAGING COPING & HEALING.

