3rd Annual Congress and Medicare Expo on

Trauma & Critical Care

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Coping skills after trauma

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Trauma is often the result of an overwhelming amount of stress that exceeds one's ability to cope, or integrate the emotions involved with that experience. A trauma is an intense event. This can include medical events, such as a heart attack, surgery or treatment in a hospital's intensive care unit (ICU). PTSD can happen in any age. PTSD can cause nightmares, upsetting memories, flashback, feeling numb, fear, worry, anxiety, and other symptoms. Patient and family education is an important part of nursing care. Different techniques are used for coping after trauma. These techniques are: Role playing; assertiveness training; stress management; meditation; exercise; biofeedback and yoga. The poster will present different ways of treatment for coping after trauma without any medication.

Biography

Farahnaz Behrozishad completed her Master's Degree as PHC Nurse at Tehran University. She has worked for 16 years at Mirza Kuchak Khan Hospital in different units as a Staff Nurse, Nurse Educator and Supervisor. She has worked in Palliative Care Unit at Toronto East General Hospital as a part time Nurse for two years. Her last honor is her current full time job at Mackenzie Health since 2009 and worked for five years in dialysis unit after completing her special training and certification in Critical Care. She has completed her Post Master's Degree as a Nurse Educator at Walden University in 2011; ICU Certification at Humber Collage, Canada in April 2014; Post Master certification in Nursing– Education at Walden University, USA in Feb, 2011; Master's Degree in Nursing at Tehran University of Medical Science, Iran in Jan, 1996; Bachelor Degree in Nursing at Tehran University of Medical Sciences, Iran in July, 1992 and; Associate's Degree in Nursing at Iran University of Medical Science, Iran in April, 1988.

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