



Military PTSD and the Mental Health Nursing Role

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Overview

- Highlight prevention & treatment of trauma-related MH issues in the CF
- Role of civilian mental health nurses in the Canadian Forces Health Services (CFHS) team
- How civilian Mental Health Services can help when called upon
- Research examining treatment outcomes in an interdisciplinary care setting



Military PTSD



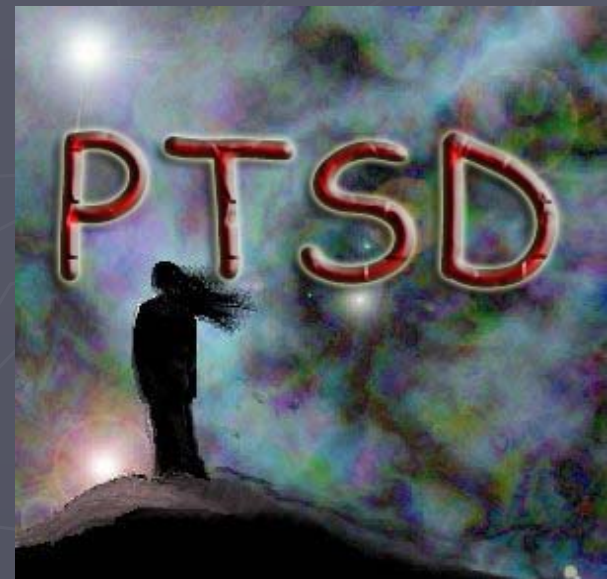
Prevention Strategies & Early Assessment

- Road to Mental Readiness
- In-theatre mental health team
- Third location decompression
- Pre & Post-deployment screening



Standardized Treatment Models

- ▶ Trauma-focused psychotherapy
 - Three phase cognitive-behavioural model
 - ▶ CBT, EMDR, Exposure, CPT, CBCT
- ▶ Pharmacotherapy
- ▶ Addictions counselling
- ▶ Psycho-social support



OTSSC

Operational Trauma Stress Support Centre

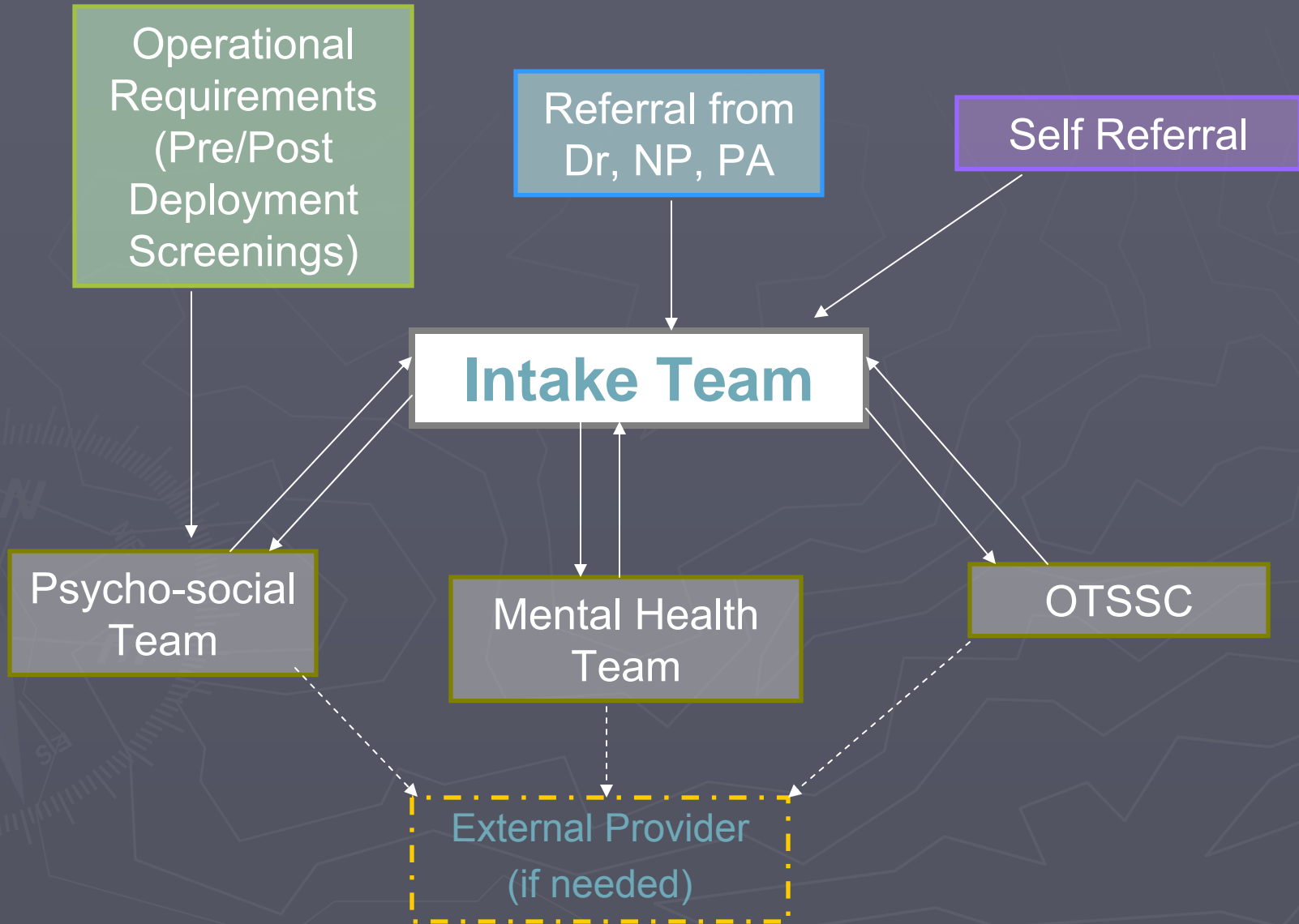
Centres of Excellence

7 in Canada



Methods of Accessing MH Services in Gagetown

Multidisciplinary Care Setting



Role of MHN in CFHS

Intake Team

-  assessment, treatment planning & coordination

Pre & Post Deployment Screenings


Ongoing care coordination

-  outside providers & progress reviews

Preventative Education

-  Road to Mental Readiness

Structured & Supportive Therapy

-  trauma stabilization, psycho-educational, & psycho-social

Research Coordinators

-  Data collection




How Can YOU be Helpful?

- Know CF & Veteran's Affairs resources in your area
- Understand that CF Health Services are bound by confidentiality & privacy policies
- Collaborate, collaborate, collaborate!



 Online links to access information about Canadian military mental health resources:

 <http://www.forces.gc.ca/health-sante/ps/mh-sm/default-eng.asp>

 <http://www.veterans.gc.ca/eng/sub.cfm?source=mental-health>



Treating Trauma in the Canadian Forces

- 18 month Prospective Study started in January 2011
 - Multidisciplinary research team
 - Large cohort of soldiers returned from Afghanistan in 2010
 - Examining treatment outcomes within a multidisciplinary care setting
 - Self-report measures of trauma related symptoms



Significance of Studying the Canadian Military



- ▶ Lack of published research
- ▶ Operational tempo
- ▶ Validate OTSSC model
- ▶ Enhance CF knowledge of PTSD

References: Duma, et al., 2010; Nash, et al., 2010; O'Donnell, et al., 2007; Priebe, et al., 2009; Sareen et al., (2010)

Data Collection

- n = 188 (out of possible 269)
- Treatment Group – every 3 months
 - Trauma related mental illness is the focus
 - Psycho-social treatment also tracked
- Non-Treatment – every 6 months
 - Currently not in any form of treatment
 - Weekly monitoring of new referrals



Self-Report Measures

- PTSD Checklist - Specific (PCL-S)
- Patient Health Questionnaire - 9 (PHQ-9)
- War Events Inventory (WEI)
- Outcome Questionnaire (OQ-45)
- Alcohol Use Disorders Identification Test (AUDIT)



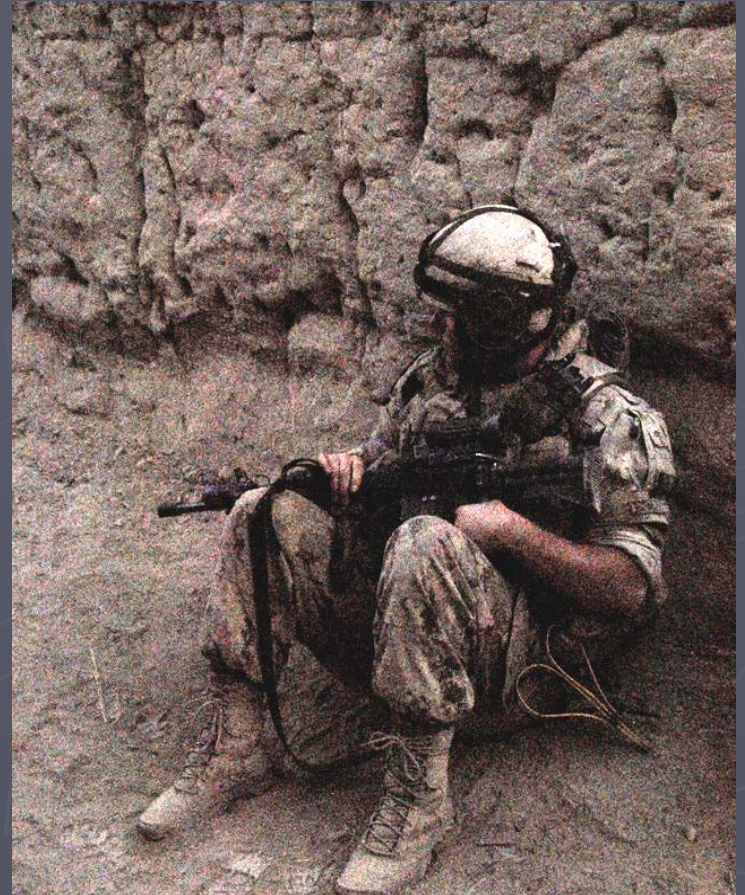
The Data Collection Journey...

Benefits:

- ▶ Defined population
- ▶ Access to large cohort
- ▶ Post-deployment screens

Challenges:

- ▶ Stigma
- ▶ Decreasing interest
- ▶ Transient nature of the group



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