

TOPIC: IN SUPPORT OF INCREASED COMMUNITY KNOWLEDGE AND AWARENESS CONCERNING POST-TRAUMATIC STRESS DISORDER

SUBMITTED BY: Salisbury State University's Student Nurses Association, Maryland

WHEREAS, Post-traumatic Stress Disorder (PTSD) is a serious anxiety provoking condition that plagues a portion of the population who have been exposed to an emotionally traumatic event, and has a lifetime prevalence ranging from 1-14%; and

WHEREAS, "people with PTSD persistently re-experience the event in at least one of several ways: recurrent distressing dreams, recurrent recollections of the event, a sense of reliving the experience (flash backs), and intense distress at events that symbolize an aspect of the event (such as anniversaries);" and

WHEREAS, 15% of people who experience some sort of trauma will develop PTSD; and

WHEREAS, PTSD affects 10% of the population and it "often occurs with--or leads to--other psychiatric illnesses, such as depression;" and

WHEREAS, "being diagnosed with PTSD increases the risk of developing an alcohol use disorder;" and

WHEREAS, substance dependence occurs more frequently in females suffering from PTSD and may result "from repeated substance use to deaden the psychic discomfort of PTSD;" and

WHEREAS, in 1986-1988, a National Vietnam Veterans Readjustment Survey (NVVRS) was conducted that found "15.2% of all male Vietnam theater [sic war] veterans (479,000 out of 3,140,000 men who served in Vietnam) and 8.1% of all female Vietnam theater veterans (610 out of 7200 women who served in Vietnam) are current cases of PTSD;" and

WHEREAS, the NVVRS also found that "the estimated lifetime prevalence of PTSD among Vietnam theater veterans is 30.9% for men and 26.9% for women;" and

WHEREAS, "veterans over the age of 65 with PTSD are at increased risk for attempted suicide if they experience problematic alcohol use or depression;" therefore be it

RESOLVED, that the National Student Nurses' Association (NSNA) emphasize the importance of promoting worldwide education and awareness of the prevalence of PTSD by encouraging its constituents to participate in community projects; and be it further

RESOLVED, that the NSNA communicate current information to promote better understanding and awareness of PTSD via articles in *Imprint* and various education programs, if feasible; and be it further

RESOLVED, that the NSNA encourage community PTSD support meetings to facilitate open communication and promote holistic health of those suffering from PTSD; and be it further

RESOLVED, that the NSNA encourage its constituents to collaborate with health care professionals to provide education about PTSD to colleagues and the public who work in highly traumatic fields; and be it further

RESOLVED, that the NSNA support the establishment of a nationwide PTSD day with its mission being to promote worldwide education on this anxiety disorder; and be it further

RESOLVED, that the NSNA send copies of this resolution to the American Nurses Association, the American Psychiatric Nurses Association, the American Medical Association, the American Association of Colleges of Nursing, the American Academy of Experts in Traumatic Stress, the American Health Care Association, the National Institute of Mental Health, the National League for Nursing, the National Nurses Society on Addictions, the National Alliance for the Mentally Ill, the National Institute for the Clinical Application of Behavioral Medicine, the National Center for Post-traumatic Stress Disorder, the United States Veteran Administration, the National Naval Officers Association, the United States Naval Institute, the Air Force ROTC, the United States Army Cadet Command Headquarters, the United States Department of Education, the Anxiety Disorders Association of America, the International Society for Traumatic Stress Studies, the Association of Child and Adolescent Psychiatric Nurses, the National Council of State Boards of Nursing, Sigma Theta Tau International, and all others deemed appropriate by the NSNA Board of Directors.