

# Post Traumatic Stress Disorder (PTSD)

◦ Presented by:

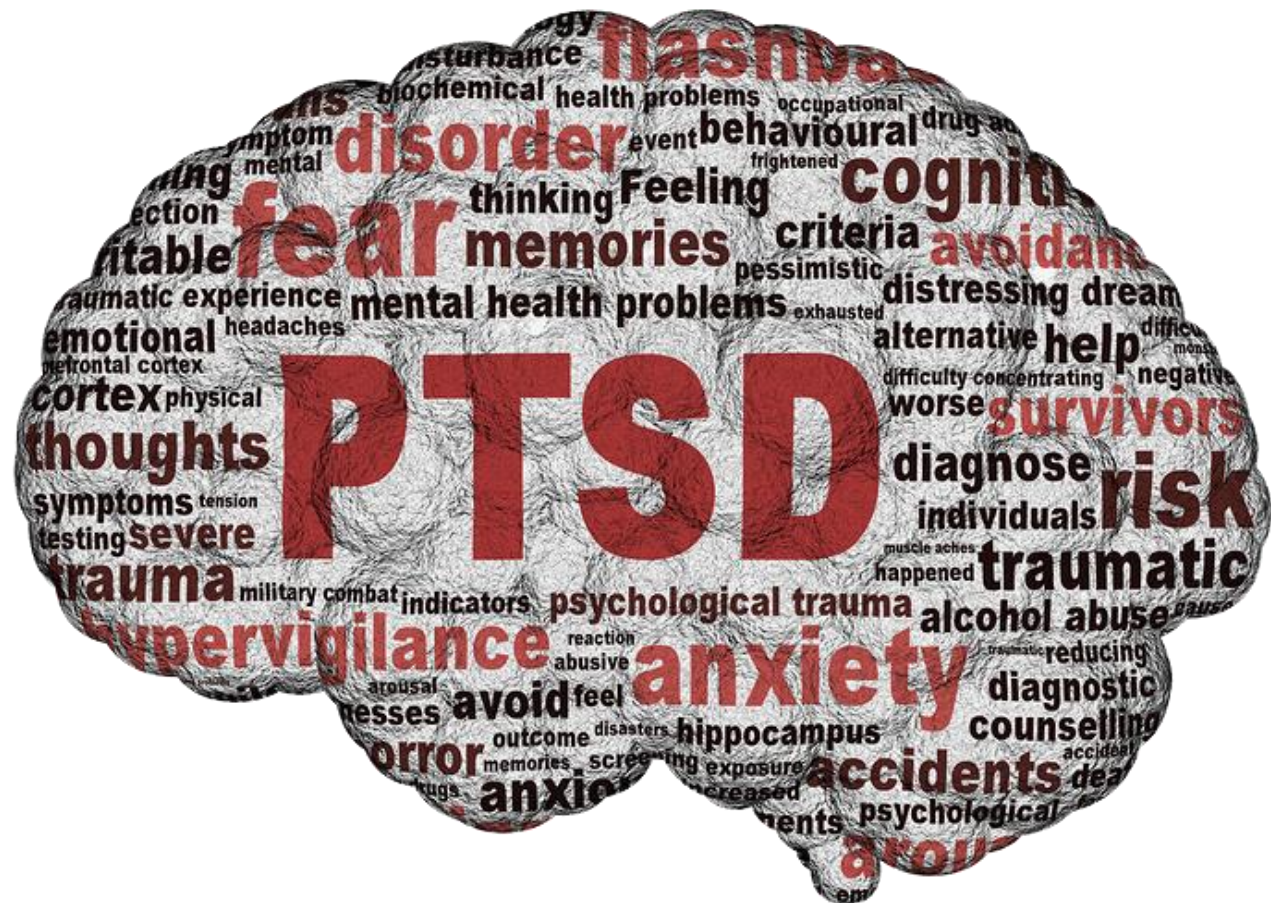
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# Objectives

Understand	Understand the etiology and pathophysiology of PTSD
Recognize	Recognize the clinical presentation and review the DSM-5 diagnostic criteria for PTSD
Summarize	Summarize both non-pharmacologic and pharmacologic treatments for PTSD
Evaluate	Evaluate a patient case and develop an initial treatment recommendation for treating PTSD

ETIOLOGY AND  
PATHOPHYSIOLOGY



# Etiology

## Exposure to traumatic event(s)

- Fearing for their life or life of others

## Types of trauma

- Military combat
  - 25% combat veterans
  - 66% prisoners of war
- Violent personal assault
- Rape
- Severe motor vehicle accidents
- Severe physical injury
- Natural and man-made disasters

# Comorbidities



Depression



Anxiety



Substance  
use disorders



Borderline  
personality  
disorder



Sleep  
disturbance



Psychosis

# Risk Factors

## Pre-Trauma

- Psychiatric disorder
- Family history
- Drug/alcohol abuse
- Female
- Low socioeconomic status
- Low education level
- Previous trauma
- Job (military, first responder)

## Peritraumatic

- Severity
- Perceived threat of life
- Emotional response
- Dissociation

## Post-Trauma

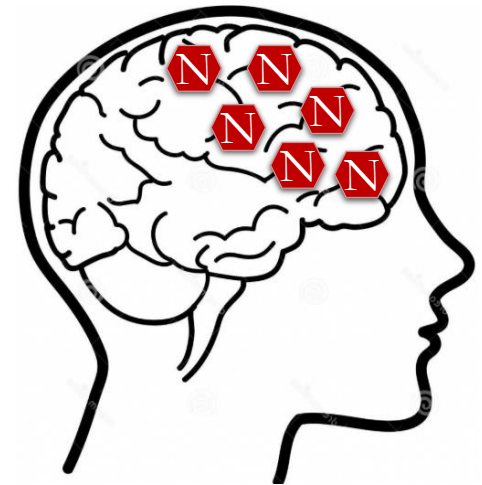
- Perceived lack of support
- Dysfunctional social interaction patterns
- Additional life stressors

# Pathophysiology

- Overactivity of noradrenergic system
  - Increased BP, HR, palpitations, sweating, flushing, tremors, etc.



Brain without PTSD



Brain with PTSD

# Pathophysiology, cont'd

## “Conditioned Fear”

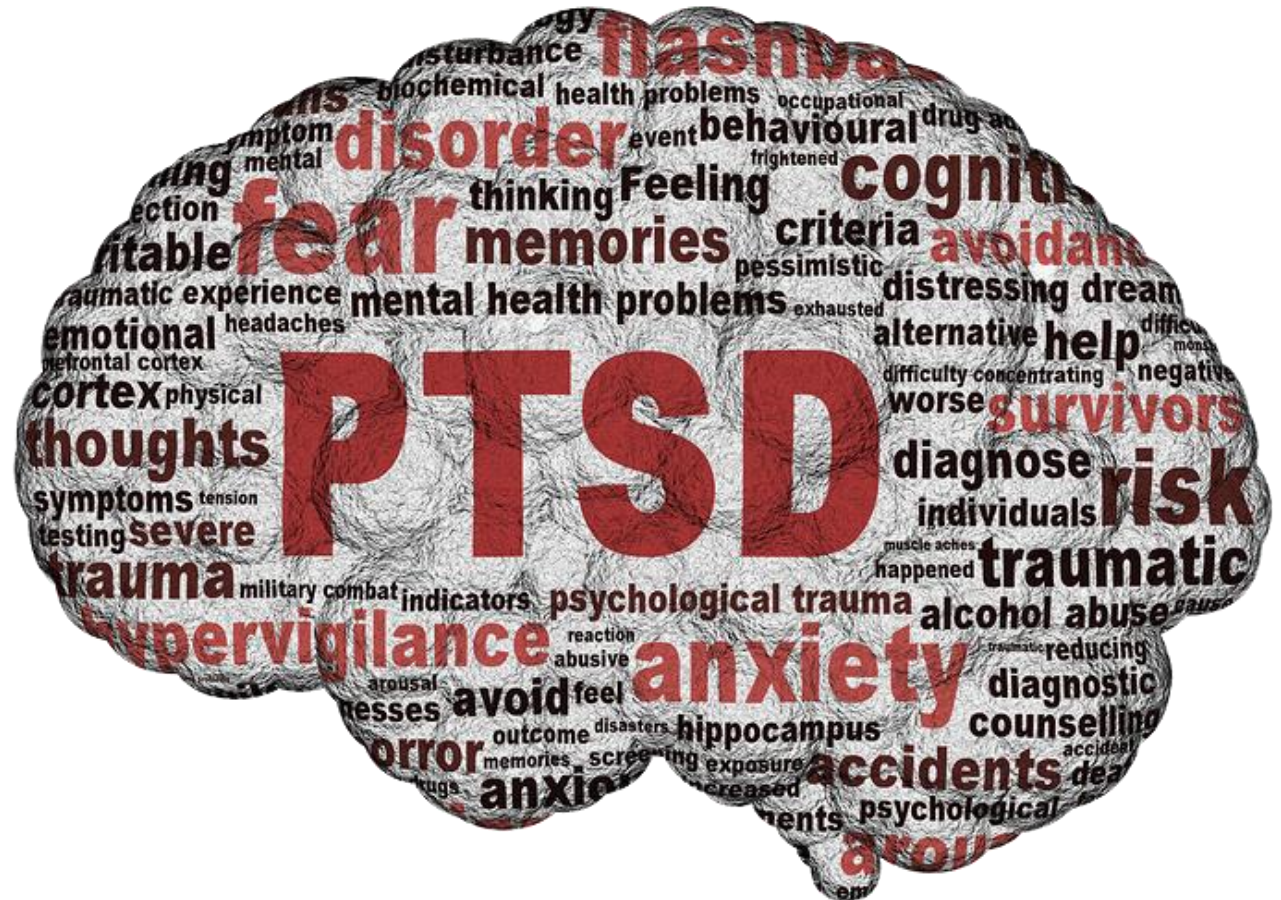
- Pairing a traumatic event to a neutral stimulus

## Failure of “fear extinction”

- Avoidance of these neutral stimuli



# DSM-5 DIAGNOSTIC CRITERIA AND CLINICAL PRESENTATION



# DSM-5 Criteria for Diagnosis



5 different criteria categories



Traumatic event



Symptoms present >1 month



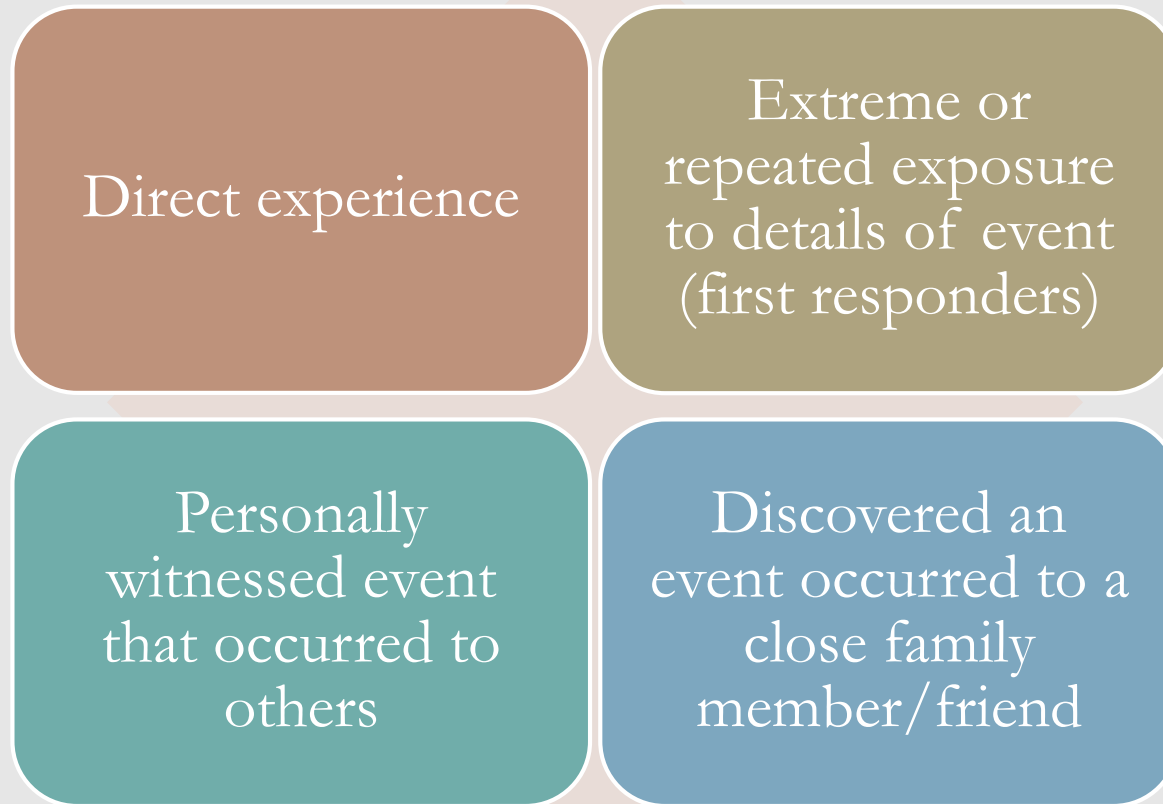
Causing clinically significant distress  
or impairment in functioning



Not attributable to effects of a  
substance

# Criterion A – Exposure to a traumatic event

*\*Required for diagnosis\**



# Criterion B – Intrusive Symptoms

\*Need one or more\*

Recurrent,  
involuntary, and  
distressing memories  
of event

Dissociative reactions  
(flashbacks)

Marked physiological  
reactions to cues

Recurrent, distressing  
dreams

Intense or prolonged  
psychological distress  
at exposure to cues

# Criterion C – Avoidance

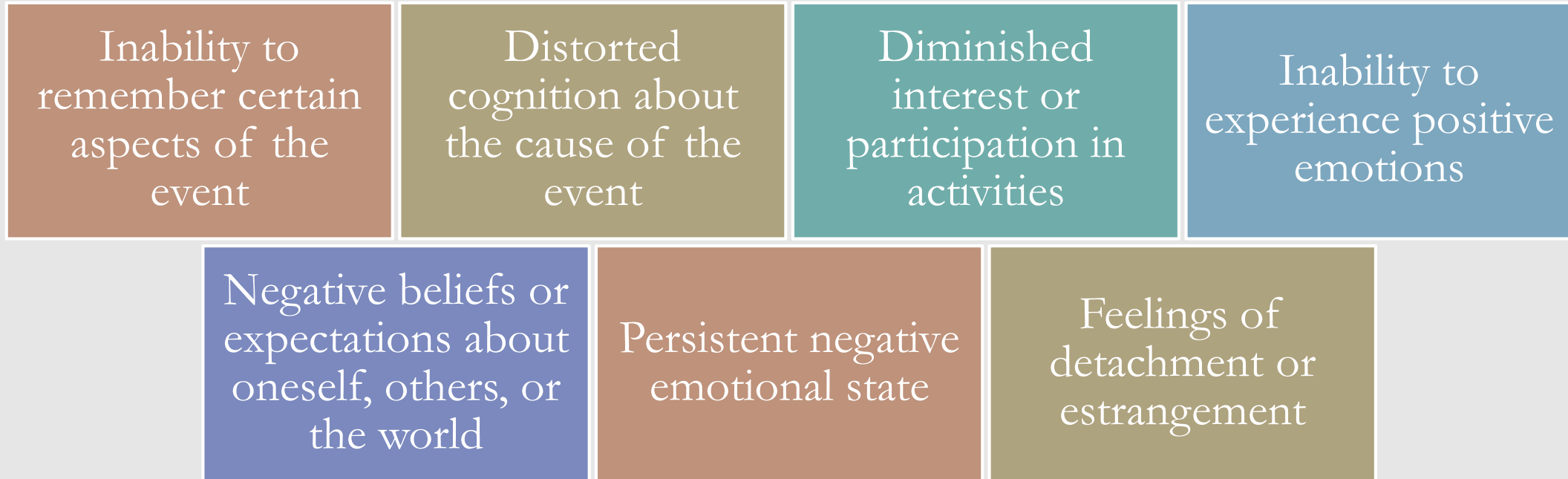
*\*Need one or both\**

*Avoiding internal  
reminders of the event*

*Avoiding external  
reminders of the event*

# Criterion D – Negative alterations in cognition and mood

\*Need two or more\*



# Criterion E – Altered arousal

\*Need two or more\*

Irritable  
behavior or  
angry outbursts

Hypervigilance

Problems with  
concentration

Reckless or  
self-destructive  
behavior

Exaggerated  
startle

Sleep  
disturbance

# Rating Scales

## Primary Care – PTSD (PC-PTSD)

- 4 items
- Positive screen if score is 3 or higher

## PTSD Checklist for DSM-5 (PCL-5)

- 20-item questionnaire
- Rating scale 0 – 4
  - Not at all – Extremely
- Scoring range 0 – 80
  - Higher score = higher severity



# Differential Diagnoses

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Acute stress disorder

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Adjustment disorder

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Obsessive compulsive disorder

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Pre-existing anxiety disorder

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Major depressive disorder

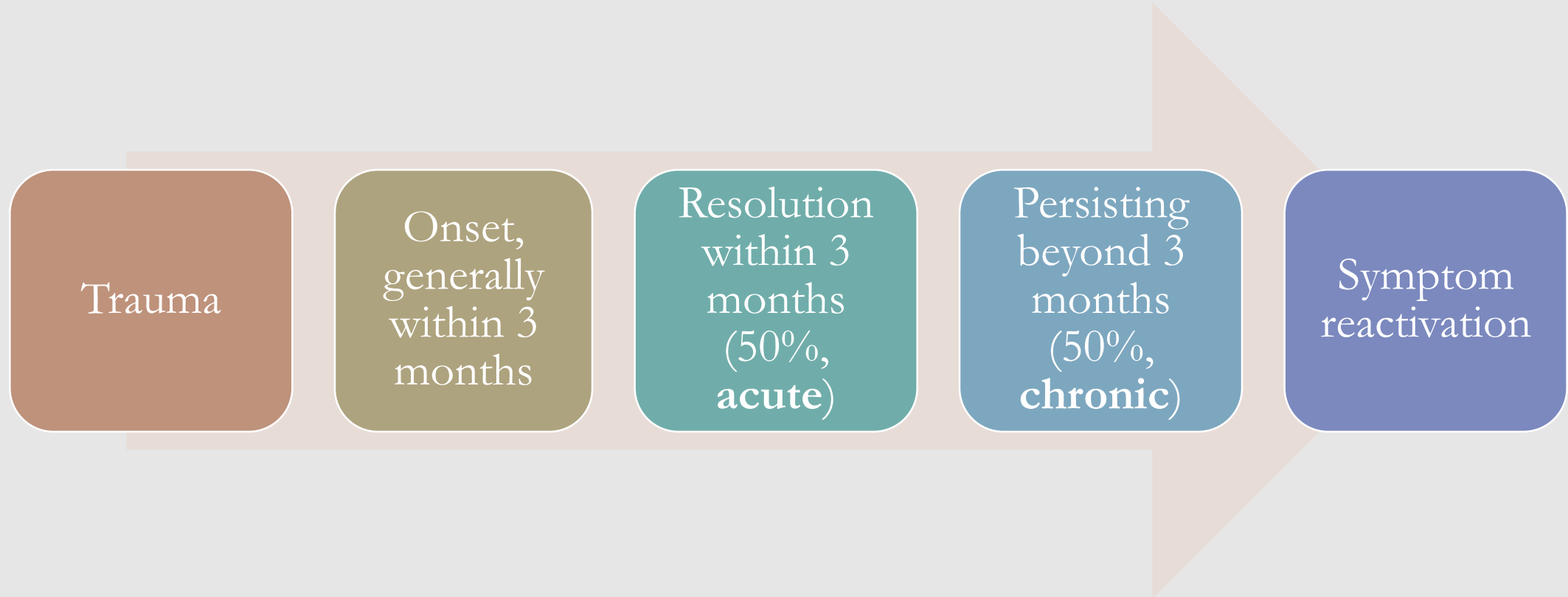
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Psychotic disorders

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Traumatic brain injury (TBI)

# Clinical Course





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