

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

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.

SOURCES

NATIONAL INSTITUTE OF MENTAL HEALTH. (N.D.-A). POST-TRAUMATIC STRESS DISORDER (PTSD). U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES. [HTTPS://WWW.NIMH.NIH.GOV/HEALTH/TOPICS/POST-TRAUMATIC-STRESS-DISORDER-PTSD](https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd)

NATIONAL INSTITUTE OF MENTAL HEALTH. (N.D.-B). POST-TRAUMATIC STRESS DISORDER (PTSD). U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES. [HTTPS://WWW.NIMH.NIH.GOV/HEALTH/PUBLICATIONS/POST-TRAUMATIC-STRESS-DISORDER-PTSD](https://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd)

VIDEBECK, S. L. (2020). PSYCHIATRIC-MENTAL HEALTH NURSING (10TH ED.). WOLTERS KLUWER.

U.S. DEPARTMENT OF VETERANS AFFAIRS, NATIONAL CENTER FOR PTSD. (2018). PTSD CHECKLIST FOR DSM-5 (PCL-5). [HTTPS://WWW.PTSD.VA.GOV/PROFESSIONAL/ASSESSMENT/ADULT-SR/PTSD-CHECKLIST.ASP](https://www.ptsd.va.gov/professional/assessment/adult-sr/ptsd-checklist.asp)

ETIOLOGY:

COMBAT, CHILDHOOD ABUSE, ASSAULT, NATURAL DISASTERS, MEDICAL TRAUMA, ACCIDENTS, SEXUAL ABUSE

PTSD "POST TRAUMATIC STRESS DISORDER"

S/S & RISK FACTORS

- flashbacks/ unwanted memories - nightmares
- avoiding people, places, situations reminding of the trauma
- fear, guilt, & emotional numbness
- easily startled
- history of mental illness
- lack of social support
- childhood trauma
- high risk occupations

PREVALENCE

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



%

- 3.5-5% OF ALL US ADULTS
- ROUGHLY 8 MILLION AMERICANS PER YEAR
- WOMEN 5.2%, MEN 1.8%
- VETS: 6-8% ALL US VETS:
- VIETNAM WAR - 30%
- WORLD WAR II - 3%
- GULF WAR - 21%

