

# PTSD

COMING HOME

#### OBJECTIVES

- Define PTSD
- Understand types of PTSD
- What causes PTSD
- Type of military screening
- How to identify PTSD
- How to plan an anesthetic for a patient with PTSD
- Identify risks of caring for a patient with PTSD
- Types issues that will bring a patient with PTSD to the operating room
- Suicide and PTSD

#### DSM-5 CRITERIA FOR PTSD DIAGNOSIS

- A. The person must be exposed to a catastrophic event whether actual or threatened
- B. Having an intrusive memory of the event
- C. The avoidance criteria
- D. Negative cognitions or mood criterion
- E. Alteration in arousal or reactivity
- F. Symptoms persist at least one month
- G. Must impact functionality

#### TYPES OF PTSD

- Normal Stress response
- Acute Stress disorder
- Uncomplicated PTSD
- Comorbid PTSD
- Complex PTSD

#### COMBAT STRESS VERSUS PTSD

- Combat Stress is a normal physiological response to being in a combat zone
- Does not impact every day life
- Lasts less than 6 months

#### SCREENING

- Computer based self health assessment prior to leaving theatre
- Return to Conus health assessment prior to release
- Post deployment health assessment on computer 3-6 months after return home

#### WHAT HAPPENS IF SCREEN POSITIVE?

- Your movement stops
- Much testing begins
- Pulled from duty
- Your team knows

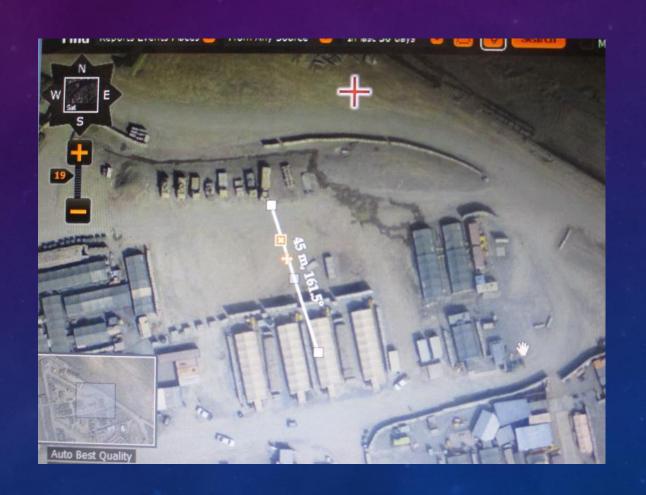


#### SO WHAT DO THEY EXPERIENCE?

How can they go home



### WHERE DO YOU SLEEP?



#### EVEN UNIFORMS CAN AFFECT YOU



## QUIET IS BAD

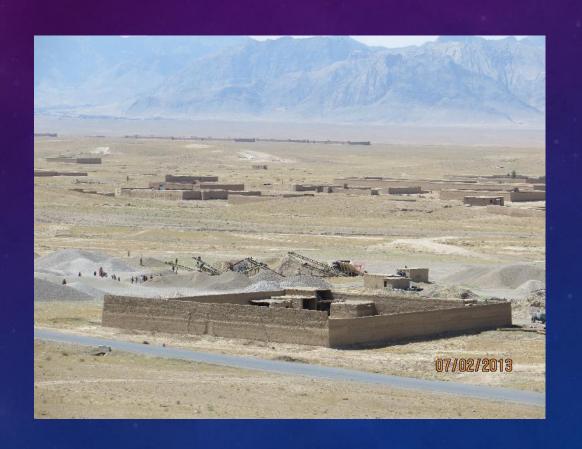








#### MEETING HAVE DIFFERENT MEANING



## TRANSPORTATION



### THINGS LOOK DIFFERENT



#### VOLUME DOES AFFECT YOU



## FUNERALS DIFFERENT







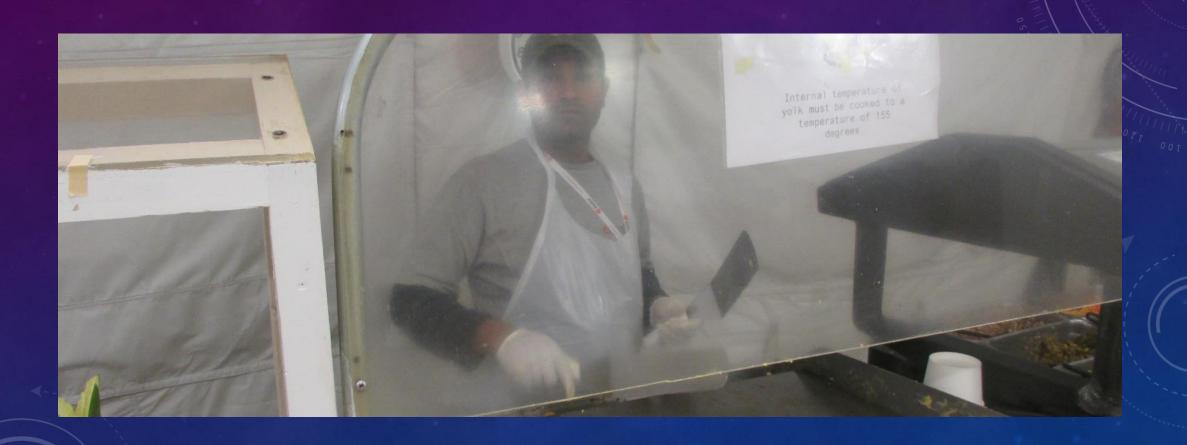
### WORK OUTS CAN KILL



#### RUNS ARE DANGEROUS



### LOSS OF LOCALS



#### BAD GUY DON'T ALWAYS LOOK BAD



### EVEN CARING FOR THEM CAN...



#### PROBLEMS WITH SCREENING?

#### • Soldier desire to return home

- Stigma of diagnosis
- Soldiers are strong and self sufficient
- Desire to continue to shoot and own weapons

#### WHAT TO EXPECT FROM A SOLDIER

- Most are not trusting
- Many are hypereractive
- React by fighting to sudden stimuli
- Do not like to be touched by people they do not know
- Many don't like to talk about what they did over there to non-military
- Be ready for fight or flight

### THE WAY HOME

