1. **“Conversation starters”:**
   1. “As people live with serious illness, they sometimes experience reminders of prior scary or upsetting events. Has this happened to you?”
   2. “Have you felt guilty or bothered about events that previously happened in your life?”
2. **Recognizing PTSD (post-traumatic stress disorder):**  Providers begin to recognize PTSD symptoms in two Veterans – Helen who is emotionally distant, and Les who has cognitive impairment.

<https://www.youtube.com/watch?v=fPMBtOZ6vUA&list=PL3AQ_JVoBEyyJX0UhUmQG8q4B5nex3cl8&index=1>

Teaching guide: 

1. **Responding to Trauma Disclosures:**  A hospice provider listens empathically as Helen discloses a traumatic memory.

[https://www.youtube.com/watch?v=VXBA9epUqqE&list=PL3AQ\_JVoBEyyJX0UhUmQG8q4B5nex3cl8&index=3](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DVXBA9epUqqE%26list%3DPL3AQ_JVoBEyyJX0UhUmQG8q4B5nex3cl8%26index%3D3&data=04%7C01%7C%7Ce4c16c87db464506a53f08d981d82ad8%7Ce95f1b23abaf45ee821db7ab251ab3bf%7C0%7C0%7C637683587699261210%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=elpuah9L4IeARuP3Vviayp0duOmectordSrZxConnIA%3D&reserved=0)

Teaching guide: 

1. **Addressing trauma related issues**, these are VA developed video training sessions (60 minutes) to include Q&A sessions afterwards (30 minutes):

* [Moral Injury in Vietnam Veterans](https://www.wehonorveterans.org/resource-library/moral-injury-in-vietnam-veterans-webinar/)
* [Suicide Prevention in Vietnam Veterans](https://www.wehonorveterans.org/resource-library/suicide-prevention-in-vietnam-veterans-webinar/)
* [Posttraumatic Stress Disorder in Vietnam Veterans](https://www.wehonorveterans.org/resource-library/community-hospices-posttraumatic-stress-disorder-in-vietnam-veterans/)

The same training sessions as above with CEUs but no Q&A sessions:

* <https://www.train.org/vha/welcome>

1. **Selected Resources from VA and the *We Honor Veterans* program:**
   1. **VA Crisis Line**- Free, confidential support for Veterans in crisis and their families and friends. **Call 1-800-273-8255 and Press 1.**
   2. ***We Honor Veterans*** link to numerous resources on Trauma Informed Care <https://www.wehonorveterans.org/trauma-informed-care/>
   3. **VA PTSD Consultation Program**- available to healthcare providers caring for Veterans (enrolled or not). Note, this program shares guidance and resources but does not participate directly in care.

[www.ptsd.va.gov/consult](http://www.ptsd.va.gov/consult)

* 1. **VA Telemental Health**- Veterans need to be enrolled prior to accessing services

[www.telehealth.va.gov](http://www.telehealth.va.gov/)

* 1. **VA link on all things related to PTSD**:

<https://www.ptsd.va.gov/>

1. **Selected VA developed brochures on PTSD at end of life:**
   1. 
2. **Cognitive Impairment and PTSD:**  A hospice provider uses grounding techniques to help Les during a flashback.

[https://www.youtube.com/watch?v=Tc\_lSzjuVvo&list=PL3AQ\_JVoBEyyJX0UhUmQG8q4B5nex3cl8&index=5](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DTc_lSzjuVvo%26list%3DPL3AQ_JVoBEyyJX0UhUmQG8q4B5nex3cl8%26index%3D5&data=04%7C01%7C%7Ce4c16c87db464506a53f08d981d82ad8%7Ce95f1b23abaf45ee821db7ab251ab3bf%7C0%7C0%7C637683587699271180%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ZyWRJ6BCyirsZJJMQ985eIetx%2BF2TaxBMr7HU28x894%3D&reserved=0)

Teaching guide: 