

Post-Traumatic Stress Disorder

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The topic that I am interested in pursuing is a post-traumatic stress disorder. This condition has caused damage to many individuals as their memories haunt them. Veterans, for instance, are particularly vulnerable since they are prone to dwelling on traumatic experiences during the war and the loss of friends and comrades (Lewis et al., 2020).

Purpose

The fact that I spend part of my week working as a patient access associate in a hospital means that this is a very relevant topic for me. I am privileged to assist our nation's heroes in their needs. Thanks to this chance encounter, I could hear firsthand accounts of the atrocities they endured during the war. Notably, numerous combat veterans struggle with reoccurring nightmares, extreme anxiety, unexplainable adrenaline surges, and extreme mental anguish resulting from flashbacks that bring back traumatic memories of the war (Lehavot et al., 2018). As with the general population, some veterans have substance misuse issues. In many cases, they end up in prison because of their addiction. Someone who has PTSD is a ticking time bomb. It is just a matter of time before the symptoms start appearing. Besides, people with PTSD may mistakenly assume that others around them do not share their everyday experiences.

Relevance of the Topic

The study's topic is crucial because nurses must know how to treat and manage patients with PTSD. To aid a patient's recovery from PTSD, nurses need to recognize the condition's symptoms and implement appropriate nursing treatments (Fenster et al., 2019). A patient with PTSD will benefit from counseling and treatment provided by nurses who are appropriately equipped to do so. Furthermore, the nurses will be able to give diagnostic assessments, treatment

plans, medication management, and counseling for mental health issues because of their familiarity with the subject. The nurses will learn how to communicate effectively with patients, which is essential for various therapies, including those intended to alleviate symptoms of post-traumatic stress disorder.

Exploring this issue will allow me to learn what interventions work best for PTSD patients so that I may implement them with them. The fact that most people go through this after serving their nation drives me to find a method to assist them in having a better life. Most importantly, the most excellent method to aid them is to keep their condition under control and stop it from worsening. My objective is to improve veterans' mental health so that they may settle into retirement with the same ease as other professionals. Because the condition's related difficulties are solvable with the correct information, I think this objective is realistic.

Problem Statement

After serving their country, most veterans face the challenge of PTSD; about 60% of the military suffers from this illness. Its victims might be of any age or aptitude level. PTSD may develop after experiencing or witnessing a life-threatening situation in the military. Warfare and martial experiences, sexual harassment in the camp, serious accidents, and terrorist acts are all potential triggers for post-traumatic stress disorder in veterans (Bryant, 2019). For that reason, veterans have an increased chance of suffering or witnessing trauma due to their military experience. In the early stages of post-traumatic stress disorder (PTSD), military personnel often need the assistance of a qualified professional to detect their symptoms. Because of this, they stand to gain the most from finding a solution to this issue.

References

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