Continuing Education Information:
Posttraumatic Stress Disorder (PTSD)

Activity Description

Narrated by Dr. Heidi Kraft, a clinical psychologist and Navy combat Veteran, this course explains the difference between posttraumatic stress disorder (PTSD) and posttraumatic stress (PTS). The new DSM-V criteria is described in detail, including a discussion of the expanded definition of Criterion A, the traumatic event. It details the categories of PTSD symptoms and specifics regarding how they might present clinically in the Veteran population. In addition, Dr. Kraft reviews several traumatic events specific to the Veteran experience, which might present in a clinical encounter. Video clips from “Make the Connection” feature Veterans discussing their personal experiences with PTSD during this course.

Target Audience

This module is designed for health care professionals who treat military service members and Veteran-connected patients. Which includes primary care physicians, nurse practitioners, physician assistants, nurses, pharmacists, psychologists, and other healthcare providers wishing to work more effectively with their Veteran patients to promote better patient understanding and culturally-informed care.

Method of Participation

This module is approximately 1 hour in length. The content is delivered via a streaming platform in the optimal format for your viewing device. This program is available free of charge; however, there will be an administrative certificate processing fee. Closed captions are provided, and are accessible by clicking the "CC" button at the bottom right of the video page.

Educational Objectives

Following completion of this educational activity, learners should be able to:

1. Detail the DSM-V changes to criterion A regarding traumatic experiences.
2. Explain how these changes might affect your Veteran patient's psychological assessment.
3. List the four categories of symptoms required for diagnosis of PTSD according to the DSM-V.
4. Describe the new category of symptoms in DSM-V, negative alterations in cognition and mood.
5. Explain how these symptoms might impact diagnosis, including comorbidity considerations.
6. Delineate three areas of functional impairment that might manifest along with the development of PTSD symptoms.
7. List four examples of events unique to combat and/or military service that might lead to complicating presentation in today's Veterans.

Statement of Need

The medical and mental health care of our country's military Veterans and their families is a priority in America today. While some Veterans seek their healthcare in the Veterans Administration medical system, many others prefer to be treated by community providers who offer the benefit of being closer to their homes and the potential of shorter wait times. Although the majority of community providers express that they would like to provide care for Veterans, very few feel comfortable interacting with this culture. In fact, a recent study published by RAND in 2018 found that only 19% of providers regularly asked their patients about their military service history and that only 33% met a minimum threshold for military cultural awareness. PsychArmor Institute aims to be part of the solution to this problem as more Veterans establish their healthcare in their own communities. Our series of courses for Healthcare Providers are narrated by national subject matter experts, and provide important information for healthcare providers of all types as they include more Veterans in their practices.

Accreditation and Credit Designation

Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California San Diego School of Medicine and PsychArmor Institute. The University of California San Diego School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation

AMA: The University of California San Diego School of Medicine designates this enduring material for a maximum of **1.0** *AMA PRA Category 1 Credit*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAPA: AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit*™ from organizations accredited by the ACCME or a recognized state medical society. Physician assistants may receive a maximum of **1.0** hour of Category 1 credit for completing this program.

Nurses: For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credits*™ issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts *AMA PRA Category 1 Credit*™ (report up to **1.0** hour of credit and list "CME Category 1" as the provider number).

Psychologists: The California Board of Psychology recognizes and accepts *AMA PRA Category 1 Credits*™ for license renewal. Psychologists outside of California should check with their state and local boards to ensure that ACCME accredited activities are acceptable for renewal.

Activity Release/Expiration Date

Release Date: 16 December 2019

Expiration Date: 15 December 2020

Faculty

- **Laurie Lindamer, Ph.D.**
  Director, Education and Dissemination
  VA Center of Excellence for Stress and Mental Health
  Director of Training and Education
  Mental Health Care Line, VA San Diego Healthcare System
  Clinical Professor of Psychiatry
  University of California San Diego
- **Heidi Squier Kraft, Ph.D.**
  Clinical Director
  PsychArmor Institute

Balance and Objectivity of Content

It is the policy of the University of California, San Diego School of Medicine to ensure balance, independence, objectivity and scientific rigor. All persons involved in the selection, development and presentation of content are required to disclose any real or apparent conflicts of interest. All conflicts of interest will be resolved prior to an educational activity being delivered to learners through one of the following mechanisms 1) altering the financial relationship with the commercial interest, 2) altering the individual's control over CME content about the products or services of the commercial interest, and/or 3) validating the activity content through independent peer review. All persons are also required to disclose any discussions of off label/unapproved uses of drugs or devices. Persons who refuse or fail to disclose are disqualified from participating in the CME activity. Participants will be asked to evaluate whether the speaker's outside interests reflect a possible bias in the planning or presentation of the activity. This information is used to plan future activities.

Disclosure Summary

The following faculty have no relevant financial relationships to disclose:

- Laurie Lindamer, Ph.D.
- Heidi Kraft, Ph.D.

The CME staff, meeting planners, editorial staff, planning committee, peer review, and CME committee reviewers do not have any relevant financial relationships to disclose.

Off-label Disclosure: These educational activities may contain discussion of unlabeled and/or investigational uses of agents that are not approved by the FDA. Please consult the prescribing information for each product. The views and opinions expressed in these activities are those of the faculty and do not necessarily reflect the views of the University of California San Diego.

Cultural Competency

This activity is in compliance with California Assembly Bill 1195 which requires CME courses with patient care components to include curriculum in the subjects of cultural and linguistic competencies. Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enables health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient's primary language. Cultural and Linguistic Competency was incorporated into the planning of this activity. Additional resources on cultural and linguistic competency and information about AB1195 can be found on the UC San Diego CME website at http://cme.ucsd.edu.

Supporters

This activity is supported by an educational grant from TriWest Healthcare Alliance.

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