

System Disorder: Post Traumatic Stress Disorder (PTSD)

Category	Subcategory	Details	Notes
Diagnosis	Symptoms	Intrusive memories, avoidance, negative mood and thinking, altered reactions	
	Onset	Acute (<3 months), Chronic (3 months or more), Delayed expression	
Pathophysiology	Neurobiological	Changes in stress response (amygdala, hippocampus, prefrontal cortex)	
	Hormonal	Abnormal cortisol and norepinephrine responses	
Health Promotion and Disease Prevention	Risk Reduction	Education on coping, stress management, early intervention	
	Resilience Building	Social support networks, regular exercise, mindfulness	
Assessment	Risk Factors	Combat, assault, disasters, accidents, first responders	
	Expected Findings	Avoidance, hyperarousal, negative self-view, detachment	
	Laboratory Tests	Not typical for PTSD diagnosis	
	Diagnostic Procedures	DSM-5 criteria, PCL-5, CAPS-5, clinical interviews	
Safety Considerations	Self-harm Prevention	Suicide risk assessment, safety planning	
	Environment	Limit triggers, ensure privacy and comfort	

Patient-Centered Care	Nursing Care	Trauma-informed practices, trust, control	
	Medications	SSRIs, atypical antipsychotics	
	Client Education	PTSD information, treatment options, coping strategies	
	Therapeutic Procedures	EMDR, trauma-focused CBT	
	Interprofessional Care	Coordination with mental health professionals	
Complications	Comorbid Conditions	Substance abuse, depression, anxiety, complex PTSD	
	Chronicity	Risk of chronic symptoms	

Additional notes: