Challenges to Personhood:

PTSD and Moral Injury

Trauma Informed Care Training
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Disclosures:

- Still none
LIFE:

A sexually transmitted, 100% fatal condition.
Graph:
Defn: **Personhood**

- The status of being a person.
- A personal awareness of your individual uniqueness.
- Possessing abilities and potential more or less unique to human beings (e.g. logical thought and reasoning).
- Possessing the ability to relate to other people (involving self-awareness and ability to communicate capacities).
- The state of awareness when things matter to you.
- The soul.
  - “The deeper reality is not that you have a soul but that, in your essential nature, you are a soul.” (Alan Morinis)
Challenges to Our Personhood:

- Loss of control
- Loss of meaning
- Loss of safety
- Loss of identity
- Loss of self-determination

- Caused by extrinsic factors/pressures/events!
PTSD

"Startle" reflex
Memory loss
Fear
Flashbacks

Moral Injury

Anger
Depression
Anxiety
Substance abuse
Insomnia
Nightmares

Anhedonia
Grief
Guilt
Shame
Social alienation
Lack of trust
Difficulty with forgiveness
Deaths among Vietnam-era Veterans are rising.
### Most Common Mental Health/Substance Abuse Conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Vietnam War-Era (n=45,860)</th>
<th>World War II-Post-Korean War-Eras (n=41,666)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression, %</td>
<td>33.0</td>
<td>23.5</td>
</tr>
<tr>
<td>Anxiety, %</td>
<td>18.4</td>
<td>13.5</td>
</tr>
<tr>
<td>Alcohol abuse, %</td>
<td>24.0</td>
<td>5.7</td>
</tr>
<tr>
<td>Post-traumatic stress disorder (PTSD), %</td>
<td>16.5</td>
<td>5.7</td>
</tr>
<tr>
<td>Other mental health disorders, %</td>
<td>10.8</td>
<td>9.2</td>
</tr>
<tr>
<td>Drug abuse, %</td>
<td>11.8</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Notes: All differences significant at p<0.001.
March 30, 1990 - northern New York State
Graph:
Stress vs. “helicopter dreams”
PTSD

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Moral Injury in U.S. Health Care
A recent international study compared 11 nations on health care quality, access, efficiency, and equity, as well as indicators of healthy lives such as infant mortality.

**Overall Health Care Ranking**

<table>
<thead>
<tr>
<th>Low</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.K.</td>
<td></td>
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<tr>
<td>SWITZERLAND</td>
<td></td>
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<tr>
<td>SWEDEN</td>
<td></td>
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<tr>
<td>AUSTRALIA</td>
<td></td>
</tr>
<tr>
<td>GERMANY</td>
<td></td>
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<tr>
<td>THE NETHERLANDS</td>
<td></td>
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<tr>
<td>NEW ZEALAND</td>
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<tr>
<td>NORWAY</td>
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<tr>
<td>FRANCE</td>
<td></td>
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<tr>
<td>CANADA</td>
<td></td>
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<tr>
<td>U.S.</td>
<td></td>
</tr>
</tbody>
</table>

US spends two-and-a-half times the OECD average

Total health expenditure per capita, public and private, 2010 (or nearest year)

1. In the Netherlands, it is not possible to clearly distinguish the public and private share related to investments.
2. Total expenditure excluding investments.
Information on data for Israel: http://dx.doi.org/10.1787/888932315602.

Source: OECD Health Data 2012.
Time to leave practice......

- “Any good provider, with adequate support, should not need to spend more than 8 minutes on any follow-up patient encounter.”
- Increasing regulations.
- Productivity pressures.
- Insurance companies.
- Computers / EMR’s
- Lack of social supports.
- => Moral injury.
Graph:

Rate of provider burnout vs. regulated tasks
Graph:

Satisfaction vs. time spent with encounter
Provider Identity: “Attending”

- Defn: **attend**
  - Latin *attendere*
    - to stretch to, to be with.

- Today, **who** is the attending?
Graph: Satisfaction vs. Communication
Communication

- Verbal
  - High School Grad - 10-12,000 words
  - College Grad - 20-25,000 words
  - Health Care Professional - 40-50,000 words
- Body language
- Written
  - Screening for illiteracy
- Listening
  - Providers interrupt in 8-14 seconds
PTSD
- "Startle" reflex
- Memory loss
- Fear
- Flashbacks

Moral Injury
- Anger
- Depression
- Anxiety
- Substance abuse
- Insomnia
- Nightmares

Anhedonia
- Grief
- Guilt
- Shame
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- Lack of trust
- Difficulty with forgiveness
How to promote personhood:

- Be present.
- Active listening.
- Accept them.
- Remind them that they are a person of value.
- Help them find restoration.
- Listen to their fears and concerns.
- Direct help to them. Be an active team member.

- Be present. Listen.
How to promote personhood:

- Veterans need to understand that this guilt, shame and depression are NOT because they are “bad” or “immoral” people, but specifically because they are inherently good in a world that sometimes isn’t.

- Moral injury is a perfectly normal response to a perfectly abnormal situation.
Repair the damage……..

- We are broken people working in a broken system trying to help other broken souls.

- The deeper reality is not that you have a soul but that, in your essential nature, you are a soul.

(Alan Morinis)
Although the world is full of suffering, it is also full of the overcoming of it.

Helen Keller

Optimism 1903
Comments?

Answers?