

Injured Trauma Survivor Screen (ITSS) for PTSD and Depression Risks		
Effective Date: 10/10/2025	Original Date: 8/1/2022	Approval Date (if different from effective date): Online vote: 10/07/2025
Number: TP-1033		Version: 1
Facility (Scope): Trauma program		

POLICY STATEMENT:

A. Traumatic injury is one of the leading causes of mortality and morbidity in the United States. Stress from the traumatic event can lead to alterations in the psychological response to the event, resulting in psychological sequelae including depression and post-traumatic stress disorder (PTSD). Among those patients who have suffered a traumatic injury and are subsequently admitted for their injuries 10-42% will develop symptoms of PTSD. Studies have also linked traumatic injury to the occurrence of PTSD and depression, or depression alone. For this reason, Billings Clinic will screen those trauma patients who meet the inclusion criteria. Resources will be provided to patients who screen positive for PTSD risk and/or depression risk.

DEFINITIONS:

A. Injured Trauma Survivor Screen (ITSS) tool: Acronym for a 9- question screening tool to measure risk for development of PTSD and depression post injury. The ITSS was created for the injured trauma survivor population. It has been validated in four level 1 trauma centers.

PROCEDURE:

- A. ITSS screening and results are to be treated as confidential medical information.
- B. Screening
 - 1. The ITSS screening will be administered prior to patient discharge for all patients who are trauma activations or trauma consults.
 - a) Inclusion Criteria:
 - i. 18 years or older
 - ii. GCS 15
 - iii. Admitted for greater than two nights
 - b) Exclusion Criteria:
 - i. Baseline Dementia
 - ii. Suicide attempt (per hospital policy, gets formal psychiatric evaluation while admitted)
 - 2. Staff that completes screening will chart result in the EMR.
 - a) Completed via adhoc form in assessments
 - i. Injured Trauma Survivor Screen (ITSS) Form
 - 3. ITSS screening is considered positive with a score of ≥ 2 on either the PTSD items or Depression items.
- C. Brief Intervention
 - 1. Patients who have positive ITSS screens will receive a resource pamphlet by trained staff
 - a) Trauma Department Staff
 - b) Nurses

- c) Trauma Providers (APPs/ MDs)
 - 2. Behavioral Health and/or Psychiatry may be consulted for further assessment or intervention if needed.
 - a) Determined by provider’s discretion or patient request
 - 3. Patients with one of the following categories will be strongly recommended to have a psychiatry consultation during their hospitalization.
 - a) MVC with death in the same vehicle
 - b) Mangled extremity or amputation
 - c) Disfigurement
 - d) Paralysis or significant change in functional dependency
- D. Referral for Treatment
- 1. If patient receives a Psychiatry consult while in hospital, the subsequent referral for treatment will be directed under their recommendations and/or supervision.
 - 2. Patient will be encouraged to consult their primary care provider for outpatient mental health care if symptoms increase or worsen.

REFERENCES:

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4. Jaramillo, S., Suffoletto, B., Callaway, C., & Pacella-LaBarbara, M. (2019). Early Screening for PTSD and Depression among Injured Emergency Department patients: A feasibility study. *Academic Emergency Medicine*, 26(11), 1232-1244. <https://doi:10.1111/acem.13816>
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KEY WORDS AND KEY PHRASES: ITSS, PTSD, Depression, Trauma

ADDITIONAL POLICY INFORMATION:

Type: Trauma Guideline	Owner: Lanny Orr
Replaces:	
Other required review/approval(s) (name, title, date):	
Regulatory or Accreditation Agency: American College of Surgeons	