

DOCTOR OF NURSING RESEARCH PORTFOLIO



Post Traumatic Stress Disorder: A Portfolio of Research

Department of Clinical Nursing

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Portfolio Overview

This research portfolio is comprised of the following:

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The Journey Begins Page 6

Study 1 — A Systematic Review of the Non-pharmacological Treatment of Combat-related PTSD. Page 11

Study 2 — The Role of Nurses in PTSD Treatment Programs throughout Australia. Page 61

Study 3 — A Study of the Perceived Effectiveness of Treatment for Post Traumatic Stress Disorder (PTSD). Page 121

The Road Ahead Page 175

Portfolio Structure

This doctoral portfolio comprises three research reports, presented separately but related to one topic of interest - Post Traumatic Stress Disorder (PTSD). The research projects seek to explore issues surrounding PTSD including treatment options, the nurses role in providing this treatment and the perceptions of those who have undergone treatment for PTSD.

While one of the research reports is specifically looking at combat-related PTSD the other two reports are more broadly based. However, in researching the role of the nurses in the accredited treatment programs available in Australia those in their care are predominantly suffering from combat-related PTSD.

The portfolio is divided into 5 sections:

Section 1 — The journey begins.

An introduction describing why this portfolio explores the issue of PTSD, where the interest in this topic came from and the areas this portfolio will explore.

Section 2 — A systematic review of the non-pharmacological treatment of combat-related PTSD.

The systematic review brings together a number of studies on the non-pharmacological treatments of combat-related PTSD. It compares the outcomes of studies as well as highlighting the way in which the studies were undertaken. In completing the review a number of recommendations have been made on the

literature available in this area and the treatments upon which it is reporting.

Section 3 — The role of nurses in PTSD treatment programs throughout Australia.

This study explores the role of the nurse in accredited PTSD treatment programs throughout Australia. It looks at where they are working, what they do within the treatment programs, their level of experience in this area and how they view the content of these programs.

Section 4 - A study of the perceived effectiveness of treatment for PTSD.

The focus of the final study is on the perceptions of those who have received treatment for PTSD, following a workplace incident. It outlines how the participants viewed their treatment, what they believed to be effective and ineffective and how they coped upon returning to the workplace.

Section 5 — The road ahead

In concluding this portfolio a summary of the three studies and recommendations from these are highlighted. How some of the findings may be utilised in a specific area is also discussed.