Evidence-based treatment for a child/adolescent after a traumatic event: A Guide for GPs

1. **How recently did your patient experience a potentially traumatic event (PTE)?**
   - **in the last two weeks**
     - Provide psychological first aid, including:
       - Monitor wellbeing
       - Encourage parent or caregiver to:
         - Reassure child they are safe and cared for
         - Discuss their feelings and concerns
       - Review in 1-2 weeks
   - **in the last three months**
     - If the patient has PTSD symptoms, consider referral to a practitioner specialising in child/adolescent PTSD for family support and coping skills in preference to supportive counselling.
     - For 7+ children, administer screen such as the 4-item Child Stress Disorders Checklist Short Form or 10-item Child Trauma Screen (self-report)

2. **Does the screen result indicate probable PTSD?**
   - **Yes**
     - Provide a referral for first-line trauma-focused treatment
   - **No**
     - Does the screen result indicate probable PTSD?

3. **Are first-line trauma-focused treatment options available?**
   - **Yes**
     - Continue usual support & care
   - **No**
     - Consider second line treatment options

4. **If medication is indicated and the patient is aged 12-18 years, follow treatment guidelines for depression**
   - **Other referral options**
     - Eye Movement Desensitisation and Reprocessing (EMDR)
   - **Medication options**
     - Consider SSRI: fluoxetine

For more information on this and other PTSD resources and training, please visit phoenixaustralia.org