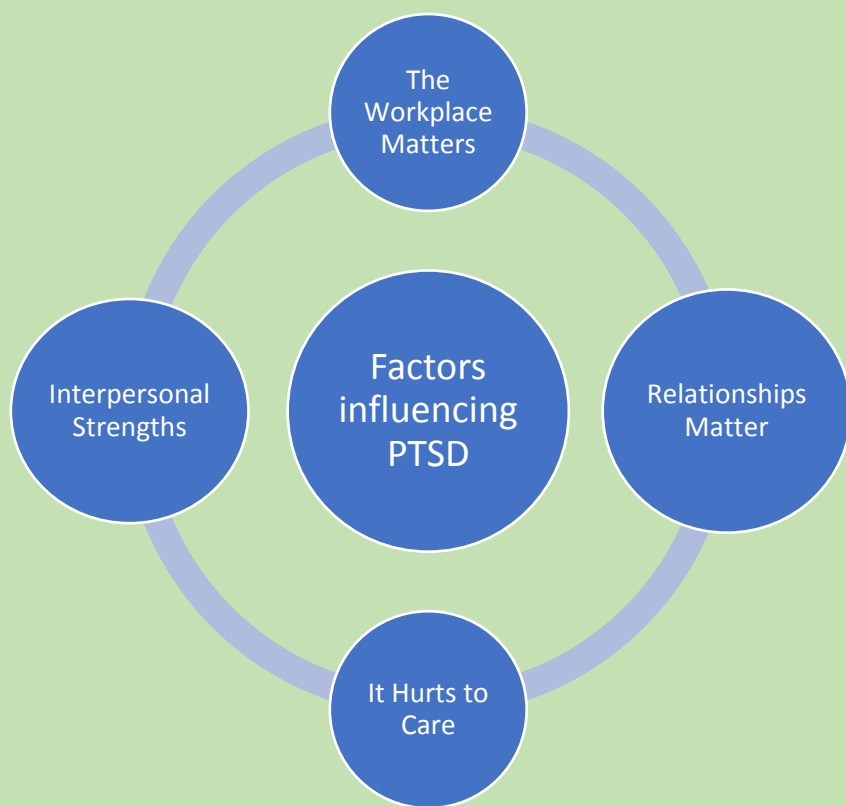


# PTSD in Nurses: Exploring a Phenomenon

## Session Objectives:

1. Describe PTSD and its prevalence in nurses
2. Identify factors influencing PTSD development in nurses
3. Examine ways to reduce the harmful impact of PTSD in nurses



Symptoms of PTSD are divided into four categories:

1. Intrusive thoughts or re-experiencing (reliving the traumatic event)
2. Avoiding situations that are reminders of the event
3. Negative changes in thoughts and feelings
4. Hyperarousal and reactivity symptoms (overreacting to situations)

PTSD is affecting nurses worldwide. Prevalence rates vary.

Reducing the effect of PTSD:

1. Organizational
  - Security/ resources
2. Interpersonal
  - Supportive peer/ leadership relationships
3. Intrapersonal
  - Strengths
  - Promote Resiliency

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