



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



STILL TRY TO CONNECT TO HOME



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

