

# CHAPTER 16

Trauma, Stressor-Related, and  
Dissociative Disorders

# Objectives

- ▣ Describe the symptoms, epidemiology, comorbidity, and etiology of trauma-related disorders in children.
- ▣ Discuss at least five of the neurobiological changes that occur with trauma.
- ▣ Apply the nursing process to the care of children who are experiencing trauma-related disorders.

# Trauma-Related Disorders in Children

## Clinical picture

Posttraumatic stress disorder (PTSD) in preschool children

Reactive attachment disorder

Disinhibited social engagement disorder

# Trauma-related Disorders in Children (Cont.)

- ▣ Epidemiology
- ▣ Comorbidity
- ▣ Etiology
- ▣ 1
- ▣ 2
- ▣ 3
- ▣ 4



# Etiology: Biological Factors

- ▣ Genetic
- ▣ Neurobiological
  - Trauma dysregulates neural pathways that...
  - Triggers hypo-aroused state...
  - Polyvagal theory

# Etiology (Cont.)

- ▣ Psychological factors

- ▣ 1.

Environmental factors

Dependence on...

External factors that...

# Application of the Nursing Process

Assessment

▣ 1.

Nursing diagnoses

Outcomes identification

Implementation

Evaluation

# Intervention Stages

*Stage 1: Provide safety &...*

*Stage 2: Reduce arousal & regulate emotion...*

*Stage 3: Catch up on developmental &...  
develop a...*

# Interventions for Child with PTSD

Establish trust and...

Use developmentally appropriate...

Teach relaxation techniques

Use art and play to promote...

# Interventions for Child with PTSD (Cont.)

Involve caretakers in 1:1s, unless they are the...

Educate child & caretakers about...

Assist caretakers in resolving...

Coordinate with social work for protections



# Trauma-Related Disorders in Adults

# Objectives

- ▣ Describe clinical manifestations of each disorder covered under the general umbrella of trauma-related and dissociative disorders.
- ▣ Differentiate between the symptoms of PTSD, acute stress, and adjustment disorders in adults.
- ▣ Describe the symptoms, epidemiology, comorbidity, and etiology of trauma-related disorders in adults.

## Objectives (Cont.)

- ▣ Discuss how to deal with common reactions the nurse may experience while working with a patient who has suffered trauma.
- ▣ Apply the nursing process to trauma-related disorders in adults.
- ▣ Develop a teaching plan for a patient who suffers from PTSD.
- ▣ Role-play intervening with a patient who is experiencing a flashback.

# Posttraumatic Stress Disorder

- ▣ Re-experiencing of...
- ▣ Avoidance of stimuli associated with...
- ▣ Persistent symptoms of increased...
- ▣ Alterations in...

# Posttraumatic Stress Disorder (Cont.)

Outcomes identification

1

2

3

Implementation

1

2

3

Advanced practice

# Acute Stress Disorder

Immediately after a highly...

Symptoms persist for...

Diagnosis made within...

After 1 month

1

2



# Acute Stress Disorder (Cont.)

- ▣ Diagnosis
  - Alterations in concentration
  - Anger
  - Dissociative amnesia
  - Headache
  - Irritability
  - Nightmares
  - Related to:
  - Victimization

# Acute Stress Disorder (Cont.)

## Implementation

1

2

3

4

5

6

7

Advanced practice: cognitive-behavioral therapy (CBT)

# Trauma-Related Disorders in Adults

Adjustment disorder

Precipitated by...

Debilitating cognitive, emotional, & behavioral symptoms that...

Responses to stressful event may include combinations of...

# Objectives

- ▣ Identify dissociative disorders, including depersonalization/derealization disorder, dissociative amnesia, and dissociative identity disorder.
- ▣ Create a nursing care plan incorporating evidence-based interventions for symptoms of dissociation, including flashbacks, amnesia, and impaired self-care.

# Dissociative Disorders

Occur after significant adverse...

Individuals respond to stress with severe interruption of ...

Unconscious...

Protects individual against overwhelming anxiety thru...

# Dissociative Disorders (Cont.)

- ▣ Depersonalization/derealization disorder
- ▣ Dissociative amnesia
- ▣ Dissociative identity disorder



# Dissociative Disorders (Cont.)

- ▣ Epidemiology
- ▣ Comorbidity
- ▣ Etiology
- ▣ Biological factors
  - Genetic
  - Neurobiological

# Dissociative Disorders (Cont.)

- ▣ Psychological factors
- ▣ Environmental factors
- ▣ Cultural considerations

# Depersonalization/Derealization Disorder

- ▣ Depersonalization—focus on...
- ▣ Derealization—focus on...

# Dissociative Amnesia

Inability to recall important...

Often of traumatic or stressful nature

Dissociative fugue

- Subtype characterized by sudden...

# Dissociative Identity Disorder

Presence of two or more distinct personality states

Each alternate personality (alter) has own pattern of

- 1
- 2
- 3

# Dissociative Disorders Assessment

- ▣ History
- ▣ Moods
- ▣ Impact on patient and family
- ▣ Suicide risk
- ▣ Self-assessment



# Dissociative Disorders Planning

*Phase 1: Establishing safety, stabilization, and...*

*Phase 2: Confronting, working through, & integrating...*

*Phase 3: Identity integration and...*

# Dissociative Disorders Implementation

## Interventions

1.

2.

- ▣ Advanced practice interventions
  - CBT, psychodynamic psychotherapy, exposure therapy, modified EMDR therapy, hypnotherapy, neurofeedback, ego state therapies, somatic therapies, and medication