

**Post-Traumatic Stress Disorder in Veterans**



**Chamberlain University**

NR 605

Instructor's Name



## **Post-Traumatic Stress Disorder in Veterans**

Post-traumatic stress disorder, often known as PTSD, is a mental health problem that may be brought on by either personally experiencing a horrific incident or seeing another person going through it. It refers to a patient's psychological and physiological reaction after experiencing an upsetting or distressing event. In addition to having uncontrolled thoughts about the traumatic incident, symptoms may include having flashbacks, nightmares, and acute anxiety. Most individuals who go through traumatic experiences will, on average, have difficulties adapting to their changed situations and living with the aftermath of the trauma. However, with time and proper intervention, they get well.

### **SLIDE 1: Nature and Prevalence**

Veteran PTSD is a prevalent health condition faced by the healthcare system. Many troops suffer psychological problems as a result of exposure to combat stresses. Veterans are more susceptible to PTSD, which is greater for this demographic since they are more likely to be subjected to warfare (Kintzle et al., 2018). The traumatic event may have been directly related to their service, exposure to dangerous or stressful environments, or both. The proportion of veterans who have PTSD varies depending on the period they serve. According to the U.S. Department of Veteran Affairs (2022), veterans of Operations Iraqi Freedom (OIF) and Enduring Freedom (OEF) have PTSD at a rate of between 11 and 20 percent annually. 12% of Gulf War Veterans each year suffer from PTSD. According to estimates, 30% of Vietnam Veterans have had PTSD at some point in their lives. One in twenty-nine of the 5,826 U.S. veterans surveyed in 2017 had PTSD (Müller et al., 2017). This figure is shockingly high compared to the prevalence of PTSD in the general population: Only 6.8 percent of American adults will suffer from post- traumatic stress disorder at some point. PTSD symptoms may appear shortly after a traumatic