



## Podcast Show Notes

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### **Post-Traumatic Stress in Healthcare Workers**

This podcast examines post-traumatic stress among healthcare workers as members of the healthcare team. Symptoms, prevalence, contributing factors, interventions, and the impact of the COVID-19 pandemic related to post-traumatic stress disorder (PTSD) are discussed. Strategies for facilitating discussion of post-traumatic stress within the healthcare team will be discussed from a standpoint of awareness, respect, and current knowledge.

*This CE course is relevant to medicine, nursing, and psychology.*

At Colibri Healthcare, we developed this educational content with a genuine approach to bringing attention to mental health from a healthcare professional's perspective. This podcast contains content that may be unsettling for some listeners. The episodes may discuss suicide, depression, self-harm, and other sensitive topics. We do our best to discuss sensitive topics such as these with discretion and sincerity. Because of the sensitive topic being discussed, we recommend this podcast for adults only.

Content Warnings: Mentions of suicide, depression, death, self-harm

#### **Episode 1 – What Does Post-Traumatic Stress Look Like in Healthcare Workers?**

We all know that the healthcare system brings its own unique challenges for delivering quality, safe, and cost-effective healthcare. However, what happens when deliverers of healthcare, the healthcare workers themselves, exhibit symptoms of stress, post-traumatic stress, or even post-traumatic stress disorder? What do these symptoms look like? How frequent or common is post-traumatic stress in our very own healthcare team members?

#### **Guest**

Daphne Essex, DNP, PMHNP-BC, FNP-C

- Board-certified psychiatric-mental health nurse practitioner
- Certified family nurse practitioner
- Doctor of nursing practice-prepared clinician
- 33-year military veteran
- Member, Nurse Practitioner Alliance of Alabama
- Member, American Psychiatric Nurses Association
- Member, American Association of Nurse Practitioners

- Member, Advanced Practitioners for the River Region

## Host

Maria Morales, MSN, RN, CLNC

- Nurse planner, Colibri Group
- Quality-focused, results-driven nursing education professional
- Continuing education leader with nurse executive experience in developing interprofessional educational programs
- Certified legal nurse consultant

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## Episode 2 – Doing Something about Post-Traumatic Stress in Healthcare Workers

We are going to continue the conversation about the influence of the COVID-19 pandemic on healthcare workers' experiences with stress. The discussion covers contributing factors and interventions for post-traumatic stress disorder as well as strategies for how the healthcare team can facilitate conversation about

this topic to work together to address it. Let's talk about some of the things we can do about post-traumatic stress!

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## Resources

National Alliance on Mental Illness. <https://nami.org/Home>

988 Suicide & Crisis Lifeline. <https://988lifeline.org/>

*Note:* 988 is a working phone number throughout the U.S. to make mental health crisis services and other help more accessible. You may think about 911 for physical/medical emergencies and 988 for mental health crisis services.

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