

PRACTICE GUIDELINE

Effective Date: 6-1-2017 admit date

Manual Reference: **Deaconess Trauma Services**

TITLE: Screening for Post Traumatic Stress Disorder (PTSD)

PURPOSE: To provide a guideline for identifying injured patients who may be suffering from post traumatic stress disorder and need a referral to a mental health professional.

SCOPE: All injured patients who are at least 18 years old, who have a mechanism of injury at risk for developing PTSD or are exhibiting symptoms of PTSD, and are admitted at Deaconess Hospital Main Campus with a length of stay 14 days or greater. Exclusion criteria includes ground level falls, patients who are unable to cognitively receive the self-screening, and those who are unable to communicate either verbally or in writing. Patients have the right to refuse to receive PTSD screening.

GUIDELINES:

1. All injured patients who are 18 years of age or older with a mechanism of injury at risk for developing PTSD or are exhibiting symptoms of PTSD, and who are admitted to the Deaconess Main Campus and remain an in-patient for 14 days or longer will be identified by Trauma Services.
2. An in-patient consult to Religious Life will be entered in EPIC.
3. Religious Life will administer the PTSD screening using the PC-PTSD-5 screening tool as provided by the National Center for PTSD. (See Attachment #1)
 - a. In the absence of Religious Life staff, the audit will be administered by Trauma Services.
4. PTSD screenings will be administered after hospital day 14.
 - a. PC-PTSD-5 is a self-reporting tool that can be read by respondents themselves or can be read to them in person or over the telephone.
 - b. PC-PTSD-5 is scored by a member of the Trauma Services department or by a member of Religious Life.
 - c. PC-PTSD-5 consists of 5 questions which have a “yes” or “no” response.
 - d. A probable diagnosis of PTSD and a referral to Cross Pointe will be suggested if the person answers “yes” to 3 or more questions.
5. Upon completion of screening, Religious Life will place a note in EPIC and forward hard copy of screening to Trauma Services for inclusion in TraumaBase document vault.
6. Patients less than 18 years old who remain an in-patient for 14 days or longer and are exhibiting possible symptoms of PTSD will receive a Cross Pointe referral.

7. Patients who schedule appointments with Evansville Surgical Associates (ESA) as part of the Trauma Clinic follow up will also receive PTSD screenings which will be administered by ESA staff. Referrals will be made as appropriate based on screening results.

REFERENCES:

- ❖ National Center for PTSD
- ❖ Deaconess forms M2840, M3092 and M3093

REVIEWED DATE	REVISED DATE
JAN 18	June 1, 2019

Attachment #1

PC-PTSD-5

Please print. Alternatively, affix patient label here.

Patient Name: _____ Date of Birth: _____

Screened by: _____ Date of Screening: _____

This PTSD screening is a 5-item screen designed to identify individuals with probable PTSD.

Preliminary results from validation studies suggest that a cut-point of 3 on the screening (i.e. answer of "yes" to any 3 of 5 questions) is sensitive to probable PTSD. Using a cut-point of 4 is considered optimally efficient.

A positive response to the screen does not necessarily indicate that a patient has PTSD. However, a positive response does indicate that a patient may have PTSD and further investigation by a mental health professional may be warranted.

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In the past month, have you

1. Had nightmares about the event or thought about the event when you did not want to?	YES	NO
2. Tried hard not to think about the event or went out of your way to avoid situations that reminded you of the event?	YES	NO
3. Been constantly on guard, watchful, or easily startled?	YES	NO
4. Felt numb or detached from people, activities, or your surroundings?	YES	NO
5. Felt guilty or unable to stop blaming yourself or others for the event or any problems the event may have caused?	YES	NO
Total number of YES answers		

If patient answers "YES" to 3 or more questions, provide Deaconess Cross Pointe brochure and encourage follow up with mental health provider.