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Chronic traumatic stress disorder: Fact or fictional

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Chronic traumatic stress disorder is a mental health problem that develops in certain people due to chronic exposure to stress, high pressured expectations and high cognitive demands. It is important to look at factors causing PTSD in Emergency medical personal. Causing factors that is mostly seen in emergency medical personal includes extended working hours, high pressure working environments and excessive emotional demands. Focus

is necessary on how to overcome these factors and how to prevent future relapse. Physicians need to be aware of behavioural symptoms like hostility, social isolation, agitation etc. Physiological symptoms such as fear, severe anxiety and insomnia can also be experienced. PTSD is treatable and methods for better awareness should be established.

Biography

Miranda Wessels is pursuing MBChB at the University of South Africa. She has completed her Diploma in Architecture at the Tshwane University of Technology in 2015. She completed her BAA qualification in 2015. She is part of the training network of the CPR – AED initiative. She is currently busy developing a conference which focuses awareness on mental health amongst health faculty students. Miranda is still operational in the pre-hospital environment working for Netcare 911, as well as working in-hospital for Vermaak and Partners Pathologist.

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