

## Contributed by Fairfield University

Please read the article and answer the questions listed below.

Article: PTSD Among Our Returning Veterans - How to recognize and assist veterans with this increasingly common mental health disorder.

1. Why don't veterans receive the treatment they need for PTSD? What can be done about this?
2. PTSD is characterized by the following symptoms: reexperiencing, avoidance and numbing, and hyperarousal. Describe each of these, an example, and an intervention that could be done.
3. What are some common co morbidities of soldiers with PTSD? Why is it worrisome when a soldier presents with PTSD and another co-morbid disorder?
4. What are some nursing interventions that can be done for PTSD patients?
5. What are some nursing interventions that can be done for families of patients with PTSD?