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The future role of the PMHNP in MDMA-assisted psychotherapy for PTSD

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Post-traumatic stress disorder (PTSD) affects around 7.7 million Americans across the lifespan and costs society over 42 billion dollars annually. Notably, according to the US Department of Defense in 2012, more US soldiers committed suicide due to PTSD related symptoms than were killed in combat operations. Currently, there are only two Food and Drug Administration (FDA) indicated medications for PTSD, Paxil (paroxetine) and Zoloft (sertraline). For treatment-resistant PTSD, clinical guidelines are inadequate and not up to date with current research. In recent years, new research and alternative interventions for treatment-resistant PTSD have included 3,4-methylenedioxy-methamphetamine (MDMA)-assisted psychotherapy for PTSD. The present contribution aims

to synthesize this new body of evidence, expand on treatment guidelines for treatment-resistant PTSD and consider its impact on the psychiatric-mental health nurse practitioner role. Comprehensive literature searches will be completed using PubMed, PsycINFO, and PsycArticles. We plan to review the literature and propose a conceptual framework and procedure for adapting the current guidelines. In the combined analysis, MDMA-assisted psychotherapy appears a promising modality for treatment-resistant PTSD. It is recommended that clinical guidelines be updated to consider MDMA as a treatment approach to PTSD, in the event that treatment with psychotherapy and selective serotonin reuptake inhibitors (SSRI) fail to show an adequate response. As nurses, we often approach treatment from a holistic perspective, treating the whole person. MDMA-assisted psychotherapy is a combined holistic approach to treatment that uses both psychotherapy and psychopharmacology. If treatment guidelines are updated, psychiatric-mental health nurse practitioners will be instrumental in

implementing this innovative care in the future.

Objectives: (a) To search the literature for evidence of the efficacy, safety, and feasibility of MDMA-assisted psychotherapy for PMHNP and their patients with treatment-resistant PTSD. (b) To encourage PMHNPs to advocate for the expansion on treatment guidelines when new evidence supports promising treatments such as MDMA-assisted psychotherapy for patients with treatment-resistant PTSD on the ethical principle of beneficence. (c) For PMHNPs to aid in mitigating the harmful psychological, social and economic effects of treatment-resistant PTSD on individuals and society by implementing new and effective promising treatments such as MDMA-assisted psychotherapy.

Biography

Alexandra and Craig have completed their BSN at NYU College of Nursing prior to enrolling in Columbia's psychiatric-mental health nurse practitioner doctorate program in 2017. Andrew completed his MSN at Columbia and continued into the psychiatric-mental health nurse practitioner program also in 2017. Alexandra, Andrew & Craig are currently in their second and last year of the PHMNP program and have completed various courses in evidence-based practice (EBP).

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