



ASSIST TRAUMA
CARE



ASSIST TRAINING

Summary of the NICE Guideline (2005) on
Treatment of Adults and Children who have suffered
a traumatic incident and may be at risk of developing
PTSD

- Symptoms of PTSD often develop immediately after the traumatic event, although the onset of symptoms may be delayed in some people (less than 15%)
- Effective treatment can only take place if the disorder is recognised.

First 4 Weeks after Event:

- Employ watchful waiting. Do not offer single session debriefing to individuals. Arrange a follow-up contact within one month. 70% of adults will recover with support and without further intervention.
- Do not overlook children. Research suggests that 75% of children involved in serious RTAs carry post trauma symptoms into later life.

