Guidelines for:
Post-Traumatic Stress Disorder in Adults

OBJECTIVE

To guide the appropriate diagnosis and treatment of post-traumatic stress disorder (PTSD) in adults.

DIAGNOSIS & ASSESSMENT

- Meets DSM-5 diagnostic criteria
- Complete a thorough diagnostic evaluation that may include structured interviews such as the CAPS-S (www.ptsd.va.gov/professional/assessment/adult-int/caps.asp)
- Evaluate for comorbid diagnoses such as depression and substance use disorders that may include brief self-report scales such as the PHQ-9 or CAGE
- Complete a functional assessment and determine the availability of basic care resources
- Include medical history and current conditions

TREATMENT

MEDICATION MANAGEMENT
- SSRIs and SNRIs first line treatment
- Mirtazapine or Prazosin for sleep issues and nightmares, TCAs have some benefit

PSYCHOTHERAPY
- Trauma-focused therapies; CBT, EMDR and prolonged exposure
- Stress inoculation therapy is an alternative to trauma-focused therapies
- Augment with stress reduction and relaxation techniques
- May need psychosocial rehabilitation services such as self-care, independent living, marriage and family skills training or social skills training

Disclaimer: Recommendation of treatment does not guarantee coverage of services.

REFERENCES


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