Trauma in Medical Personnel: Lessons Learned in a Combat Hospital

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14 years ago...
Yesterday…
...and a lifetime ago
• We are vulnerable
• We are tough and stubborn
• We fight against stigma
• We can still suffer
Post Traumatic Stress Disorder

- Trauma
- Four categories of symptoms
  - Intrusive or re-experiencing
  - Avoidance
  - Changes in arousal and reactivity
  - Changes in mood or cognition
- Impairment
Treatment works

- Evidence based treatment
- Supervision, consultation and support
- Watch out for one another
Care for each other