

Adult PTSD Screening and Management

1. Patient Education & Resources (all available on [website](#), *in Epic: attach to AVS in Wrap-Up, click Add and search UCM)

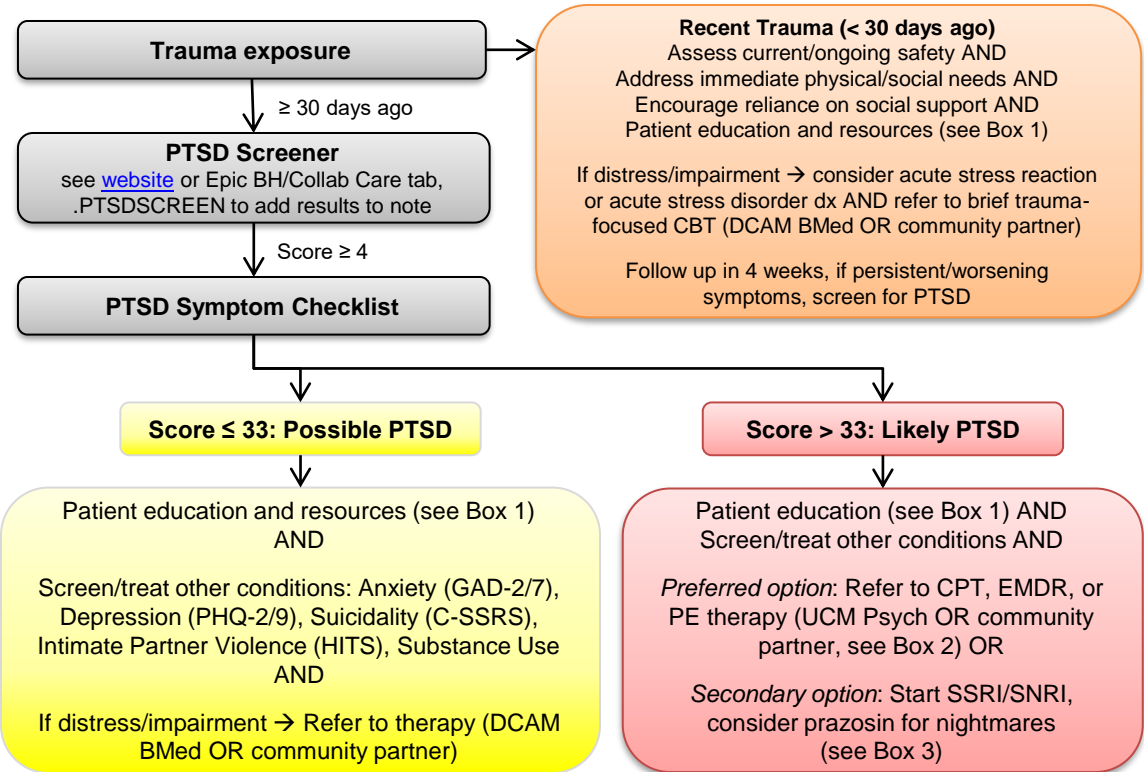
Self-Management: Trauma Patient Education*, Mental Health Apps*, My Plan to Manage Stress*, Reactions to Stress*, CBT Basics, Grounding Exercise, Mindfulness Skills
 Social Support: Increasing Social Connection*, Talking to Your Loved Ones About Your Mental Health
 Specific Topics: Grief*, Intimate Partner/Domestic Violence*, Sexual Violence*, LGBTQ Mental Health Resources*

2. Recommended Therapy (in-person or telehealth, see [website](#) for list of community partners who offer these therapies, use .BHIPreferral to collect info and email referral)

Cognitive Processing Therapy (CPT): learn to identify, challenge, and modify unhelpful thoughts and beliefs related to traumatic experiences; typically 12 weekly sessions with homework between sessions to practice skills
Eye Movement Desensitization and Reprocessing (EMDR): pay attention to visual or sound cues while recalling memories; aims to change how traumatic memories are stored and reduce symptoms from unprocessed memories; typically one or more sessions per week for a total of 6-12 sessions
Prolonged Exposure (PE): decrease avoidance and face fears by learning techniques to manage anxiety then gradually increasing exposure to trauma-related memories, feelings, and situations; typically one session per week for 3 months

3. Recommended Medications

Sertraline (Zoloft) 50-200 mg/d	SSRI	FDA for PTSD. Good for anxiety. Fewer interactions. CYP2d6. Lower dose needed in 10% Blacks. \$9-20
Paroxetine (Paxil) 20-50 mg/d	SSRI	FDA for PTSD. Weight gain. Avoid in pregnancy. Sig withdrawal. CYP450 2d6. Lower dose needed in 10% Blacks. \$4-20
Venlafaxine XR (Effexor XL) 75-300 mg/d	SNRI	Off label for PTSD. Monitor BP. Sig withdrawal. CYP450 2d6. Lower dose needed in 10% Blacks. \$15-40
Prazosin 3-20 mg/d	α blocker	Off label for nightmares. Start 1 mg/d, ↑ 2mg every 2 weeks until clinical response or orthostatic symptoms/increased fall risk.



Readminister PTSD Symptom Checklist every 8 weeks
via MyChart, phone, or in person

Score ≤ 33 OR decreased by ≥ 10
Continue treatment and monitoring symptoms for 12 months

Score > 33 OR increased/no change
Assess tx adherence and barriers AND
Start or increase frequency of therapy AND/OR Start, increase, or switch SSRI/SNRI

Note: elevated scores common around anniversary of trauma, consider remeasuring before changing tx

Lack of improvement after ≥ 3 months of recommended therapy or multiple drug trials at clinically effective dose → refer to Psychiatry (UCM Psych OR community partner)



[PC-BHIP website](#)