

Posttraumatic Stress & Seasonal Anxiety

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PTSD/Trauma Focused Trainings: Where We Have Been...

- May 2008 REACH-NOLA Depression Focus, PTSD Brainstorming
- Summer 2008 Storm Season Reconsidering PTSD Trainings
- February 2009 – Lunch Discussion
- May 2009 – Community Perspectives Regarding PTSD/Trauma

Today – Trauma/PTSD Focus

- Trauma/PTSD in clients
 - Symptom recognition
 - Screening
 - Outreach/Case management
 - Medications
 - Psychotherapy
- Putting it all together: Stepped Care

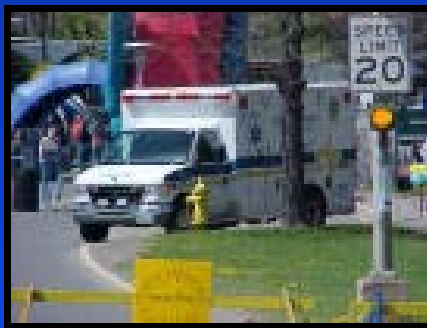
Today's Learning Objectives

- To learn about PTSD & related co-morbid disorders
- To use case discussions to explore approaches to (PTSD):
 - Screening & Evaluation
 - Therapy & Medication Treatment
 - Stepped Care
- To adapt treatment to the Summer Storm experience
- To explore provider & community level issues in trauma care

Today's Learning Topics

- PTSD Symptoms Defined
- Biology of PTSD
- PTSD Risk Factors
- PTSD/Depression Treatment: A Stepped Care Approach
- Evidence-based treatment
- Cultural and developmental factors

Early & Ongoing PTSD Screening & Intervention



**Paramedic/
Pre-Hospital**



**Trauma
Center**



**Primary
Care and
Community**

Stepped Care

EVIDENCE-BASED PTSD TX

SYMPTOMS
&
FUNCTION
CBT/MEDS

EVIDENCE-BASED
SUBSTANCE TX

HARM
REDUCTION
MI

POSTTRAUMA
SUPPORT

ENGAGEMENT
Care Management



Post-Event



Posttraumatic Stress Symptoms (PTSD)

- A. Traumatic Event
- B. Intrusive Symptoms
- C. Avoidant Symptoms
- D. Arousal Symptoms

PTSD Intrusive Symptoms

- Memories
- Nightmares
- Flashbacks
- Distress at reminders

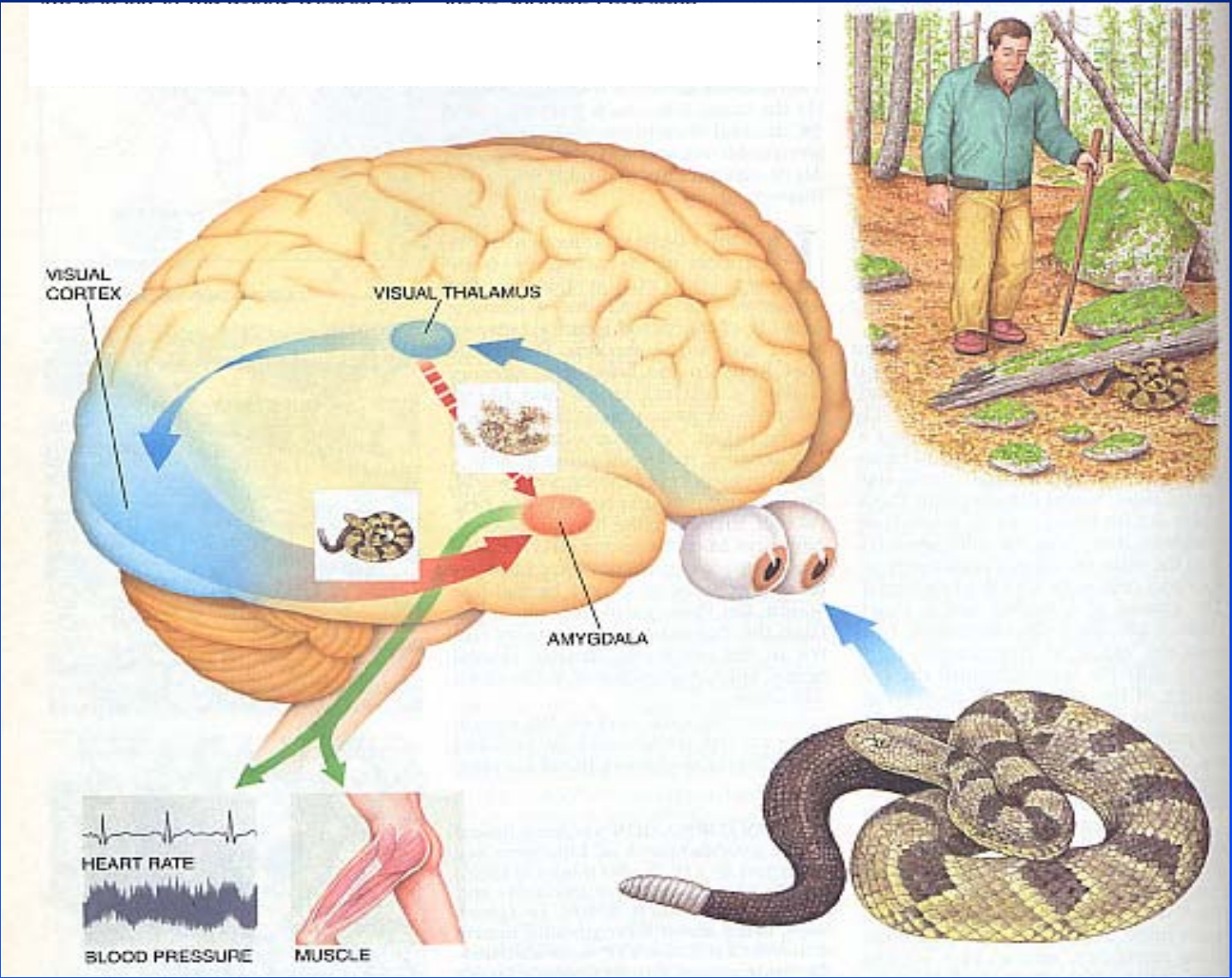
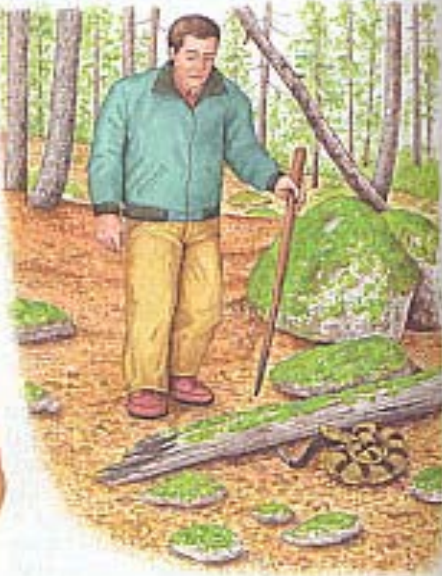
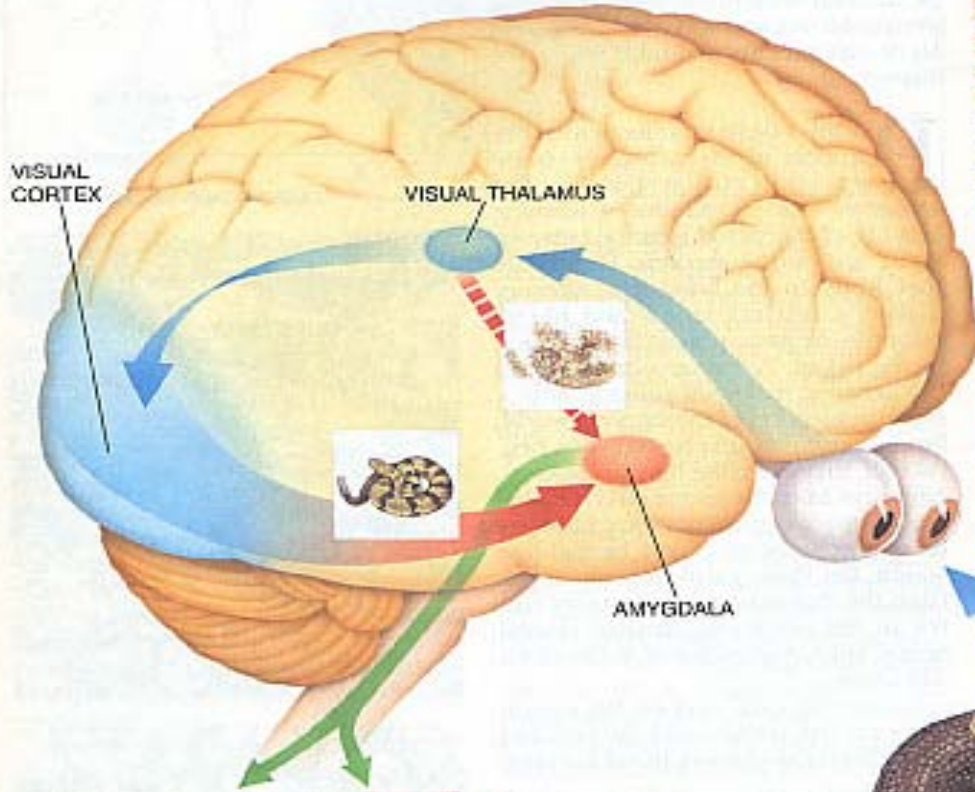
PTSD Avoidant Symptoms

- Avoiding reminders
- Amnesia
- Emotional numbing
- Social isolation
- Foreshortened future

PTSD Arousal Symptoms

- Insomnia
- Irritability
- Hypervigilance
- Startle
- Poor concentration

Video: Case Study



The Biology of PTSD: Take Home

- Stress response biology and symptoms are part of being human
- PTSD is something that is experience “in your body”

PTSD Risk Factors

- Individual and family cumulative trauma burden
- Physical injury
- Female gender
- Low SES
- High early posttraumatic distress

PTSD/Depression Treatment: A Stepped Care Approach

Stepped Care

EVIDENCE-BASED PTSD TX

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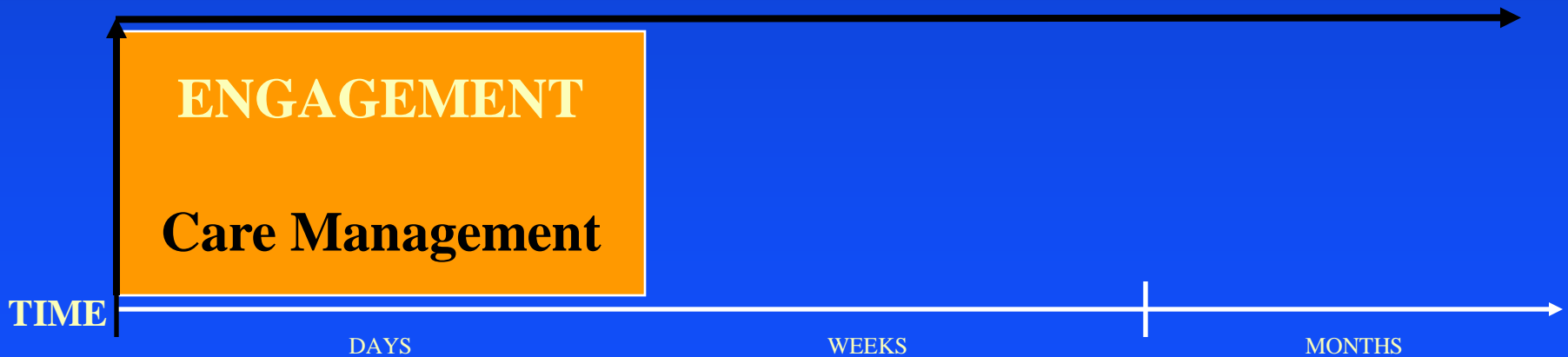
ENGAGEMENT
Care Management



Post-Event

Stepped Care: Support & Evaluation

POSTTRAUMA
SUPPORT



Post-Event

Case Study: Community Violence

- 15 y/o female
- Assaulted with knife to face
- Left VII cranial nerve injury
- Concerns followed post-injury

Posttraumatic Concerns

- Of all the things that have happened to you since you were injured (*since the last storm*),
What concerns you the most?

Inpatient Ward

- “...my smile might not be back no more and um my face might be scarred for life.”

1 Month Post-injury

- “...my face being back the way it used to be...I think they cut a nerve, so they said it takes 4 to 6 months for my smile to come back or not...”

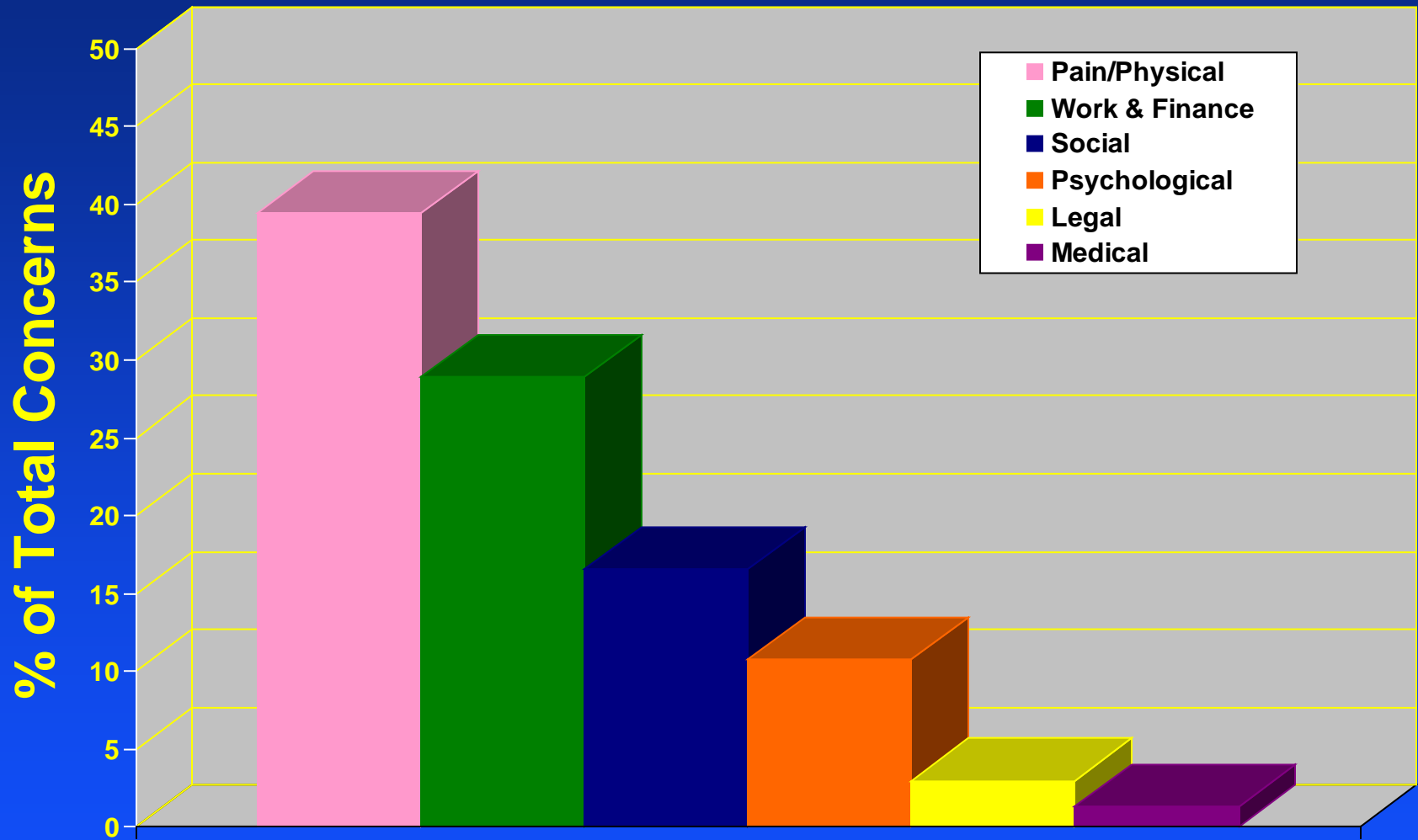
1 Month Post-injury

- “I’m kinda traumatized cause like, when it happened I thought I was going to die and stuff so I don’t know, basically just hanging and stuff, it was just a total shock I guess.”

Stress Symptoms in Youth: Thinking About Different Age Groups

- Infants and toddlers
- Pre-school
- School age
- Adolescents

Early Post-Injury Patient Concerns



Stepped Care: Harm Reduction

EVIDENCE-BASED
SUBSTANCE TX

POSTTRAUMA
SUPPORT

HARM
REDUCTION

Motivational Interview

ENGAGEMENT

Care Management

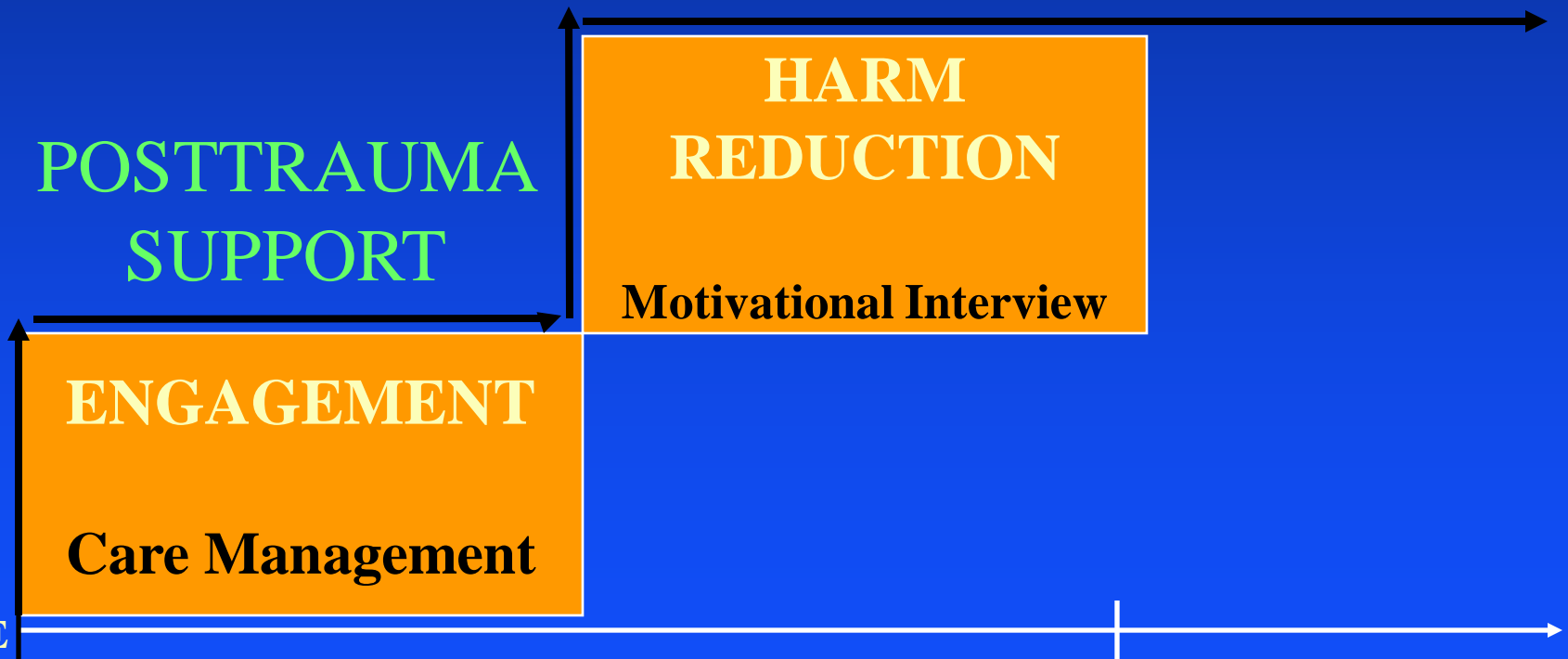
TIME

DAYS

WEEKS

MONTHS

Post-Event



PTSD Substance Use and Recurrent Trauma

- High Co-morbidity between PTSD and Substance Use
- Many Clients have Recurrent Trauma/Violence
- Recurrent Storm Exposure Compounds Problems

PTSD & Substance Use

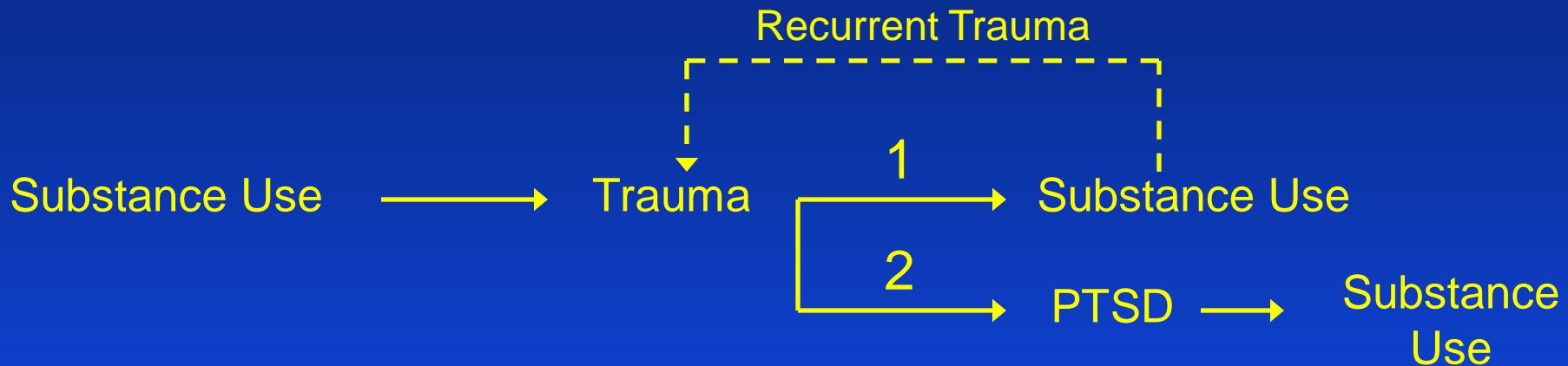


PTSD & Substance Use



1) Intervention Targeting Substance Use → Trauma

PTSD & Substance Use



1) Intervention Targeting Substance Use → Trauma

2) Intervention Targeting PTSD → Substance Use

PTSD, Substances & Recurrent Trauma: Take Home

- Common challenge in trauma care
- Needs to be addressed up-front
- Various approaches to harm reduction
 - Motivational interviewing
 - Specialty care

Stepped Care

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Post-Event

Evidence-based PTSD/Depression Treatments

- Cognitive Behavioral Psychotherapy
 - Prolonged Exposure
 - Cognitive Restructuring
 - Behavioral Activation
- Others
 - EMDR
 - Psychodynamic Psychotherapy

Evidence-based PTSD Medication

- SSRI (Fluoxetine, Sertraline, Paroxetine, Citalopram)
- SNRI (Venlafaxine, Duloxetine)
- Prazosin & Trazadone targeting arousal symptoms (e.g., sleep)
- Medical evaluation before prescription

Medication: Case Study

- 25 y/o mechanic
- Engine explosion
- Multiple burns, face, hands, chest
- Traumatic reminders/cues
 - Hot air
 - Hot shower
- Medications First Line Treatment

Cultural Issues & PTSD

Case Study: Early Pharmacologic Intervention & “Hot-Cold” Experience of Illness

- 29 y/o Latino male
- Day laborer
- Hit by car while biking to work
- PTSD 1-3 mo. Post-injury
- Opts for medication
- Remains symptomatic

Disease and Illness Perspectives in PTSD Pharmacotherapy

Provider (Disease)

Daily Dosing

Not to be taken with alcohol

Medication treats PTSD; intrusion, avoidance, arousal symptoms clusters

Discontinue when PTSD symptoms resolve

Take at night before sleep

Patient (Illness)

As Needed

Discontinue when work situation resolves

Medication relieves boiling; patient experiences "coolness deep in bones"

Replaces alcohol, nicotine, and other drugs

Take before work when most likely to "boil"

Evidence-based PTSD Treatments

- Psychotherapy
- Medications

Evidence-based PTSD Treatments

- Cognitive Behavioral Psychotherapy
 - Prolonged Exposure
 - Cognitive Restructuring
 - Behavioral Activation
- Others
 - EMDR
 - Psychodynamic Psychotherapy

Evidence-based PTSD Treatments

- Medication
 - SSRI
 - SNRI
 - Prazosin & Trazadone targeting arousal symptoms (e.g., sleep)

Stepped Care

CARE MANAGEMENT

-
1. Trauma Support
 2. Care Coordination

MSW

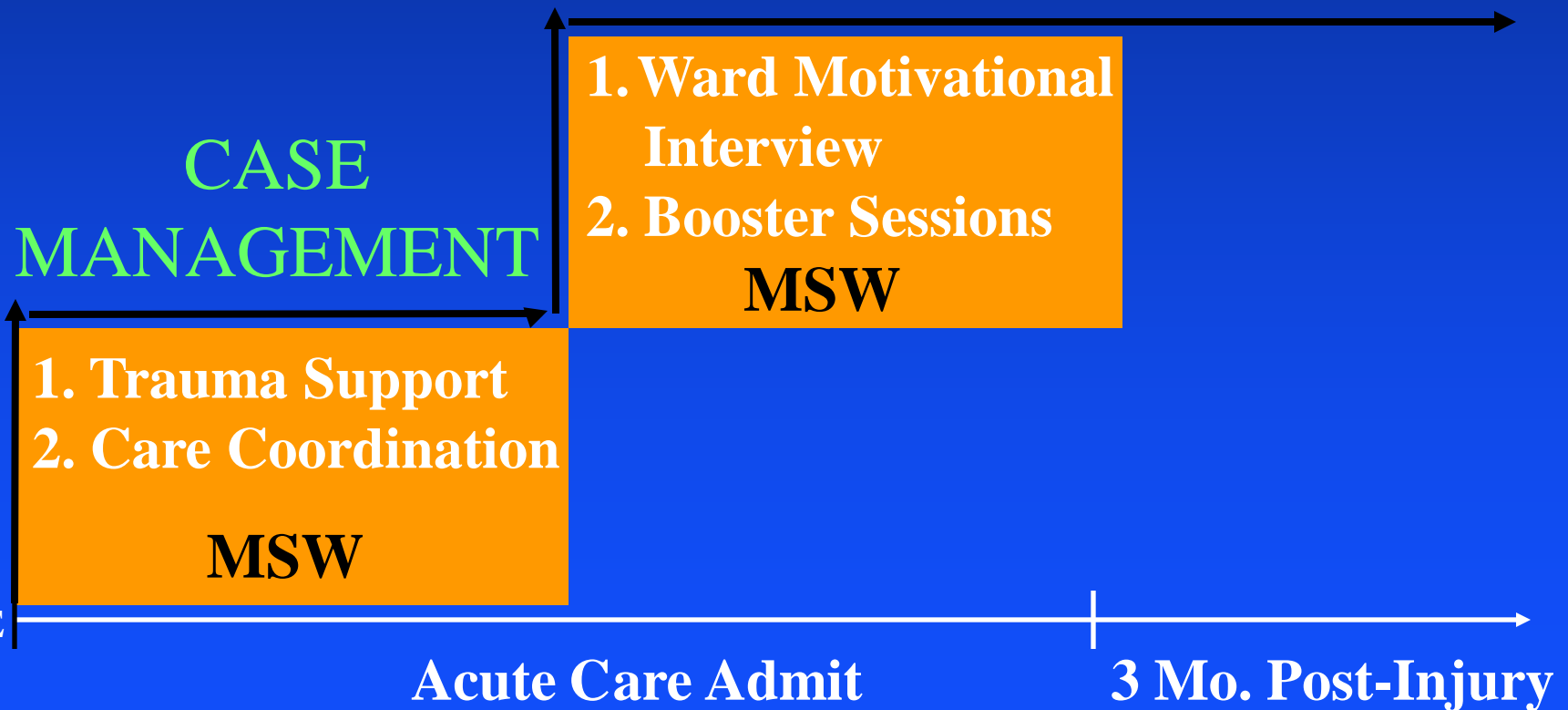
TIME

Acute Care Admit

3 Mo. Post-Injury

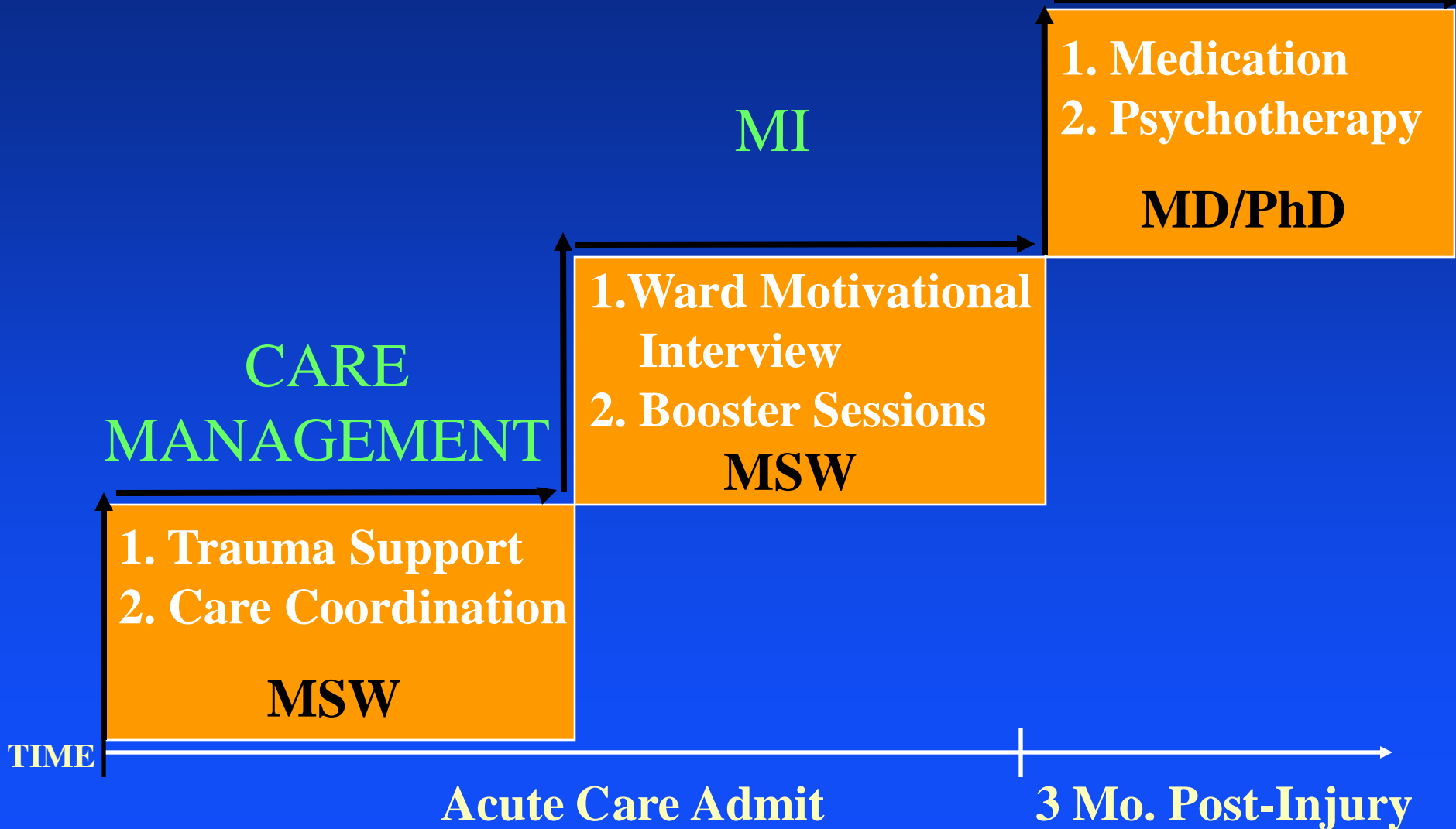
Stepped Care

Motivational Interviewing

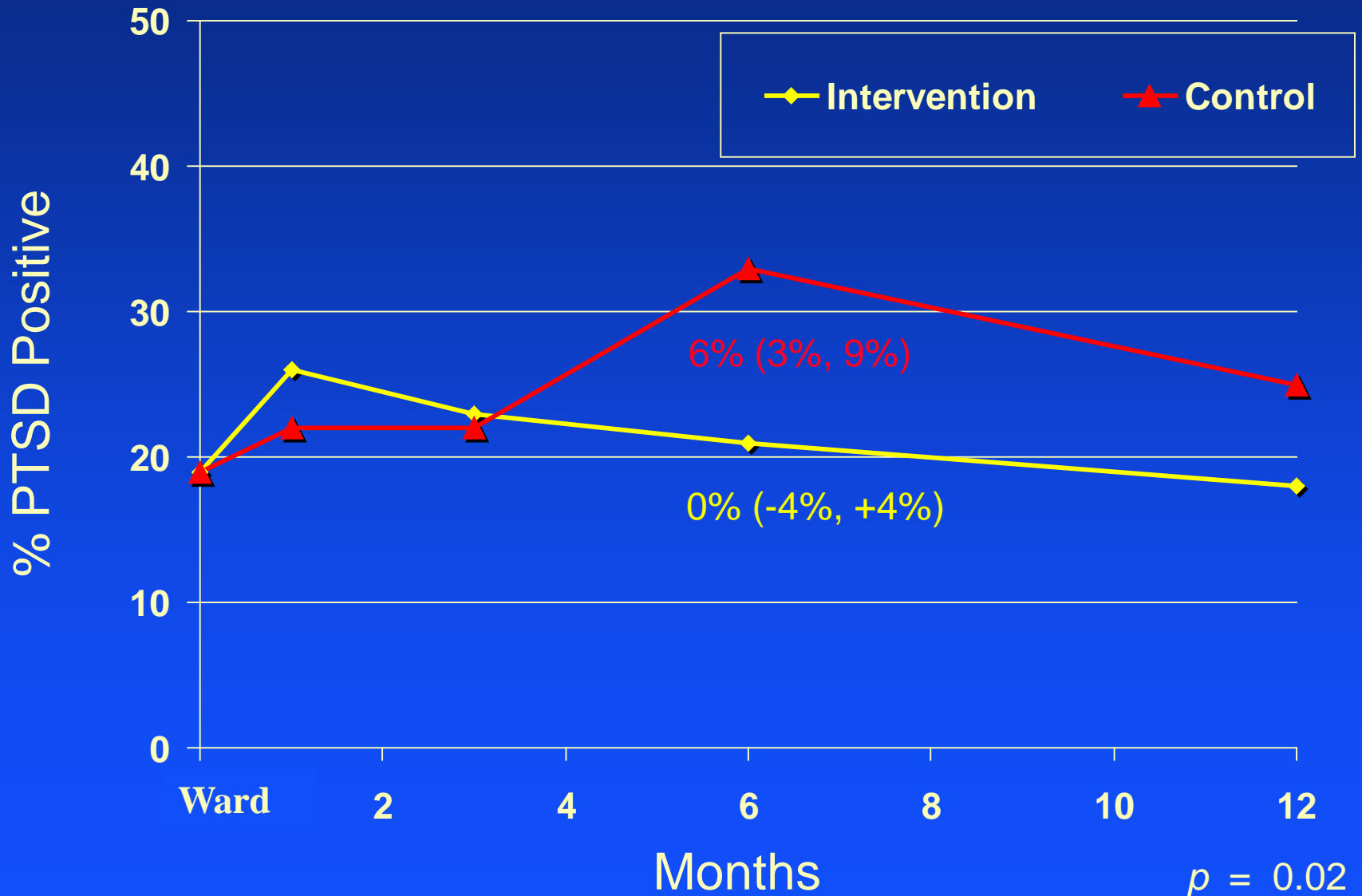


Stepped Care

EVIDENCE-BASED PTSD TX



Results: PTSD



PTSD Checklist Four Item Screen

In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, <u>in the past month</u>, you...	Yes	No
Had nightmares about it or thought about it when you did not want to?		
Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?		
Were constantly on guard, watchful, or easily startled?		
Felt numb or detached from others, activities, or your surroundings?		

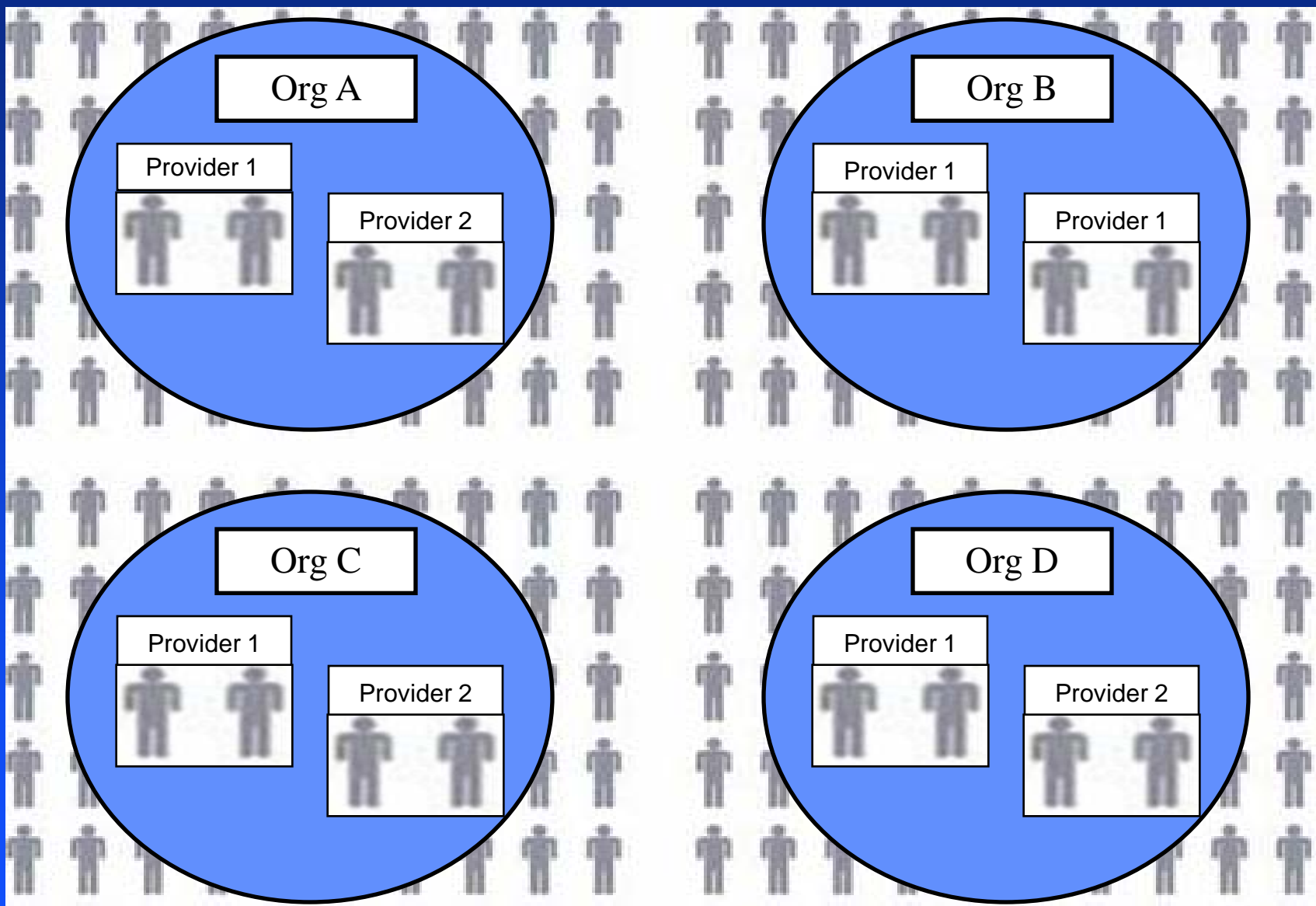
Role Play

Case Studies 1 & 2

Community Level Trauma Responses

- Need to think through population level responses
 - (Schoenbaum, Springgate & colleagues et al 2009)
- Multilevel Considerations
 - Social Capital
 - Comparative Perspectives: Kobe

Trauma Exposed Community



Lessons Learned From Prior Community Responses