PTSD Prevention Study
11/29/2021

Study Aims:

To determine whether early intervention with a single dose of HCORT will reduce the risk of PTSD in trauma survivors displaying distress in the emergency department

To evaluate whether HCORT alters the trajectory of a range of mental health symptoms including anxiety, depression, disrupted sleep etc.

Study Population:

MSH ED patients**.**

Inclusion criteria:

- Patients (≥ 18 years old) who have experienced or witnessed traumatic events in past 6 hours (mild to moderate severity).
- Traumatic event is described as a fall, car or bicycle crash, or other injury, assault, or other frightening experience

Start Date:

December 6th 2021.

ED Nurses:

1. Pre-randomized doses will be supplied by the Investigational Drug Service (IDS) to the ED Pyxis ®.
2. Each medication packet will contain 3 capsules (of either placebo or hydrocortisone) to be administered to the patient orally.
3. Upon the placement of the study order, a Research Coordinator will ask the patient's nurse to retrieve the medication from the Pyxis ® and administer the three capsules to the patient.
4. The study number on the packet should then be documented by the nurse in the MAR.
5. All ED clinical and research staff will be blinded to which medication the patient received.
6. There will also be an order for a study-related blood draw; the research coordinator will draw blood samples from the patient and process in the research laboratory. If the coordinator needs assistance, the ERT/RN will assist in collecting.