PTSD Screening in Trauma Patients  
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Objectives

• Describe the recommendations for PTSD screening in trauma patients based on the American College of Surgeons

• Identify the differences between post-traumatic stress disorder and acute stress disorder

• Acknowledge the various screening tools available
• 20-40% of injured survivors experience PTSD and/or depression in the year after injury.

• Strong relationship between PTSD, depression, and functional impairments.

• Early screening and referral to treatment after injury can improve symptomatic and functional outcomes.
Chapter 12 – Rehabilitation

- Psychiatry, Psychology, and Post-traumatic Stress Disorder Intervention (pg. 89)
  - “A plan to evaluate, support, and treat PTSD should be considered.”
  - “Because the relationship between PTSD and depression is clear, routine screening for depression following injury is prudent.”
PTSD or ASD?

• Post-traumatic Stress Disorder
  – Symptoms lasting > 1 month

• Acute Stress Disorder
  – Symptoms lasting < 1 month

Symptoms of ASD overlap with symptoms of PTSD
DSM V Diagnostic Criteria - ASD

• Exposure

• Symptoms – minimum of 9
  – Intrusion
  – Negative mood
  – Dissociation
  – Avoidance
  – Arousal

• Duration: 3 days to 1 month

• Distress or impairment

• Not due to medication, substance use, or other illness
DSM V Diagnostic Criteria – PTSD

• Exposure

• Symptoms
  – Intrusion (1)
  – Avoidance (1)
  – Negative mood (2)
  – Arousal (2)

• Duration: >1 month

• Distress or impairment

• Not due to medication, substance use, or other illness
Acute Stress Disorder

• 6 – 33% of trauma survivors at one month

• Low risk:
  – Survivors of accidents or disasters

• High risk:
  – Survivors of violence (mass shootings, assaults)
Increased Risk

- History of experiencing other traumatic events
- Diagnosis of PTSD in the past
- Mental health diagnosis in the past
- Loss of a loved one in the event
- Significant injury from the event
# Screening Tools

## ASD
- The Acute Stress Disorder Interview (ASDI)
- The Acute Stress Disorder Scale (ASDS)

## PTSD
- BAI-PC
- Primary Care PTSD Screen
- Short Form of the PTSD Checklist
- Short Screening Scale for PTSD
- SPAN
- SPRINT
- Trauma Screening Questionnaire
- PTSD Checklist
Acute Stress Disorder Scale

- Self report tool
- 19 questions
- Rated 1 – 5
- Score >50 = referral to Behavioral Health

Acute Stress Disorder Scale (ASDS)


Contact: Richard Bryant, PhD rbryant@psy.unsw.edu.au

Briefly describe your recent traumatic experience:

Did the experience frighten you?  Yes  No

Please answer each of these questions about how you have felt since the event. Circle one number next to each question to indicate how you have felt.

1 = Not at all
2 = Mildly
3 = Medium
4 = Quite a bit
5 = Very much

1. During or after the trauma, did you ever feel numb or distant from your emotions?
   1  2  3  4  5

2. During or after the trauma, did you ever feel in a daze?
   1  2  3  4  5

3. During or after the trauma, did things around you ever feel unreal or dreamlike?
   1  2  3  4  5

4. During or after the trauma, did you ever feel distant from your normal self or like you were watching it happen from outside?
   1  2  3  4  5

5. Have you been unable to recall important aspects of the trauma?
   1  2  3  4  5

6. Have memories of the trauma kept entering your mind?
   1  2  3  4  5

7. Have you had bad dreams or nightmares about the trauma?
   1  2  3  4  5

8. Have you felt as if the trauma was about to happen again?
   1  2  3  4  5

9. Do you feel very upset when you are reminded of the trauma?
   1  2  3  4  5

10. Have you tried not to think about the trauma?
    1  2  3  4  5

11. Have you tried to talk about the trauma?
    1  2  3  4  5

12. Have you tried to avoid situations or people that remind you of the trauma?
    1  2  3  4  5

13. Have you tried not to feel upset or distressed about the trauma?
    1  2  3  4  5

14. Have you had trouble sleeping since the trauma?
    1  2  3  4  5

15. Have you felt more irritable since the trauma?
    1  2  3  4  5

16. Have you had difficulty concentrating since the trauma?
    1  2  3  4  5

17. Have you become more alert to danger since the trauma?
    1  2  3  4  5

18. Have you become jumpy since the trauma?
    1  2  3  4  5

19. When you are reminded of the trauma, do you sweat or tremble or does your heart beat fast?
    1  2  3  4  5
**PHQ-9**

- **Self report tool**
- **10 questions**
- **Rated 0 – 3**
- **Score >4 = depression**
  - Higher score correlates with increased severity
Current State

1. Admission
2. Clinical Team Identifies Concern
3. Screening by IP using ASDS
4. If indicated: Referral to BH
5. Intervention by BH
Exploring Resources

- IP Coordinator
- Staff RNs
- Social Work
- Psychiatry Resident/Fellow
Ideal State

Admission

Routine assessment by RN; If indicated: SW consult ordered

Screening by SW

If Indicated: Referral by SW to BH

Intervention by BH
In a Perfect World…

Admission

Routine screening by Psych Fellow

If Indicated: Intervention by Psych Fellow

Follow-up 30 days post d/c
Discharge Paperwork

- Acute Stress Disorder
  - Normal response
  - Symptoms to watch for
  - When to seek help

- Facility Resources
  - IU Health Behavioral Care 317-639-4357

- National Resources
  - National Institutes on Mental Health
  - National Suicide Prevention Lifeline
  - SAMSHA Substance Abuse and Mental Health Services Admin.
References


4. www.ptsd.va.gov
Questions?

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