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The future role of PMHNP in MDMA-assisted psychotherapy for PTSD**Craig Lavin**

Washington Heights Community Service, USA

Statement of the Problem: 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 study 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.

Method: 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 current guidelines.

Findings: 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 adequate response.

Conclusion: 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.

Biography

Craig Lavin is currently working as a Registered Nurse at Washington Heights Community Service unit at New York State Psychiatric Hospital. He has pursued his Bachelor of Science in Nursing degree from Rory Meyers College of Nursing at New York University in 2017. He is currently pursuing his Doctorate of Nursing Practice in Psychiatric Mental Health at Columbia University.

cal2240@cumc.columbia.edu

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