Getting treatment as soon as possible after PTSD symptoms develop may help prevent PTSD from developing into a long-term condition. Treatment may take the form of medication, psychotherapy, or alternative medicine.

What Nurses Know...PTSD:

* Covers all the treatments available today.
* Examines the causes of the PTSD, describes the symptoms and the effects of PTSD on individuals with the condition and their families.
* Looks at associated problems such as substance abuse.
* Explains what makes PTSD different in children and adolescents.
* Shows how to manage stress.
* Shows how to talk to your health care provider.
* Shows how to get help - from both traditional and nontraditional sources.