Abstract:
The incidence of PTSD in Hmong immigrants is much higher than the overall population. Largely this is because many of the immigrant Hmong are refugees and have suffered war trauma. A high clinical suspicion for PTSD in this population, can lead to improved healthcare outcomes and quality of life. This population has had difficulty with assimilation into American life, PTSD has likely been a factor in this as well. Culturally sensitive therapeutic interventions are of an absolute necessity for success. The Hopkins Symptom Score Checklist is a good screening tool, available in Vietnamese, Cambodian, and Hmong languages. This is a simple and easy to complete questionnaire that measures anxiety and depression.
HMONG?

Are you a refugee from Laos?

Are you having reoccurring nightmare or flashbacks?

Are you a survivor of war trauma or torture?

Has it been difficult adjusting to American life?

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Posttraumatic Stress Disorder

or **PTSD** can occur after experiencing or witnessing severe trauma that is a threat to your life or the life of another person

1. Initially the victim will experience extreme fear and helplessness.
2. Later the victim will have repeated re-experiencing of the event
3. Victims then develop a sense of detachment or numbness, avoidance, and increased awareness and alertness leading commonly to sleep deprivation.
4. Symptoms need to be present for more than 1 month.
5. War is the most common cause of PTSD and is the reason why so many **Hmong peoples** suffer from this disorder.
6. Can make daily living very difficult and especially adjustment to a new country.
7. It is not a sign of personal weakness.

**Diagnosis:**

1. A multipart Hmong-sensitive questionnaire administered by Hmong speaking administrators.
2. An interview with culturally-trained physicians

**Treatment:**

1. There are a different types culturally sensitive group therapies available. Including family, cognitive behavioral, anxiety management, and relaxation therapies.
2. Medications can also be affective in alleviating anxiety, improving sleep, and diminishing nightmares.
3. Many patients who receive treatment can recover completely.