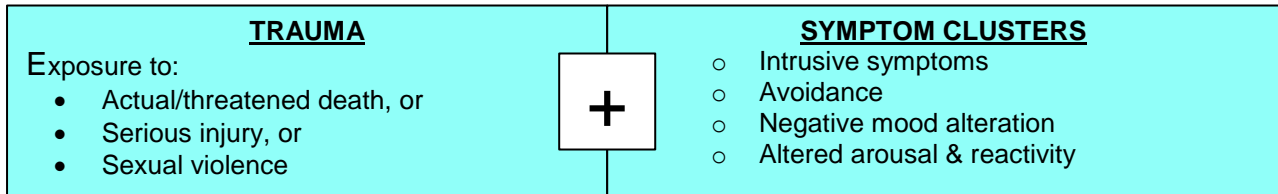


PTSD: An injury of Mind and Body



1. Screening- www.phoenixaustralia.org

2. Assessment

- trauma history
- symptoms
- social & vocational functioning
- domestic relationships
- risk to self/others

3. Diagnosis - PCL-5 (PTSD Checklist)

- Q1-5 (Cluster B – 1 response)
- Q6-7 (Cluster C – 1 response)
- Q8-14 (Cluster D – 2 responses)
- Q15-20 (Cluster E – 2 responses)

4. Treatment

- Assess severity
- Psychological review
- Manage comorbidities
- Crisis support
- Care/family health

Psychology Support

- Should be trained in trauma-focused therapy
- Use www.psychology.org.au/findapsychologist/
- Consider other mindfulness therapies
- Encourage lifestyle improvement

Psychiatry Support

- Significant mental health comorbidities
- Significant loss of social & occupational functioning
- Increased risk of harm
- Poor progress
- Patient reluctance to engage in first line therapies

Pharmacotherapy Support

SLEEP MANAGEMENT

- Antihistamines
- Short-term benzodiazepine therapy
- Low-dose immediate release Quetiapine
- Prazosin

ANXIETY AND DEPRESSIVE SYMPTOMS

- SSRI (first line)

Medium to long-term medication support warrants psychiatric review

Ex-Serving ADF Service Personnel

<p><u>ADF Post-Discharge GP Health Assessment</u></p> <ul style="list-style-type: none"> • Time-based Items 701,703, 705, 707 • Performed once only • Anytime after discharge • Available at: <ul style="list-style-type: none"> ○ DVA 'At Ease' ○ Medical Director ○ Best Practice 	<p><u>D9213 Application for Health Care for Certain Mental Health Conditions</u></p> <p>No requirement for the condition to be service related:</p> <ul style="list-style-type: none"> • PTSD • Anxiety • Depression • Alcohol misuse • Substance misuse <p>Will be processed quickly by DVA No diagnosis required for first six months of treatment</p>
<p><u>VVCS (Veterans and Veterans Families Counselling Service)</u></p> <ul style="list-style-type: none"> • Free mental health telephone counseling service for current and ex-serving members and their families • 24 hours per day, 7 days per week 	