

Life Course Review of Post-Traumatic Stress Disorder Following a Traumatic Brain Injury: Symptom Perception and Patient Outcomes

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Aims/Objectives:

Aim 1: Determine timeline of event of TBI and PTSD symptom experience to seeking treatment.

Objective: To identify length of time it takes for individuals to seek treatment for PTSD following TBI injury.

Aim 2: Explore decision making process for seeking treatment related to PTSD symptoms by identifying what factors influenced their decision to seeking treatment.

Objective: To broaden our understanding of the factors that influence individuals to engage in treatment.

Aim 3: To describe the perceived burden of symptom experience and subsequent influence on health outcomes.

Objective: Allow individuals to describe individual symptom experience and perceived impact on health by identifying how their experience of PTSD symptoms has affected changes in health.

Sample: Veterans >18yrs old, individuals with a history of traumatic brain injury. Cognitively independent to answer questions. 6 months or greater time since injury. Total sample aim was 180 to meet the power analysis for Aim 1. Total collected was 220 participants.

Setting: Sample size for the quantitative arm was accessed by a online survey with Veteran database. Selection of the sample for qualitative interview based on the results of the quantitative data analysis. Individuals chosen if their stated time to treatment from TBI occurrence match any of the following time points to access to treatment for PTSD following TBI (>3 months, 3-6 months (45) individuals.

Methodology: This study used Mixed Methods, Descriptive Research, Interviews, and Surveys.

Results: In total, 220 Veterans completed the survey. The mean age of participants was 46.15 (\pm 1.23 years, with a range of 18 to 76 years. First TBI 21.50 (\pm 16.075) years. Multiple TBI- 44.4 %, PTSD Diagnosis - 52.5 %. Factors affecting seeking treatment - - Lack of wanting to get professional help ; Denial, No external factor in their life that pushes them to seek help.

Conclusions: Numerous Veterans could not indicate what they wanted to disclose in the interview. This led to questions regarding the basics of the medical language of how nurses should be assessing and communicating with individuals who have suffered from TBIs. When educating Veterans on symptoms it's crucial that nurses are breaking down the basics of the language so individuals are reporting and disclosing.

Implications: The evidence supports those individuals with TBIs who neglected to seek treatment were assessed through open-ended questions which helped provide further insight on barriers to seeking treatment. Nurses can have a significant impact by educating TBI patients and families about the symptoms of TBI and PTSD. Family-centered education is key for recognizing signs and symptoms of TBI and PTSD.

References:

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