

PTSD PRESENTATION

BY



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WHAT IS PTSD

Introduction

What is Post Traumatic Stress Disorder (PTSD)
PTSD is a severe anxiety disorder that can result from exposure to any event that results in psychological trauma. It can result from a single episode or as a result of the cumulative effects of continual exposure.

WHAT IS PTSD

PTSD starts with psychological symptoms such as anxiety, loss of sleep, a general withdrawal from society and an inability to cope with normal, everyday stresses of life.

WHAT IS PTSD

As PTSD progresses, physical ailments such as digestive disorders, headaches, ulcers and general fatigue usually accompany the disorder. Links are clearly shown between PTSD and such things as alcohol and drug abuse, anger management, high divorce rates and suicide.

PTSD IS VERY TREATABLE

Studies suggest as many as thirty percent (30%) of firefighters experience some PTSD within their work. Fortunately, due to critical incident stress management and education this issue is dealt with professionally and efficiently and does not progress to the severe form of PTSD.

However, it is clear that many firefighters are unaware that they have PTSD and suffer in silence with this condition for many years.



WHY PTSD LEGISLATION

* The current WCB framework is not adequate for dealing with this disorder. In fact in talking to our members, the stress of dealing with WCB actually increases the negative effects of PTSD on the Fire Fighter. The proposed legislation allows for WCB support without the negative experience.

ARTICLES FOR PTSD AND FIREFIGHTERS

Rates of PTSD in Firefighters by Matthew Tull

“Given that traumatic exposure among firefighters it is not surprising that high rates of PTSD have been found. Anywhere from 7% to 37% of firefighters meet the criteria for a current diagnosis of PTSD.

Mental Health - Public Policy – Get Involved, Canadian Mental Health Association

PTSD – What causes it? What are the signs? Other illnesses that accompany PTSD and how is PTSD treated?

Post-traumatic stress disorder: The flames inside a firefighters’ mind by Tessa Clayton

Calgary Journal Article, April 3, 2012

How the mental illness is affecting our first-line responders

The Surrey Fire Fighter with PTSD

And his tragic end.

Bill #1 of the Legislative Assembly of Alberta

The Workers’ Compensation Amendment Act, 2012

An Act of the Alberta Legislature dealing with PTSD

IAFF Canada Fact Sheet:

A National Action Plan for Post-Traumatic Stress Disorder (PTSD). This federal plan of action will work well with amended Manitoba Legislation to deal with PTSD.

**PTSD PRESUMPTIVE
LEGISLATION PATTERNED
AFTER MANITOBA CANCER
PRESUMPTIVE
LEGISLATION FOR
FIREFIGHTERS**

MANITOBA'S PTSD LEGISLATION

BILL 35

BILL 35

- > APPLIES TO ALL WORKERS**
- > PRESUMPTIVE**
- > DSM 5 CRITERIA**

**DIAGNOSED BY PROFESSIONAL
DOCTORS AND REGISTERED
PSYCHOLOGISTS**

BILL 35

- > APPLIES TO RETIRED FIREFIGHTERS
(WORKERS)
- > REBUTTABLE

EFFECTS OF PTSD LEGISLATION

-> EDUCATION

-> GREATER ABILITY TO ACCESS WORKMANS

COMPENSATION - SUPPORT AND TREATMENT

-> ACTS AS AN “ANTI-STIGMA” TOOL

PROBLEMS WITH THE PTSD LEGISLATION

- > RESOURCES
- > INTERPLAY OF OTHER MENTAL ILLNESSES
- > PREDISPOSITION
- > DEAL WITH THE SAME PROBLEMS AS WITH
OTHER MENTAL ILLNESSES



THANK YOU!

