

Quick Guide to the Primary Care Post-Traumatic Stress Disorder Screening (PC-PTSD)

Description:	The PC-PTSD is a 4-item screen that was designed for use in primary care and other medical settings. The 4-items address the underlying characteristics specific to PTSD: re-experiencing, numbing, avoidance, and hyperarousal. The PC-PTSD is designed to be understandable to patients with an eighth-grade reading level.
Purpose:	The PC-PTSD is used to screen for PTSD.
Target Population:	Adults
Languages:	
Scoring and Interpreting:	Current research suggests that the results of the PC-PTSD should be considered "positive" if a patient answers "yes" to three of the items. A positive response to the screen does not necessarily indicate that a patient has Posttraumatic Stress Disorder. However, a positive response does indicate that a patient <i>may</i> have PTSD or trauma-related symptoms and that further investigation is warranted.
When to use:	As indicated to screen for PTSD
Recommended Interventions:	PCPs and/or RNs or staff completing screening questions might use this tool to identify patients that would benefit from a visit with the PCB.

Primary Care PTSD Screen (PC-PTSD)

In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past month, you...

1. Have had nightmares about it or thought about it when you did not want to?

YES NO

2. Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?

YES NO

3. Were constantly on guard, watchful, or easily startled?

YES NO

4. Felt numb or detached from others, activities, or your surroundings?

YES NO

Current research suggests that the results of the PC-PTSD should be considered "positive" if a patient answers "yes" to any three (3) items.