



Comprehensive Research Experience for Medical Students  
Summer Research Program 2019

Supervisor/Project Information Form

*Due February 20 2019 by email to [crems.programs@utoronto.ca](mailto:crems.programs@utoronto.ca)*

Supervisor Name: N. Zoe Hilton, Ph.D., C.Psych.

Project Title: PTSD among Psychiatric Workers, a Research and Knowledge Translation Project

Hospital/Research Institution: Waypoint Centre for Mental Health Care

Email: [zhilton@waypointcentre.ca](mailto:zhilton@waypointcentre.ca)

Field of Research (2 keywords): PTSD, Psychiatric Nurses

Department: Waypoint Research Institute

School of Graduate Studies Appointment (IMS, LMP, IHPME etc)? Yes/No: No (applied)  
If YES, please name:

Project Title: PTSD among Psychiatric Workers, a Research and Knowledge Translation Project:  
Literature Review Phase

**Brief Project Description (< 300 words):**

**The Mental Health Commission of Canada identifies workplace mental health as a strategic priority, and recognizes that traumatic events can occur in the workplace and have a significant impact on workers' mental health. Post-traumatic stress disorder (PTSD) can occur after a person is exposed to actual or threatened death, serious injury or sexual violation. Among nurses, post-traumatic stress can lead to compassion fatigue, lower healthcare quality, and lost work time. This is compounded by working with very ill patients who may have other disturbing behaviours that make caring for them as patients in a hospital environment stressful. Yet little is known about trauma-related disorders among psychiatric workers. This project aims to identify the prevalence of traumatic events and trauma-related disorders among psychiatric staff, and to identify the best avenues for preventing trauma-related disorders among nurses and other psychiatric healthcare workers. We have conducted surveys and interviews to study what helps staff stay mentally healthy, what workplace challenges and barriers to support they face, and the supports they find when seeking help. Our current focus is a systematic literature review with the question, "What workplace factors (organizational, environmental, employee) predict, or are associated with, the prevalence of post-traumatic stress disorder in hospital nurses and psychiatric hospital nurses specifically?" The CREMS student will be actively involved in identifying, screening, and quantifying information for this literature review. The student will be mentored by the Principal Investigator (Dr. Hilton) and work closely with researchers with extensive experience in quantifying medical data for research and with expertise in systematic literature review methods. The student may work in Penetanguishene or off-site. If on-site, the student may also contribute to the enactment of an Innovation-to-Implementation knowledge translation plan, which may include attendance on inpatient units and interaction with adults exposed to potentially traumatic events.**