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Post-traumatic stress disorder (PTSD)



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1. Introduction

As time goes by and climate change, lots of tragic events happen. However, after the end of the events, few people will be aware the survivors may suffer from post-traumatic stress disorder (PTSD) in their following life.

2. What is Post-traumatic stress disorder (PTSD)

Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by terrifying extreme or life-threatening events. Symptoms may include negative thinking and changes in physical and emotional reactions which can vary over time or vary from person to person and more than a month.

3. Signs and symptoms of PTSD

PTSD symptoms are generally grouped into four types:

(1) Intrusive memories: upsetting dreams or nightmares about the traumatic event.

Avoiding activities that remind you of the traumatic event.

(2) Negative changes in thinking and mood: reliving the traumatic event as if it were happening again. Feeling Fear, anxiety, anger, depression, or guilt. Being easily startled or frightened. Irritability, angry outbursts, or aggressive behavior.

(3) Changes in physical and emotional reactions: trouble concentrating. Trouble sleeping.

(4) Normal daily problems: difficulty maintaining close relationships. Feeling detached from family and friends. Suicidal thoughts and actions.

Symptoms can vary over time or vary from person to person.

4. Care plan for PTSD

(1) Assist the patient to complete the meaning of the event itself, or develop an adaptive response.

(2) Assist the patient's response to events to develop smoothly.

- (3) It is necessary for the patient to describe the traumatic event and his feelings about the event.
- (4) Provide timely assistance when the patient has nightmares, withdrawal and aggressive thoughts.
- (5) Establish a trusting relationship with the patient, encourage the expression of thoughts and emotions, and assist in distinguishing between reality and fantasy.
- (6) Assist the patient to understand the control of the results.
- (7) Assist in overcoming emotional helplessness and loss of control, so that patients can work hard to participate in activities.
- (8) Professionals assist in relaxation skills training and desensitization methods, and use relaxation skills training and desensitization methods to change the cognitive process of individuals and reduce fear and trouble.
- (9) Understand them, and establish good interpersonal relationships. In addition, the support and love of family members is also an important factor.

5. Conclusion

Early detection of the patient's reactions after a stressful event, giving care and seeking professional assistance are helping for the patients to go through the post-traumatic haze as soon as possible.

6. Reference

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Let us take the quiz to make sure you understand.

1. Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by terrifying extreme or life-threatening events. Symptoms may include negative thinking and changes in physical and emotional reactions which can vary over time or vary from person to person and more than a month.

Yes No Don't know

2. PTSD Intrusive memories: upsetting dreams or nightmares about the traumatic event. Avoiding activities that remind you of the traumatic event.

Yes No Don't know

3. Maintain closer relationships with family and friends.

Yes No Don't know

4. It is necessary for the patient to describe the traumatic event and his feelings about the event.

Yes No Don't know

5. Understand them, and establish good interpersonal relationships. The support and love of family members is also an important factor.

Yes No Don't know