

# The trauma, of trauma

Nigel North

Consultant Clinical Psychologist and Neuropsychologist

# Psychological Difficulties resulting from Trauma

- \* **27%** of individuals with spinal cord injury become depressed (Craig et al 2009)
- \* **42%** of polytrauma patients develop PTSD (Peixato et al 2018)
- \* **54%** of polytrauma patients develop undiagnosed post concussion symptoms (MTBI) (Peixato et al 2018)
- \* **90%** of patients with traumatic hand injury develop PTSD (Grunert 2004)
- \* **52.5%** of patients with external limb fixation after trauma develop depression (Yildiz et al 2005)
- \* **20%** of patients with external limb fixation after trauma develop an anxiety state (Baschera et al 2014)

# Detection of psychological problems after trauma

* SCI	27% Depressed	1-2% Detected
* THI	90% PTSD	<1% detected
* Polyt	54% PCS	10% detected
* Limb Fix	52.5% Depressed	<10%

(Maguire 1984, Craig and Hancock 1994, Grunert 2004, Lewin et al 2011, Yildiz et al 2015)

# So What . . . .

- \* Psychological problems will result in deterioration of any physical health problem or injury
- \* Psychological problems reduce adherence to any treatment or rehabilitation
- \* Psychological problems will result in other behaviours developing such as smoking, alcohol, drugs in order to cope
- \* Psychological problems lead to significantly reduced activity levels
- \* Suicide
- \* (NICE 2009)

# 'COSTS!'

- \* Undetected psychological problems lead to greater suffering for patient, family and rehabilitation staff
- \* Undetected psychological problems results in 50% increase in the financial costs of care (Increase LOS, investigations, medications, lack of adherence),(Katona 2003, NICE 2009)

# What are the range of psychological problems we see in WRC

- \* Anxiety
- \* Depression
- \* PTSD
- \* Body Dysmorphic Disorder
- \* Challenging behaviour
- \* Appearance related concerns
- \* Cognitive problems (memory, concentration etc)
- \* Relationship problems
- \* Suicide (Strong link with Mental Health Liaison Team)

# Psychological Approaches

- \* Cognitive Behaviour Therapy (CBT) and Trauma Focussed CBT
- \* Eye Movement Desensitisation and Reprocessing (EMDR)
- \* Mindfulness
- \* Acceptance and Commitment Therapy (ACT)
- \* Cognitive Retraining Therapy (CRT)
- \* Solution Focussed Therapy
- \* Motivational Interviewing

# Longevity of psychological problems

- \* 147 polytrauma patients
- \* 54% depressed within first 3 months
- \* 6 years after trauma 48% remain depressed (Zwingman et al 2016)
- \* 200 patients with hand injury
- \* 90% developed PTSD in first 6 months after injury
- \* 40% continue to suffer from PTSD after 2 years (alcohol, social isolation, aggression) (Grunert 2004)

# WRC experience

- \* WRC have access to:
  - \* 5 Clinical Psychologists
  - \* 1 Neuropsychologist
  - \* 1 Counsellor
  - \* 1 Cognitive Behaviour Therapist (CBT)
  
- \* Lifespan service

# This means...

- \* Staff in WRC are able to assess every patient for psychological difficulties
- \* Immediate referral to Clinical Psychology if needed
- \* Patients are seen within 48 Hours of referral
- \* Local IAPT services have a 9 month waiting list
- \* Psychological treatment can start immediately
- \* Close liaison with WRC staff leading to immediate advice and/or support

# Resulting in...

- \* Rapid, effective treatment of psychological and cognitive problems
- \* More effective 'Biopsychosocial care' (Holistic)
- \* Reduced financial costs
- \* Reduced impact of injury
- \* Greater satisfaction from patients and family

# And finally....

- \* Traumatized people chronically feel unsafe inside their bodies. The past trauma is alive in the form of interior discomfort and fear. Their bodies are constantly bombarded by visceral warning signs, and, in an attempt to control these processes, they become expert at ignoring their gut feelings and in numbing awareness of what is played out, inside.
- \* They avoid the physical treatments and exercises they are given, they avoid their doctors and seek solace in a world where avoidance rules.... Unless someone takes the time to show them the way forward, the way to manage the inner turmoil (Bessel Van der Kolk, The body keeps the score)