



Suffering in Silence: An RTs Struggle with PTSD and the Road to Recovery

Presenter: Jennifer Martin, RRT

October 21, 3:00 PM Eastern

Session Abstract

Respiratory Therapists are often present for multiple traumatic and stressful events throughout their careers. Many times these events can have significant impacts physically, emotionally and mentally long after the event has occurred. This is a story of an RT, her journey through a diagnosis of Post Traumatic Stress Disorder, the struggle she faced throughout treatment and the road to recovery.

Post Traumatic Stress Disorder, or PTSD, is characterized as a mental disorder that can develop after experiencing a traumatic event. Symptoms include but are not limited to sleeplessness, anxiety, flashbacks and depression. Knowing signs and symptoms enables health care professionals to know when to seek treatment.

I hope to share this experience and support fellow Coworkers that may also be affected by a mental health issue. Then hopefully show them that it's possible to overcome this darkness. That it is possible to recover and continue working in this amazing profession.

Session Objectives

1. To discuss the impact Post Traumatic Stress Disorder had on one RT
2. To Learn about the signs and symptoms associated with PTSD
3. To discuss current recommended treatments.

Speaker Biography

Jennifer graduated from the Respiratory Therapy program at the Southern Alberta Institute of Technology in 2007. She has since spent the last 12 years working critical care for both adults and pediatric patients. Jennifer joined the pediatric transport team of Saskatchewan in 2012 and has found a passion for pediatric critical care. She is currently one of 5 full time pediatric transport RT's at the Jim Pattison Children's Hospital in Saskatoon.