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The Efficacy of Treatment for PTSD in Combat Veterans: An Integrative Literature Review

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Abstract

**Background:** For veterans, PTSD is a common result of exposure to combat experiences that they witnessed and participated in; which then can result in a daily psychological struggle. Presently, few programs exist to support veterans afflicted with PTSD and the best available treatment is provided by the VA clinics and hospitals.

**Objectives:** To explore what research has been conducted regarding the types of treatments that are available to veterans once they return from their tours of duty and; the effectiveness of addressing the emotional concerns experienced.

**Methods:** This integrative literature review was conducted using keywords “PTSD and treatment” to search the literature between 2010 to 2017.

**Results:** In examining the literature, researchers support that there are new approaches available for clinicians and nurses to use to support veterans who suffer from PTSD. The hope is that VA clinics and hospitals will use such to provide care.

**Conclusions:** This study found that there are various new approaches to treating veterans who suffer from PTSD. Nursing can be an important factor in this new approach and therefore needs to be educated with regard to these new treatment approaches to contribute to the progress in treatment of this mental health disease that is prevalent to veterans.

**Keywords:** PTSD and treatment