



**QRC: 3459**

**Price**

One Day : \$410 inc. GST

Two Days: \$540 inc. GST

**Date**

14 - 15 Feb 2019

**Venue**

Venue TBA, Sydney

-- , Sydney, NW, Sydne

**CPD Hours**

11 Hours | 30 Mins

# **Mental Health: Post Traumatic Stress Disorders and Acute Stress Disorders in Adults 2019**

**Includes: Posttraumatic Stress Disorder; Co-morbidities; Normal Trauma and Grief Responses; Treatment Options; Therapeutic Communication; Dissociation and Triggers etc.**

## **Need for Program**

Many Australians experience traumatic events that threaten their health or safety, and some of these people can develop Acute Stress Disorder (ASD) or Post-traumatic Stress Disorder (PTSD). Nurses and midwives need to be able to identify people with these conditions, as early as possible, so that appropriate treatments and therapies can be initiated. As ASD or PTSD are often poorly understood and Nurses and midwives may not be familiar with the latest Australian Guidelines for the treatment of these conditions a program that refreshes knowledge on these topics is necessary.

## **Purpose of Program**

This seminar provides nurses and midwives with current knowledge about Acute Stress Disorder (ASD) and Posttraumatic Stress Disorder (PTSD). A further aim is to enhance practice relating to these conditions according to current Australian Guidelines.

## **Learning Outcomes**

At the conclusion of this program it is expected that the participants will be able to:

- Develop skills to identify the signs and symptoms of ASD and PTSD
- Describe who is most at risk developing ASD and PTSD
- Be familiar with the current *Australian Guidelines for the Treatment of Acute Stress Disorder & Posttraumatic Stress Disorder*
- Plan and personalise the care for people with ASD or PTSD

# Program Schedule

## Day One

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8:30am - Registration and Refreshments

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9:00am

### **Introduction - review the objectives of the program**

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9:15am

### **Normal Grief Responses to Trauma**

Although each person's experience and response to trauma is unique there are a wide range of responses that would be considered 'normal' or 'common' reactions. In this session we will look at these 'normal' and 'common' responses to trauma. This will include both emotional as well as physical reactions. Topics include:

- What are common physical reactions to traumatic events in the short and long term?
  - What are common immediate and delayed emotional reactions?
  - Is there a relationship between trauma and grief reactions?
  - Do all people experience these reactions and if not, is this normal?
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9:45am

### **Defining Acute Stress Disorder (ASD) and Posttraumatic Stress Disorder (PTSD)**

In order to care for those who experience ASD and/or PTSD, it is necessary to understand what these diagnoses entail. In this session, we will examine the notion of stress and trauma and diagnostic criteria as determined in the *Diagnostic and Statistical Manual of Mental Disorders-IV and DSM 5*. Topics include:

- What is the difference between ASD and PTSD?
  - What constitutes a traumatic event and can a witness to an event be affected?
  - Why do those who experience extreme trauma not always suffer from ASD or PTSD, whilst those who experience mild trauma may develop the condition?
  - Is there a gender bias in regard to who gets PTSD?
  - Can PTSD be caused by a traumatic event in later life or is it always related to childhood traumas?
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10:30am - Morning Tea

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11:00am

### **A Brief History of Mental Health and Trauma - Shell Shock and Catastrophes**

ASD and PTSD have relatively recently emerged as psychiatric diagnoses. Many people associate these conditions, particularly PTSD, with war and working in the military. However, it has a long and interesting history and it is not confined to battlegrounds. This session will contextualise these trauma related mental health conditions. Topics include:

- Cowardice and personal weakness during battle
  - Shell shock and battle fatigue
  - Post-Vietnam syndrome
  - Rape and assault victims
  - Australian and world-wide statistics
  - The development of treatment guidelines
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11:45am

### **Special Populations - Mothers, Refugees etc.**

There are many people who may be particularly vulnerable to PTSD. This session looks at:

- Which groups of people may be particularly vulnerable to PTSD?
  - What can nurses and midwives do in such circumstances?
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12:30pm

### **When Trauma Causes Long Term Problems**

- What are the long term problems that may arise?
  - How does this affect interpersonal relationships?
  - What are the impacts on day-to-day life?
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1:00pm - Lunch and Networking

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2:00pm

### **Assessment for Traumatic Stress Conditions**

Assessment needs to be comprehensive and include good history taking skills. The choice of screening tool should reflect the best available evidence. This practical session demonstrates:

- Are there early warning signs that these conditions may exist?
  - What does a comprehensive assessment for ASD or PTSD consist of?
  - What would make you suspect a person may have ASD or PTSD?
  - How are people screened for ASD or PTSD?
  - How can you elicit information from a person who is deeply traumatised?
  - An evaluation of assessment tools
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2:45pm

### **Kids and Teens - the Silent Witnesses**

With rising rates of PTSD in society, there are many individuals with the disorder who are also responsible for the care of children. Children and teenagers respond differently to ASD/PTSD than adults. This session will take a close look at the unique ways in which younger children and adolescents deal with the unique stressors of PTSD in themselves and their families.

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3:30pm - Afternoon Tea

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4:00pm

### **Lost in Thought and Dissociation**

'Zoning Out' or dissociation often occurs when a person is bored and fatigued. However in some people, dissociation can be a symptom of the way in which they are dealing with trauma. In this session we will explore the association between ASD/PTSD and dissociation, including the difficulties in dealing with personal triggers.

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4:45pm - Close of Day One of Seminar

## **Day Two**

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9:00am - Commencement of Day Two

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9:00am

### **Case Study and Introduction to the Treatment Guidelines**

The *Australian Guidelines for the Treatment of Acute Stress Disorder & Posttraumatic Stress Disorder* aim to support high quality treatment of people with ASD and PTSD. In this interactive session you will explore a case scenario that reveals the principles of care.

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9:45am

### **Treatment Options for ASD and PTSD**

Early identification of PTSD makes treatment easier as symptoms can get worse over time. This session will look at a range of treatment options available and what nurses and midwives can do to assist the person with the condition.

- How are these conditions best treated?
- What role do medications have in treatment?
- What about animal and other therapies?

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10:30am - Morning Tea

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11:00am

### **Psychotherapeutic Communication**

The mainstay of treatment are therapies which involve talking. Using case scenarios his practical session will give you an opportunity to learn principles underlying therapeutic conversations. It includes:

- How to communicate with highly traumatised people
- Being acutely aware of cultural sensitivities
- Working with dissociation
- Identifying suicidal ideation
- Collaborating with appropriate professionals

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12:30pm

### **Does Everyone with Symptoms Need Treatment?**

This discussion will enable you to consider a scenario which will assist you to make clinical decisions that are in the best interest of the patient.

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1:00pm - Lunch and Networking

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2:00pm

### **Treating and Managing Those with Comorbidities**

You are caring for a person who has been admitted to hospital for surgical intervention for prostate cancer. During the night he experiences anxiety attacks and is exceptionally demanding. This session will look at the appropriate nursing actions that you would take to quickly establish whether this person is also experiencing post traumatic stress disorder. Topics Include:

- What are the co-morbidities that are commonly associated with ASD and PTSD?
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2:45pm

### **Trauma-Informed Care**

This practical session looks at the concept of 'Trauma Informed Care' which seeks to provide care in a way that does not re-traumatise the person.

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3:15pm - Afternoon Tea

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3:45pm

### **Clinician and Carer Survival Toolbox**

ASD and PTSD can be very disruptive to those in contact with people who experience these conditions. In this final session we will review the professional implications for caring for this group of people. Includes:

- Preventing transference from patient to others
  - The role of patience and unconditional positive regard
  - Depersonalising unpleasant communication
  - Valuing the person
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4:30pm

### **Summary of Program - What Have We Learned?**

4:45pm - Close of Seminar and Evaluations

## **Presenters**

**Mike Smith**

Mike Smith has been a mental health nurse for 20 years and has master's degrees in public health and mental health nursing. He has extensive experience in all areas of mental health nursing, including forensic, acute, community, consultation-liaison psychiatry, psychiatry liaison, GP liaison, and homeless mental health. He is currently a clinical nurse consultant in HIV Mental Health, located in metro Sydney and providing care for people presenting with complex physical and mental health issues, including concurrent mental health problems, personality disorders, alcohol/substance abuse, infectious diseases, and other associated health problems. Mike has been a guest lecturer at the University of Technology School of Nursing for both the undergraduate and postgraduate programs. He coordinates the University of NSW medical students on placement, providing a program of experience and community-based learning, and provides education for University of Notre Dame medical students. He is also a co-coordinator for the Mental Health special interest group for the Public Health Association of Australia and is involved in mental health policy and advocacy at a national level.

# Registration form

Please fill out this form and mail it to: **Ausmed Education Pty. Ltd.**  
121 Arden Street,  
North Melbourne VIC 3051



## Which program would you like to attend?

Program Name

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City

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Dates

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## Quick Registration Code

**Do you know the program's QRC?**  
If you do, just write it below and we will know exactly which program you would like to attend.

**QRC**    \_ \_ \_ \_

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Last Name

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Workplace

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Postcode

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Email

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## ② Billing details

Same as the details above? ☐

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Postcode

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Select payment method:

☐ Money Order / Cheque

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121 Arden Street,  
North Melbourne VIC 3051

**Email:** ausmed@ausmed.com.au  
**Ph:** (03) 9326 8101  
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