

School of Medicine



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Introduction

- 10 million American Adults have unmet mental health needs Approximately 19.11% of Louisiana adults suffer from some mental illness
- Posttraumatic stress disorder (PTSD) is characterized by anxiety, dysfunction, re-experience, and depression following exposure to trauma
- Natural disasters have been shown to increase posttraumatic symptoms (PTS) and distress
- Adults are 2.11x more likely to develop PTSD after a disaster
- **Emergency medical services (EMS) is a high-stress, fast-paced,** and burdensome occupation
 - EMS are considered to have generally higher rates of PTSD and depression
- Studies show that physicians who cared for suicide bombing victims portrayed significantly higher signs of anxiety, depression, negative coping strategies, and burnout
- The goal of the current study is to identify PTS in EMS New **Orleans (NOEMS) personnel who worked during Hurricane** Katrina and the COVID-19 pandemic and see if previous exposure to trauma builds resilience

Hypotheses

- Compared to the general population, signs and symptoms of PTSD are higher in individuals who worked in EMS
- **Compared to previous studies estimating PTSD, signs and** symptoms of PTSD are higher in EMS workers during Hurricane Katrina or COVID
- **Previous experiences of traumatic events during EMS work** (such as Hurricane Katrina) build resiliency for following traumatic events

Methods and Materials

Inclusion Criteria

- 18+ years old • Employed by **NOEMS** by June
- 8, 2020
- Worked during COVID-19 and/or Katrina

Survey

- 31 item
- questionnaire • Demographics
- Work experience and training
- PTSD Checklist –
- **Civilian Version** (PCL-C) DSM IV

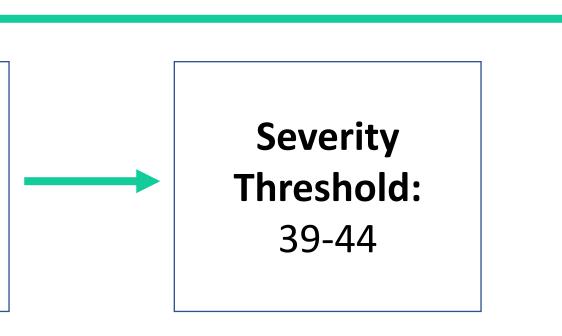
This research project was supported through the LSU Health Sciences Center, School of Medicine and New Orleans Emergency Medical Services

Assessment of Posttraumatic Stress Disorder Among Emergency Medical Services: A Survey Study

PTSD Scoring

2- a little bit	1 B Item (1-5)
3 - moderately	3 C Item (6-12
4- quite a bit	2 D Item (13-1
5- extremely	

1- not at all



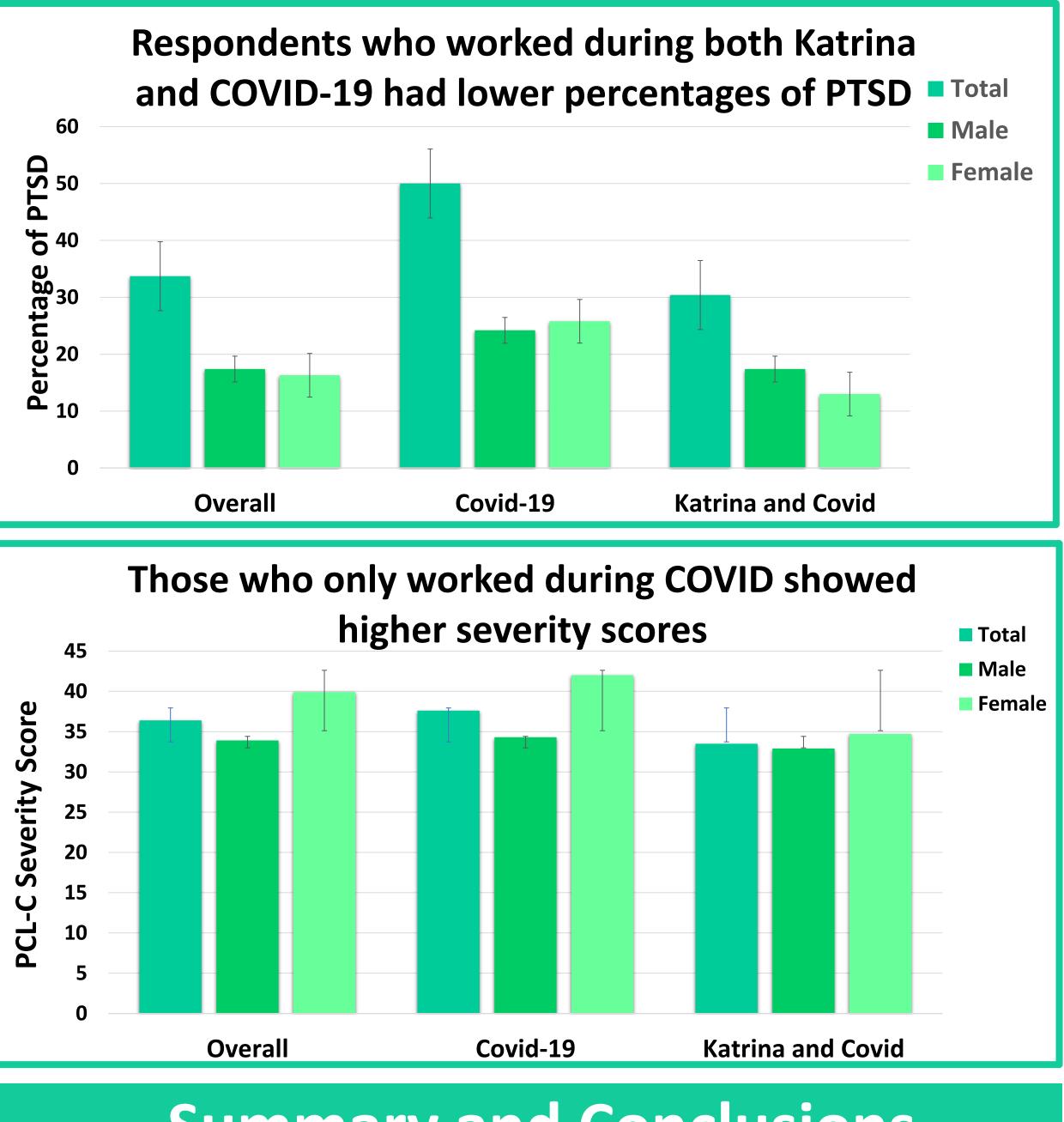
Survey Results

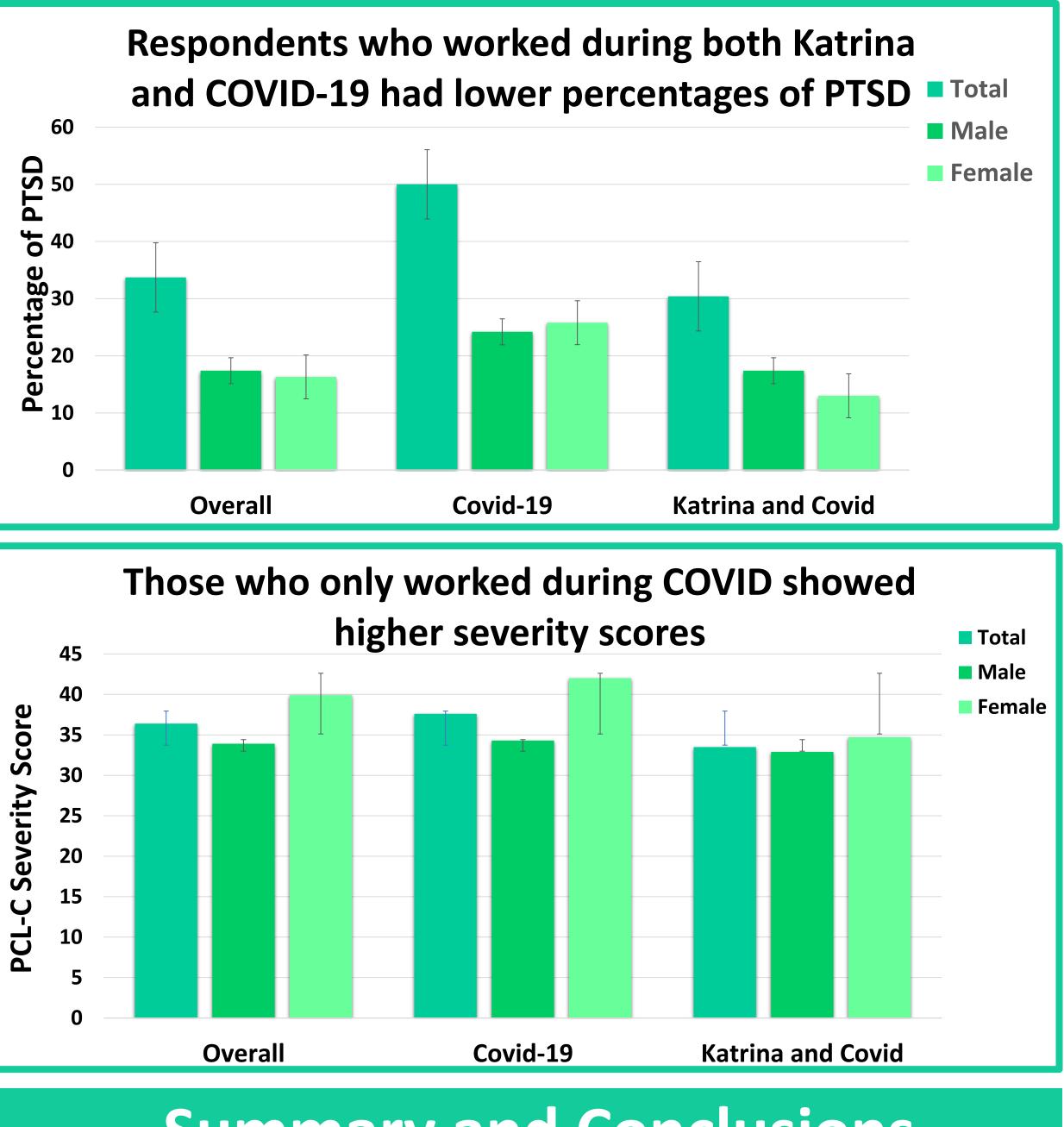
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N=	%				
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26	28.6				
3	3.3				
62	68.1				
1	1.1				
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3	3.4				
62	67.4				
23	25				
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0	0				
31	50				
7	30.4				
55	60.4				
9	9.9				
10	10.9				
PTSD Screening					
37	40.2				
31	33.7				
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Average	Standard Dev
35.5	1.14
12	0.89
36.4	1.44
Average	Standard Deviation
32.8	1.77
10.5	1.26
10.5	1.20
	 35.5 12 36.4 Average 32.8

Data Analysis





Summary and Conclusions

- 33.7% of the respondents met PTSD diagnostic criteria
- Of those, the majority were white, male, lived in NOLA post Katrina, and trained paramedics
- Respondents who worked during both Hurricane Katrina and **COVID-19 showed a lower percentage of PTSD compared to those** who only worked during COVID
- **Respondents who worked during both Katrina and COVID-19 had a** lower average of severity scores
- Results from this study will be used for potential future interventions to reduce PTSD in EMS

