

History & Exam – Trauma Patients with PTSD
Syllabus
Presented by Steven C Eggleston, DC, Esq.

Objectives

Participants will be taught the importance of taking a history of trauma patients which includes basic PTSD screening questions. A complete history will lead to a proper examination so that the doctor is competent under Section 317(c).

Hour 1

The specific questions used in the history for a PTSD patient will be presented and discussed including re-experiencing symptoms, avoidance symptoms and hyperarousal symptoms. The doctor must include these questions in the history-taking process.

Hour 2

Specific questions must be used during the history-taking process depending on whether the patient is an adult, teenager or pre-teen since the symptoms vary among these three age groups. Doctors are taught when and how to ask questions during the consultation for each of these three types of patients. The history must include asking the patient about certain risk factors and resilience factors.

Hour 3

The history must include questions about other risk factors including ongoing stress in order to determine the patient's improvement or lack thereof. A proper history is different at follow up re-evaluations than it is during the initial history and examination. The doctor must ask the patient what, if anything, the patient has been doing since the last history and examination. Doctors are taught to ask questions during the history about whether the patient has done any CBT, cognitive restructuring, stress inoculation and/or EMDR. A proper history during a follow up evaluation must include the patient's response to treatment, if any, in order to know what to examine this time.

Hour 4

A proper history of PTSD patients must include questions about the functioning or dysfunction of the patient's endocrine system. The doctor will be taught to inquire during the history-taking session about the five most important hormone dysfunctions including TSH, ACTH, LH, FSH and ADH. Symptoms of these must be discussed and doctors will be taught what questions to ask the trauma patient during the history. Some chiropractors have never even been taught how to ask these questions or what the answers mean so the doctors will be taught to understand the meanings of the answers to the questions they ask during the history of a PTSD patient.