OPERATIONAL GUIDELINES: IMPLEMENTING POST-TRAUMATIC STRESS DISORDER (PTSD) SCREENING IN A BURN CENTER

PURPOSE:
To provide nursing staff with information on the benefits of early detection of burn patients at risk for PTSD, how to use the PC-PTSD tool, and timely and appropriate mental health interventions for identified patients.

1. Early detection of patients at risk for the development of Post-Traumatic Stress Disorder to provide early intervention leading to more favorable outcomes.
2. Nurses in the inpatient setting will use the Primary Care PTSD Screening Tool (PC-PTSD-5) three days post injury plus or minus one day to identify patients at risk for PTSD in a consistent and reliable manner. The score will be documented in the patient’s EMR.
3. Nurses in the outpatient setting will use the Primary Care PTSD Screening Tool (PC-PTSD-5) on the patients’ initial visit to the burn clinic. The score will be documented in the patient’s EMR.

APPLICABILITY:

<table>
<thead>
<tr>
<th>Population Served</th>
<th>Care Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>x Ambulatory Care – Burn patients at Outpatient clinic</td>
</tr>
<tr>
<td></td>
<td>x Critical Care - Burn ICU</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>x Inpatient Acute</td>
</tr>
<tr>
<td>Obstetrics</td>
<td>x Emergency Department</td>
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<tr>
<td>Pediatrics</td>
<td>Procedure/Diagnostic Area</td>
</tr>
<tr>
<td></td>
<td>Periop</td>
</tr>
<tr>
<td></td>
<td>X Step-down -</td>
</tr>
</tbody>
</table>

EVIDENCE BASED SUPPORTIVE DATA:

Post-traumatic Stress Disorder (PTSD) is a disorder categorized in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) that can develop when a person is exposed to death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence\(^1\). PTSD is the most common psychological disorder for the burn survivor\(^2\). Prevalence studies among burn survivors report PTSD diagnosis 19-45%\(^3\).


\(^3\) Yee, Q. Q., Schutte, K. K., & Leyva, Y. E. (2013). Diagnostic accuracy of brief PTSD screening instruments in military veterans. Journal of Substance Abuse and Treatment, 45, 134-142.

Dated: 10/1/2019
Early identification of PTSD in the adult burn population with the use of a reliable nurse administered screening tool lead to more favorable outcomes. The PC-PTSD is a 5-item screen tool designed for use by medical professionals to screen patients who are at risk for PTSD4.

**EQUIPMENT:**
Primary Care PTSD Screening Tool (see appendix A)

**PROCEDURE:**
A. The bedside or clinic nurse will perform a PC-PTSD-5 screen (*Appendix A*) at three days post burn injury (plus or minus one day)
B. If a patient provides 3 “yes” responses, the PC-PTSD is “positive.” The positive response indicates a patient may have acute stress or other trauma-related psychological problems and is likely to develop PTSD.
C. Inform Physician/NP to create “Referral” for early mental health interventions.

**PATIENT TEACHING:**
1. Inform patient that the PC-PTSD screening is done on burn patient immediately following admission to provide best quality of care.
2. Assure patient any positive responses are a normal part of the coping process for a burn injury.
3. If positive, inform patient they will be referred for services to facilitate coping with their burn injury.

**DOCUMENTATION:**
1. Enter PC-PTSD score into patient’s EMR.
2. Enter Nursing Note to document Patient Education has been completed.

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REFERENCES:


U. S. Department of Veterans Affairs (March 13, 2018). PTSD: National Center for PTSD

Dated: 10/1/2019
IMPLEMENTING POST-TRAUMATIC STRESS DISORDER (PTSD)

SCREENING IN A BURN CENTER, CONT’D

APPENDIX A

Text Box 1. The Primary Care PTSD Screen for DSM-5 (PC-PTSD-5)

Sometimes things happen to people that are unusually or especially frightening, horrible, or traumatic. For example:

- a serious accident or fire
- a physical or sexual assault or abuse
- an earthquake or flood
- a war
- seeing someone be killed or seriously injured
- having a loved one die through homicide or suicide

Have you ever experienced this kind of event?

YES/NO

If ‘No,’ screen total = 0; if ‘Yes,’ continue with screening.

In the past month, have you…

1. had nightmares about the event(s) or thought about the event(s) when you did not want to? YES/NO

2. tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)? 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 events(s) or any problems the event(s) may have caused? YES/NO

Note. All new items are italicized here for emphasis; respondents were asked to answer “yes” or “no” to all items.

Dated: 10/1/2019