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| Monthly Peer Review: PTSD Addendum | | | | | | |
| Provider Reviewed: | | | Month/Year of Review: | | | |
| Reviewer: | LEGEND: | | | | | |
| Last 4 SSN: | (Y) Criteria Met  (N) Criteria Not Met (Requires Comment)  (N/A) Not Applicable | | | | | |
| Dates of Encounters: | dd/mm/yy | dd/mm/yy | | dd/mm/yy | dd/mm/yy | dd/mm/yy |
| 1. PTSD diagnosed |  |  | |  |  |  |
| 1. Appropriate VA/DoD Clinical Practice Guideline treatment offered to patient |  |  | |  |  |  |
| 1. Initiated PTSD-focused EBP\* (e.g., Prolonged Exposure, Cognitive Processing Therapy, EMDR, Trauma Focused CBT, Written Exposure Therapy) |  |  | |  |  |  |
| 1. PCL-5 administered and reported in note |  |  | |  |  |  |
| 1. Completed course of PTSD-focused EBP treatment |  |  | |  |  |  |

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| Item Number | Review Comments | If applicable, date correction was made (to be completed by reviewer after provider makes changes) |
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| Additional Comments: | | |

Reviewer’s Signature/Stamp Reviewee’s Signature/Stamp

# EBP Treatment Keywords & Phrases

## Prolonged Exposure Therapy for PTSD

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| Primary Keywords | Example Text |
| * PE * Exposure therapy * Exposure * Hierarchy * In vivo * Imaginal * Breathing Retraining * Listening to session audio recording * Reference to Foa’s PE Manual | * “...this was session 3 of PE…” * “…pt progressing well in exposure therapy exercises…” * “…patient was reluctant to complete the exposure homework,…” * “…completed item 4 in hierarchy, going to the mall (indicate by self or with someone)” * “...was not able to complete the in vivo assignment…” * “…patient continues to complete imaginal exposure exercises…” * “…covered breathing exercises and asked patient to practice these daily over the next week…” * “…patient was able to listen to the recording of the last session three times since the last session…” * “…session covered chapter 4 (or session 2) of the Foa workbook…” |

## Cognitive Processing Therapy for PTSD

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| Primary Keywords | Example Text |
| * CPT (not CPT code) * Thought record * Challenging Beliefs Worksheet (CBW) * Impact Statement * Stuck points * Themes (safety, intimacy, esteem, control/power, trust * Reference to Resick’s CPT Manual | * “...this was session 3 of CPT…” * “…pt completed their thought record/ABC sheet homework…” * “…patient was not able to complete their CBW this last week…” * “...spent time during the session working on the patient’s impact statement…” * “...today we identified patients stuck points around the theme of safety…” * “...today we identified patients stuck points around the theme of safety…” * “…this session covered session 2 from the Resick workbook…” |

## Eye Movement Desensitization and Reprocessing Therapy for PTSD

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| Primary Keywords | Example Text |
| * EMDR * Eye movements/dual attention stimulus * Positive/Negative Cognitions | * “...this was session 4 of EMDR…” * “…processed trauma memories using eye movements as the dual attention stimulus…” * “…pt identified positive cognitions during the session…” |