

Department of Veterans Affairs Employee Education System

and

The National Center for Post-Traumatic Stress Disorder (NCPTSD)

present

COURSE NO. 07.ST.MH.PTSD10115.A

COMBAT STRESS INJURIES

EES WEB-BASED TRAINING EDUCATIONAL ACTIVITY

Original Release
October 1, 2007

Reviewed
October 1, 2008
October 1, 2009
October 1, 2011
Expiration
October 1, 2013

Place: Your computer workstation.

Background: This presentation examines the common stressors of operational military deployments, from the merely annoying through the potentially devastating, and places such experiences in their context defined by military cultural values and identity. The normal process of adaptation to stress is described, and it is contrasted with the injuries that can be inflicted on the mind and brain when adaptive capacities are exceeded. The three major mechanisms of stress injury are listed and the effects of one of them (traumatic stress) are described in detail.

Purpose: This course presents a model for discriminating normal, adaptive responses to combat and operational stress from those that entail injury to the mind and brain, and it provides a language for labeling operational stress reactions that de-stigmatize without trivializing potentially serious problems.

Outcome Objectives: After viewing the presentation, the participant will be able to:

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; and
6. relate the major components of traumatic stress injuries and the nature of the biological and psychosocial damage such injuries entail.

Target Audience: The target audience includes mental health leadership/clinicians, OIF/OEF outreach coordinators and clinical managers, psychiatrists, psychologists, social workers, nurses, primary care clinicians, and others involved in the provision of services.

Accreditation/Approval:

Accreditation Council for Continuing Medical Education (ACCME)

The VA Employee Education System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

American Nurses Credentialing Center (ANCC)

VA Employee Education System is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

California Board of Registered Nursing (CA BRN)

The VA Employee Education System is accredited as a provider of continuing education in nursing by the California Board of Registered Nursing.

Continuing Education Credit:

Accreditation Council for Continuing Medical Education (ACCME)

The VA Employee Education System designates this educational activity for a maximum of **1.0 AMA PRA Category 1 Credit(s)**TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

American Nurses Credentialing Center (ANCC)

VA Employee Education System designates this educational activity for **1.0** contact hours in continuing nursing education.

***NOTE:** The California (CA) Board of Registered Nursing (BRN) will not accept ANCC credit toward the renewal of CA licensure, unless the CA licensed nurse-participants are physically outside of the state of CA when they commence and complete ANCC accredited educational activities.*

California Board of Registered Nursing (CA BRN)

This continuing education activity has been presented by the VA Employee Education System for **1.0** contact hours. Provider approved by the California Board of Registered Nursing: Provider Number **CEP 4714**.

Association of Social Work Boards (ASWB)

VA Employee Education System, Provider Number 1040, is approved as a provider for continuing education by the Association of Social Work Boards 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 4/7/10 - 4/7/13. Social workers should contact their regulatory board to determine course approval. Social workers will receive **1.0** continuing education clock hours in participating in this course.

The California Board of Behavioral Sciences (CA BBS)

The VA Employee Education System (Provider #: PCE3204) asserts that this educational activity meets the qualifications for **1.0** hours of continuing education credit for Marriage and Family Therapist MFTs and/or for LCSWs as required by the California Board of Behavioral Sciences.

A certificate of attendance will be awarded to participants and accreditation records will be on file at the Employee Education System. In order to receive a certificate from EES, participants must: register and complete an evaluation online; participate in 100% of the educational activity; and generate, per instructions, their own certificate at the conclusion of the activity. **EES cannot issue certificates for less than 100% participation, as required by accrediting body regulations.**

Report of Training: It is the program participant's responsibility to ensure that this training is documented in the appropriate location according to his/her locally prescribed process.

Program Content

Lesson 1:	Operational Deployment Affects Everyone	<i>William P. Nash</i>
Lesson 2:	The Challenge of Operational Stress Management in the Military and VA	<i>Nash</i>
Lesson 3:	Stigma Prevents Some Service Members from Getting Needed Help	<i>Nash</i>
Lesson 4:	“Manageable” Hardships	<i>Nash</i>
Lesson 5:	Adaptation	<i>Nash</i>
Lesson 7:	Common “Rebound” Changes in Service Members after Deployment	<i>Nash</i>
Lesson 8:	Stress Injury	<i>Nash</i>
Lesson 12:	Traumatic Events in OIF	<i>Nash</i>
Lesson 13:	The Greater the Exposure to Combat, the Higher the Risk for PTSD	<i>Nash</i>
Lesson 14:	Dissociation	<i>Nash</i>
Lesson 16:	Beliefs That Can Be Damaged by Traumatic Stress	<i>Nash</i>
Lesson 17:	Causes of Shame or Guilt in Traumatic Stress Injuries	<i>Nash</i>
Lesson 18:	What Is Damaged in The Brain in Combat Stress Injuries?	<i>Nash</i>
Summary		<i>Nash</i>

Program Development

Authors and Planning Committee (*Denotes Planning Committee, + Denotes Faculty)

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Application Procedure:

There is no need to register in advance for this program.

In order to access the course, participants must access the course via the National Center for Post-Traumatic Stress Disorder website at: <http://www.ptsd.va.gov/PTSD/professional/ptsd101/course-modules/combat-stress-injuries.asp>

After completing this course, participants should visit the NCPTSD Continuing Education Credit page at: <http://www.ptsd.va.gov/professional/ptsd101/pages/continuing-education-credit.asp>

Deadline Date:

This program will no longer be authorized for continuing education credit after October 1, 2013. Information on participation may be obtained from Martin Oexner, Project Manager, St. Louis Employee Education Resource Center, 1 Jefferson Barracks Drive, Bldg. 2, phone 314-894-6452.

The Rehabilitation Act of 1973, as amended:

The Employee Education System wishes to ensure no individual with a disability is excluded, denied services, segregated or otherwise treated differently from other individuals participating in its educational activities, because of the absence of auxiliary aids and services. If you require any special arrangements to attend and fully participate in this educational activity, please contact Martin Oexner, Project Manager, EES, St. Louis Employee Education Resource Center, phone 314-894-6452, e-mail

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Disclosure(s):

The VA Employee Education System (EES) must insure balance, independence, objectivity, and scientific rigor in all its individually sponsored or jointly EES sponsored educational activities. All prospective faculty & planning committee members participating in an EES activity must disclose any relevant financial interest or other relationship with: (a) the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in an educational presentation, and (b) any commercial supporters of the activity. Relevant financial interest or other relationship includes but is not limited to such things as personal receipt of grants or research support, employee or consultant status, stock holder, member of speakers bureau, within the prior 12 months. EES is responsible for collecting such information from prospective planners and faculty, evaluating the disclosed information to determine if a conflict of interest is present and, if a conflict of interest is present, to resolve such conflict. Information regarding such disclosures and the resolution of the conflicts for planners and faculty shall be provided to activity participants. When an unlabeled use of a commercial product or an investigational use not yet approved by the FDA for any purpose is discussed during an educational activity, EES shall require the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigational.

Each faculty and planning committee member reported having no relevant * financial relationships with any commercial interest. This activity includes no discussion of uses of FDA regulated drugs or medical devices which are experimental or off-label.

*The ACCME defines “relevant financial relationships” as financial relationships in any amount occurring within the past 12 months that creates a conflict of interest.