Children's Hospital of Philadelphia PolicyLab

Effective Treatment for Refugee Adults with Post-Traumatic Stress Disorder (PTSD): A Summary of Practice Recommendations for Clinicians

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Post-traumatic stress disorder (PTSD) affects nearly 1 in 10 resettled refugee adults in high- and middle-income nations. Not effectively treating an adult's PTSD can have profound negative impacts on their child's behavior and development, which can lead to a number of health-related issues in the future. We know that kids do better when their parents do better, so it's essential to take the necessary steps to improve the health of caregivers.

The Patient-Centered Outcomes Research Institute (PCORI) has a comprehensive systematic review that outlines the evidence base for PTSD treatment titled "Psychological and Pharmacological Treatments for Adults with Posttraumatic Stress Disorder." In partnership with Pennsylvania's Refugee Resettlement Program, Children's Hospital of Philadelphia's Refugee Health Program and Multi-Cultural Health Evaluation Delivery System, Inc., we created this brief, provider-oriented summary of PCORI evidence on PTSD treatment for adult refugees that clinicians can give to patients.

By strengthening providers' knowledge of PTSD treatment for refugees, our hope is that all refugees will have the opportunity to live a healthy life not only for themselves, but also for their children.

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