

## Post-traumatic Stress Disorder (PTSD) Out of Area Referrals

<b>Date:</b>	September 2019	<b>Date of Last Review:</b>	<b>Static Status</b> (This policy applies indefinitely, unless or until new evidence likely to have a material effect on the policy becomes available.) Previous review, Sept 2014.
<b>Policy:</b> Treatment for Post-traumatic Stress Disorder (PTSD) should follow <a href="#">NICE guideline 116</a> . Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) have produced some <a href="#">guidance</a> for GPs and the <a href="#">RCPsych</a> give information on self-help. Where further drug or psychological therapies are required, patients may be referred to the <a href="#">PRISM service</a> (Primary Care Mental Health Service). Referral out of area for treatment of PTSD will only be provided under the NHS in exceptional circumstances <b>and clinicians need to apply to the exceptional cases panel for approval of funding - click <a href="#">here</a> to access the funding request form.</b> <b>It is the responsibility of the referring and treating clinician to ensure compliance with this policy.</b> <b>NOTE:</b> NHS England commissions mental health complex treatment services for veterans (ex-Armed Forces personnel) from Veteran's Mental Health Complex Treatment Centres.			

**Background:** Post-traumatic Stress Disorder is a delayed and/or protracted response to a stressful event or situation of an exceptionally threatening or catastrophic nature, which is likely to cause extreme distress in almost anyone.

Typical symptoms include re-experiencing the trauma through intrusive thoughts and nightmares, and intense distress when confronted with triggers; avoidance of stimuli associated with the trauma; and signs of heightened irritability such as sleep disturbance, hyperarousal and loss of impulse control.

**Evidence and rationale:** A number of psychological interventions and drug treatments for PTSD are available in primary care and secondary care, hence other specialist psychological interventions are only funded in exceptional circumstances.

**Priority:** Referral out of area to more specialist services should be on recommendation of local mental health teams and only for exceptional cases which are not responding to the treatments available locally.

### REFERENCES:

1. World Health Organisation. Post-Traumatic Stress Disorder. The ICD-10 Classification of Mental and Behavioural Disorders: Clinical Descriptions and Diagnostic Guidelines, Geneva, 1992.
2. National Institute for Health and Care Excellence 2018. NICE Guidance 116: Post-traumatic stress disorder.