Veterans Health Administration
Employee Education System

COURSE NUMBER: 07.ST.MH.PTSD10115.A

PROGRAM EVALUATION

ACTIVITY TITLE: PTSD 101: COMBAT STRESS INJURIES

Program Contact HEATHER HOLSHOUSER, MARTY OEXNER

Contact Email EESEPC@VA.GOV

Contact Phone 314-894-6648

Veterans Health Administration
Employee Education System

PROGRAM EVALUATION

COURSE NUMBER: 07.ST.MH.PTSD10115.A

SUBMISSION INSTRUCTIONS

1. Complete this registration and evaluation form within 30 days of completing the activity.
2. Please save and email a copy of your completed evaluation to EESEPC@va.gov
3. Your certificate will be sent via email to the email address provided below.
4. For questions or concerns regarding the Program Evaluation or Certificate, the following contact methods are available: EPC by email at EESEPC@va.gov, or the EES Customer Service by phone at 1.877.EES.1331 Opt.5

OCCUPATIONAL CATEGORY

- ☐ Administrative
- ☐ Advanced Practice Nurse
- ☐ Associated/Allied Health
- ☐ Clinical Psychologist
- ☐ Dentist
- ☐ Licensed Clinical Social Worker
- ☐ Pharmacist
- ☐ Pharmacy Tech
- ☐ Physician
- ☐ Physician Assistant
- ☐ Podiatrist
- ☐ Registered Dietitian
- ☐ Registered Nurse
- ☐ Speech/Language Pathologist
- ☐ Other Clinical
- ☐ Other

EMPLOYER CATEGORY

- ☐ VHA
- ☐ VBA
- ☐ NCA
- ☐ VA OTHER
- ☐ DOD
- ☐ IHS
- ☐ OTHER FEDERAL
- ☐ NON FEDERAL

Date Completed

☐☐ ☐☐ ☐☐☐☐

ACCREDITATION/CERTIFICATE REQUESTED:

Activity must be approved for the certificate type in order for such a certificate to be issued.

- ☐ General/Non-Accredited
- ☐ ACCME
- ☐ ACCME - Non Physician
- ☐ ACHE
- ☐ ACPE
- ☐ ACPE-Technician
- ☐ ADA
- ☐ ANCC
- ☐ APA
- ☐ ASHA
- ☐ ASWB
- ☐ CA BBS
- ☐ CA BRN
- ☐ CDR
- ☐ NBCC

EMAIL ADDRESS: Enter Complete Email Address

LAST NAME:

FIRST NAME:

I assert that I attended 100% of this program: e-Signature:

Type your full name in the block above

PRIVACY ACT STATEMENT

AUTHORITY: Title 50, Appendix, U.S.C., Title 10, U.S.C., Public Law 96-357 96th Congress, September 24, 1980 (Amendment to 10 U.S.C. 2107).
PRINCIPAL PURPOSE(S): To develop policies and procedures, compile statistics and render analytical reports, and to track participation in EES activities.
ROUTINE USES: The information provided on the application will be used to maintain data on EES activities, provide requested reports on participation, and to provide activity original and duplicate certificates to EES activity participants.
MANDATORY AND VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL PROVIDING INFORMATION: Disclosure of information requested in the EES registration form (the application) is voluntary; however, the information must be furnished in order to ensure the applicant will receive a certificate of completion for EES activities and appropriate education credit.

Veterans Health Administration
Employee Education System

PROGRAM EVALUATION

COURSE NUMBER: 07.ST.MH.PTSD10115.A

PLEASE CIRCLE THE APPROPRIATE RESPONSE CORRESPONDING WITH EACH QUESTION BELOW:	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Not Applicable
Overall, I was satisfied with this learning activity.	O 1	O 2	O 3	O 4	O 5	O NA
The learning activities and/or materials were effective in helping me learn the content.	O 1	O 2	O 3	O 4	O 5	O NA
I learned new knowledge and skills from this learning activity.	O 1	O 2	O 3	O 4	O 5	O NA
The scope of the learning activity was appropriate to my professional needs.	O 1	O 2	O 3	O 4	O 5	O NA
The content of the learning activity was current.	O 1	O 2	O 3	O 4	O 5	O NA
Was the content presented in a manner that was fair and balanced? If no, please explain:		O Yes	O No	O NA		
If you feel you will be successful in applying this learning, please provide a few specific examples of how you will apply it.						
I will be able to apply the knowledge and skills learned to improve my job performance.	O 1	O 2	O 3	O 4	O 5	O NA
If you required any accommodations for a disability your request was addressed respectfully and in a timely manner.	O 1	O 2	O 3	O 4	O 5	O NA
The appropriate technology was utilized to facilitate my learning.	O 1	O 2	O 3	O 4	O 5	O NA
The training environment (face to face, video conference, web based training) was effective for my learning.	O 1	O 2	O 3	O 4	O 5	O NA
I found that the technology in this learning activity was easy to use.	O 1	O 2	O 3	O 4	O 5	O NA
Overall, I was satisfied with the use of technology in this learning activity.	O 1	O 2	O 3	O 4	O 5	O NA
The technology in this learning activity was responsive and provided access to further support.	O 1	O 2	O 3	O 4	O 5	O NA
What about this learning activity was <u>most useful</u> to you?						
What about this learning activity was <u>least useful</u> to you?						

Thank you for your helpful feedback.

Veterans Health Administration
Employee Education System

PROGRAM OBJECTIVES

COURSE NUMBER: 07.ST.MH.PTSD10115.A

Please rate each of the following program objectives.

After attending this learning activity, I have the ability to:	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. relate the major stressors of combat and operational military deployments and of subsequent homecoming	○	○	○	○	○
2. restate the two main reasons for the gap between relatively frequent adverse stress responses during deployment and mental health diagnosis and treatment after deployment	○	○	○	○	○
3. relate the three tactics of normal adaptation to stress and the normal time course for adaptation and re-adaptation	○	○	○	○	○
4. review the differences between normal adaptive responses to stress and those that are symptomatic of a stress injury	○	○	○	○	○
5. describe the three common mechanisms of stress injury	○	○	○	○	○
6. relate the major components of traumatic stress injuries and the nature of the biological and psychosocial damage such injuries entail	○	○	○	○	○
	○	○	○	○	○
	○	○	○	○	○
	○	○	○	○	○
	○	○	○	○	○

29673

POST-TEST QUESTIONS COURSE NUMBER: 07.ST.MH.PTSD10115.A

1. Soldiers and Marines often fail to seek help for mental health-related problems with common reasons given including all the following EXCEPT:

- ☐ A I'd be seen as weak
- ☐ B I'd be seen as both mentally and psychologically strong
- ☐ C My leaders might treat me differently; they might blame me or it would harm my career
- ☐ D My unit might have less confidence in me
- ☐ E

2. Becoming dehydrated, experiencing extreme cold or desert heat, and experiencing sleep deprivation are all examples of what type of stressor

- ☐ A cognitive
- ☐ B physical
- ☐ C emotional
- ☐ D social
- ☐ E spiritual

3. Needing to be hyper-focused, suffering from lack of information or from information overload are all examples of what type of stressor?

- ☐ A cognitive
- ☐ B physical
- ☐ C emotional
- ☐ D social
- ☐ E spiritual

4. Loss of clarity about life's purpose, loss of innocence, loss of trust, seeing someone dead, are all examples of what type of stressor?

- ☐ A cognitive
- ☐ B physical
- ☐ C emotional
- ☐ D social
- ☐ E spiritual

5. People can, and usually do, adapt normally to challenges both during deployment and after deployment. The main tactic(s) for adaptation is (are):

- ☐ A biological and spiritual
- ☐ B biological
- ☐ C biological, psychological, and social
- ☐ D none of the above
- ☐ E

6. Tactics one can employ to increase adaptation to a stressor include

- ☐ A changing yourself physically or mentally to better suite the stressor
- ☐ B eliminating the stressor or reducing the stressor itself to make it less impactful
- ☐ C disengaging, i.e. detaching mentally from the source of the stress, the environment, from your own reactions to it or both.
- ☐ D all of the above
- ☐ E

7. Disengagement/detachment from a stressor_____:

- ☐ A includes reactions such as denial, withdrawal, and numbness
- ☐ B includes reactions such as denial, withdrawal, and numbness
- ☐ C stores it up for later expression/processing
- ☐ D all of the above
- ☐ E

8. The times of greatest perceived stress are at the very _____of any stressful experience whether it is just a few seconds, a few minutes, many months, or an entire deployment.

- ☐ A beginning
- ☐ B end
- ☐ C midpoint
- ☐ D beginning and at the very end
- ☐ E

9. Some of the common rebound changes experienced when withdrawing from the almost drug-like high of an operational deployment, and returning to post-deployment life are:

- ☐ A the individual may be more aggressive than situations require and crave violence
- ☐ B irritability and agitation
- ☐ C some degree of numbness (psychological, emotional)
- ☐ D all of the above
- ☐ E

10. Individuals who experience stress injuries invariably describe the process of

- ☐ A losing control
- ☐ B euphoria
- ☐ C mania
- ☐ D anomia
- ☐ E

11. In military combat operational environments the main mechanisms of stress injury to the mind/brain are trauma, operational fatigue, and loss/grief

- ☐ A true
- ☐ B false
- ☐ C
- ☐ D
- ☐ E

12. Even though we do not yet have prospective longitudinal epidemiologic data to estimate how common stress symptoms are in theatre or what percentage gets better, we do have strong anecdotal reasons for believing that the normal, modal outcome for stress symptoms in theatre is recovery.

- ☐ A true
- ☐ B false
- ☐ C
- ☐ D
- ☐ E

13. The Marine Corps has taken the approach of seeing stress reactions as either normal or reversible, or potentially irreversible but often self-limiting stress injuries, and conceptualizes them as similar to stress injuries (e.g. physical injury) for an athlete

- ☐ A true
- ☐ B false
- ☐ C
- ☐ D
- ☐ E

14. Physiologic arousal and hyperarousal at the time of the traumatic experience and afterwards (including persisting) are NOT predictors of long term disability

- ☐ A true
- ☐ B false
- ☐ C
- ☐ D
- ☐ E

15. When individuals experience an episode of disassociative rage they are almost always amnestic afterwards for what happened

- ☐ A true
- ☐ B false
- ☐ C
- ☐ D
- ☐ E

16.

- ☐ A
- ☐ B
- ☐ C
- ☐ D
- ☐ E

Veterans Health Administration
Employee Education System

FACULTY EVALUATION

COURSE NUMBER: 07.ST.MH.PTSD10115.A

William Nash / PTSD 101: Combat Stress Injuries	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. Was able to effectively present content	○ 1	○ 2	○ 3	○ 4	○ 5
2. Was knowledgeable about the topic	○ 1	○ 2	○ 3	○ 4	○ 5
3. Engaged participants effectively	○ 1	○ 2	○ 3	○ 4	○ 5

Comments

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. Was able to effectively present content	○ 1	○ 2	○ 3	○ 4	○ 5
2. Was knowledgeable about the topic	○ 1	○ 2	○ 3	○ 4	○ 5
3. Engaged participants effectively	○ 1	○ 2	○ 3	○ 4	○ 5

Comments

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. Was able to effectively present content	○ 1	○ 2	○ 3	○ 4	○ 5
2. Was knowledgeable about the topic	○ 1	○ 2	○ 3	○ 4	○ 5
3. Engaged participants effectively	○ 1	○ 2	○ 3	○ 4	○ 5

Comments

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. Was able to effectively present content	○ 1	○ 2	○ 3	○ 4	○ 5
2. Was knowledgeable about the topic	○ 1	○ 2	○ 3	○ 4	○ 5
3. Engaged participants effectively	○ 1	○ 2	○ 3	○ 4	○ 5

Comments