


START HERE

Flowchart - prompt card for psychiatric assessment in general practice

<p>Depression</p> <p>Key symptoms >2 weeks</p> <ul style="list-style-type: none"> Feeling depressed Reduced enjoyment/interest Tiredness/low energy <p>0-1 of 3 =2 of 3</p> <hr/> <p>Concomitant symptoms >2 weeks</p> <ul style="list-style-type: none"> Dyssomnia (increased, reduced or interrupted.) Change of appetite and weight (both reduced or increased) Difficulty in thinking or concentrating/indecision Psychomotoric restlessness or inhibition Reduced self-confidence or self-esteem Unreasonable self-reproach or sense of guilt Thoughts about death or suicide 	<p>Anxiety</p> <p>Feeling of tension, nervousness or excessive worrying</p> <p>Yes: No:</p>	<p>Alcohol abuse</p> <p>>21 units/week (male) >14 units/week (female)</p> <p>No: Yes:</p>	<p>Somatoform disorder (Medically unexplained symptoms)</p> <p>Symptoms</p> <p>A Physical symptoms <u>or</u> illness worrying with inadequate organic basis</p> <p>B Limited functional or social level</p> <p>C Not better explained by depression, anxiety disorder, psychosis, side-effects from medication or abuse</p>
<p>Diagnosis</p> <ul style="list-style-type: none"> Mild depression: 4-5 symptoms, hereof at least 2 key symptoms Moderate depression: >=6 symptoms, hereof at least 2 key symptoms Severe depression: >=8 symptoms, hereof at least 3 key symptoms 	<p>Physical symptoms</p> <ul style="list-style-type: none"> Muscular tension Abdominal distress/nausea Trembling Shortness of breath Sensation of smothering Chills or hot flushes Dizziness or lightheadedness Tension headache Palpitations Sweating Stomach ache Chest pain Dryness of the mouth Paresthesias 	<p>Sequelae</p> <ol style="list-style-type: none"> Strong desire to drink alcohol Loss of control of alcohol intake Development of tolerance (increased need of alcohol intake to obtain an effect) Cease or pause in alcohol intake has caused withdrawal symptoms (shivering, dyssomnia, nervousness, sweats, palpitations, headache, convulsions) Takes up time to inconvenience of other doings and interests Continuation of alcohol intake in spite of clear signs of physical problems or injuries 	<p>Diagnosis</p> <p>>= 6 mths. with elements from A+B+C = somatoform disorder</p> <p>Can be divided into 3 main groups</p> <ul style="list-style-type: none"> Multi-symptomatic (>=3 organ systems) Oligo-symptomatic (1-2 organ systems) e.g. somatoform pain disorder, neurasthenia, dissociative disorder Excessive illness worrying (hypochondriasis)
<p>Treatment</p> <ul style="list-style-type: none"> Mild depression: Wait for 2 weeks, psychotherapy if necessary Moderate depression: Antidepressant/psychotherapy, if necessary wait for 2 weeks Severe depression: Antidepressant 	<p>Mental/emotional symptoms</p> <ul style="list-style-type: none"> Worrying Fear of dying Inner restlessness Fear of losing self-control Fear of going crazy Feeling of unreality 	<p>Diagnosis</p> <ul style="list-style-type: none"> 3 of 6 sequelae = alcoholism Sequela no. 6 only = injurious alcohol intake 	<p>Treatment: The TERM-model</p> <p>Acute: (2 weeks-6 mths.) conclusion or as below</p> <p>Subacute: (½-2 yrs.) agree on a short course of sessions, fixed appointments</p> <p>Chronic: (>2 yrs.) fixed appointments, gradually prolonged intervals.</p> <p>Management, consider antidepressants (start cautiously)</p> 
	<p>Specific mental symptoms</p> <p>Unexpected/unfounded anxiety attacks >=4 times/month with at least 4 of the above symptoms (probable panic attack)</p> <p>Fear of and avoidance of >=2 of:</p> <ul style="list-style-type: none"> Crowds Activities away from home Public places Activities alone <p>(probable agoraphobia)</p>	<p>Treatment</p> <ul style="list-style-type: none"> Excessive intake without sequelae: reduce intake Excessive intake + sequelae: consider specialised treatment, e.g. out-patients' alcohol clinic 	
	<p>Fear of, when with other people, to:</p> <ul style="list-style-type: none"> Be observed critically Get desire to relieve oneself/void Have a heart attack/anxiety attack Blush/vomit Behave in a humiliating manner <p>(probable social phobia)</p> <p>Treatment</p> <p>Psychotherapy, SSRI, Buspar etc.</p>		

treatment, adjustment after 2 weeks if necessary	(NB: The effect of SSRI sets in slowly)		
--	---	--	--