

History & Exam – Evaluating 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. They will be taught how PTSD is caused, the risk factors and the major symptoms. They will be advised of the importance of making appropriate referrals to other doctors and therapists when they encounter a patient with PTSD.

Hour 1

Treatments are explained including Eye Movement Desensitization & Reprocessing (EMDR), the percentages of men and women who experience traumatic events and the percentage of all people who will have PTSD in their lifetimes. The specific criteria for diagnosing PTSD will be presented and discussed including re-experiencing symptoms, avoidance symptoms and hyperarousal symptoms.

Hour 2

The differences between how adults, children and teenagers experience PTSD will be explained as well as the different symptoms for each category. Participants will be taught to understand why some get PTSD and others do not because of certain risk factors and resilience factors.

Hour 3

Treatment options for PTSD will be explained including talk therapy, involving family and friends in recovery and cognitive behavioral therapy (CBT). CBT will be broken down into its three sub-treatments including exposure therapy, cognitive restructuring and stress inoculation training. The value and risks of medications for PTSD will be discussed. The risk factor of ongoing stress is discussed because it makes recovering from PTSD more difficult and the chiropractor can counsel patients in this area.

Hour 4

The endocrine system will be discussed and the effects of PTSD and concussion on TSH, ACTH, LH, FSH and ADH, the five most important hormones that become imbalanced following brain trauma. The functions of each hormone are discussed and how these functions become dysfunctional following brain trauma in some patients. A number of studies will be cited to show percentages of patients with long term post-concussion syndrome, PTSD and other neuropsychiatric disorders linked to brain trauma patients such as car accident patients which chiropractors see frequently in their offices.