

## Helping Refugees with PTSD Receive the Care They Need

### Statement of Problem

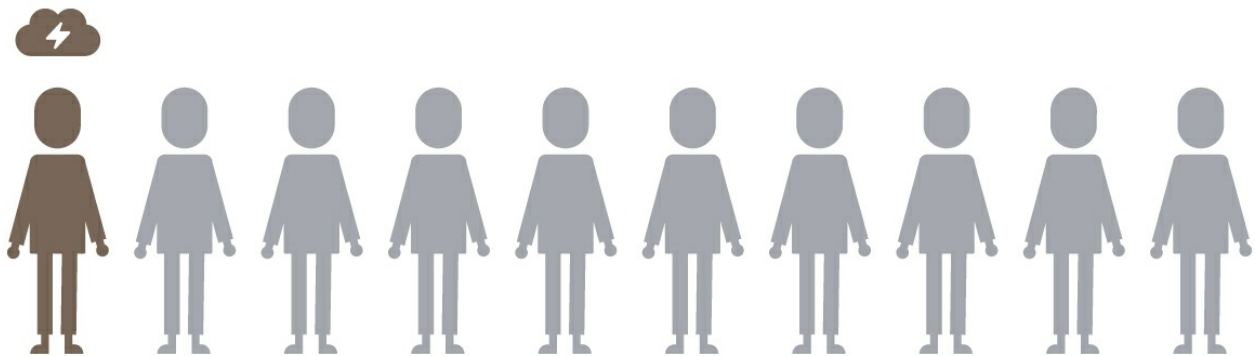
Post-traumatic stress disorder (PTSD) affects [nearly 1 in 10 resettled refugee adults in high- and middle-income nations](#). Not effectively treating an adult's PTSD can have profound negative impacts on their child's behavior and development, which can lead to a number of health-related issues in 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](#)." However, the review does not describe the evidence specifically for refugees and does not include direction to clinicians on how to present treatment options to adults with emerging English proficiency.

### Description

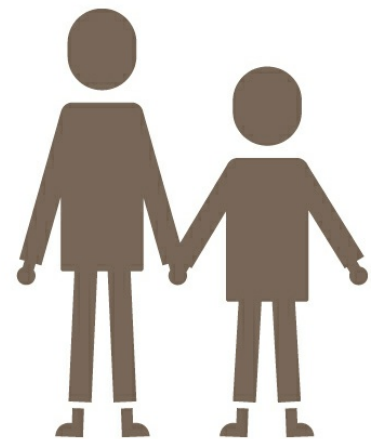
#### Helping Refugees with PTSD Receive the Care They Need

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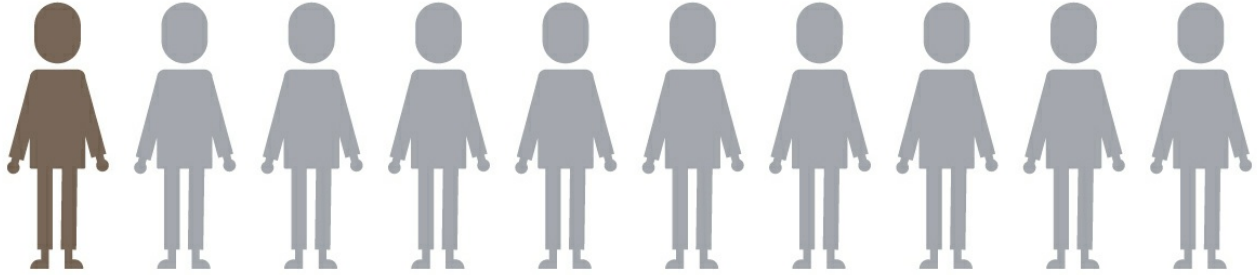


**Nearly 1 in 10 resettled refugee adults suffers from PTSD.**

**Effectively treating a caregiver's PTSD could positively impact the health and well-being of their child.**

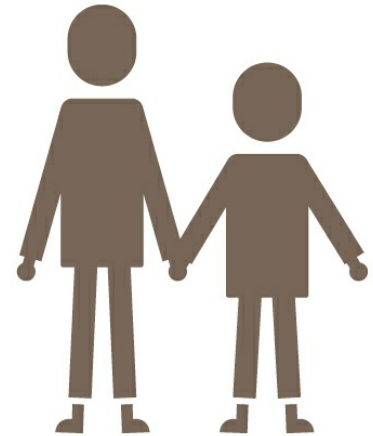


Image



## Nearly 1 in 10 resettled refugee adults suffers from PTSD.

## Effectively treating a caregiver's PTSD could positively impact the health and well-being of their child.



This project will focus on increasing knowledge of Patient-Centered Outcomes Research Institute treatment evidence among clinicians who care for refugees, as well as professional interpreters and refugee community leaders, and provide guidance on how to discuss treatment options with patients.

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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 focused on increasing knowledge of PCORI's treatment evidence among clinicians who care for refugees, as well as professional interpreters and refugee community leaders, and providing guidance on how to discuss treatment options with patients. As a first step, we developed [a brief, provider-oriented summary](#) of PCORI evidence on PTSD treatment for adult refugees. Next, we created a multi-lingual glossary for accurately and sensitively discussing PTSD treatment recommendations with refugees from a variety of backgrounds, which contains a list of PTSD-related terms and phrases. You can find these glossaries here:

- [Arabic](#)
- [Karen](#)
- [Swahili](#)
- [Nepali](#)

With support from PolicyLab's communications team and Pennsylvania's Refugee Health Program, we disseminated these materials to clinicians, professional interpreters and refugee leaders through multiple platforms like social media, listservs, websites, webinars and presentations in order to increase awareness of the research. We then surveyed clinicians and other stakeholders to measure changes in their awareness of PTSD treatment recommendations.

In September 2020, our team hosted "[Talking About PTSD: Improving Communication and Care for Refugee Patients](#)," a webinar during which we discussed the challenges of communicating mental health treatment options across language and cultural differences and how these new resources can help foster better communication between clinicians, professional medical interpreters and refugee patients. You can find a recording of this webinar [here](#).

In response to the COVID-19 pandemic, our team also shared resources and strategies for community leaders who are assisting refugee community members experiencing increased stress or trauma during the pandemic through a [series of webinars](#). These webinars were recorded in [Arabic](#), [Burmese](#), [English \(ASL\)](#), [Nepali](#) and [Swahili](#). Through these recorded virtual events, we hope to increase provider and community awareness of resources available to help immigrant families cope with stress.

## Next Steps

Our hope is that by strengthening providers' knowledge of PTSD treatment for refugees, all refugees will have [the opportunity to live a healthy life](#) not only for themselves, but also for their children.

*PCORI is an independent, non-profit organization authorized by Congress in 2010 to fund comparative effectiveness research that will provide patients, their caregivers, and clinicians with the evidence needed to make better-informed health and healthcare decisions. PCORI is committed to seeking input from a broad range of stakeholders to guide its work.*

*This project page was last updated in December 2021.*

## Suggested Citation

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## PolicyLab Leads



[Katherine Yun](#)  
MD, MHS

## Team



[Kathryn Saulinas](#)

Leena Anil, PhD

Susan Miller, MSW

Ashok Gurung, MS

Linda McWhorter, PhD

Priscilla Ortiz, PhD

Patricia Stubber, PhD

## Funders of Project

Patient-Centered Outcomes Research Institute

## Project Contact

Katherine Yun

[YunK@email.chop.edu](mailto:YunK@email.chop.edu)

## Related Tools & Publications

- [Providing Emotional Support for Immigrant Communities During COVID-19 in 200 Words](#)  
[Blog Post](#)  
Jun 10, 2021
- [Interest in Collaborative, Practice-Based Research Networks in Pediatric Refugee Health Care](#)  
[Article](#)  
Oct 2016
- [Refugee Health Care in the United States](#)  
[Webinars](#)  
Apr 2018
- [Overcoming Language Barriers in Mental and Behavioral Health Care for Children and Adolescents—Policies and Priorities](#)  
[Article](#)  
Apr 2019
- [Translating Discharge Instructions for Limited English-proficient Families: Strategies and Barriers](#)  
[Article](#)  
Oct 2019
- [Caring for Children in Immigrant Families: Are U.S. Pediatricians Prepared?](#)

[Article](#)

Nov 2019

- [Effective Treatment for Refugee Adults with Post-Traumatic Stress Disorder \(PTSD\): A Summary of Practice Recommendations for Clinicians Tools and Memos](#)  
Apr 2020
- [Talking About PTSD: Improving Communication and Care for Refugee Patients Webinars](#)  
Sep 2020
- [Culturally-appropriate Orientation Increases the Effectiveness of Mental Health First Aid Training for Bhutanese Refugees: Results from a Multi-state Program Evaluation Article](#)  
Oct 2020

Related Projects

[Building a Healthcare Navigation Program with the Bhutanese Refugees of Philadelphia Health Equity](#)