Anxiety

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Anxiety

- Most common psychiatric disorders
  - 15.4% of community samples have an anxiety disorder
  - 5th most common clinical diagnosis in primary care (11% of all visits)
  - Often precipitated by or coexisting with somatic illness
  - More than half of all patients in US with a mental disorder receive their sole treatment from a PCP
Anxiety

- Palpitations, Pounding Heart, Chest Pain or Discomfort
- Sweating/Trembling/Shaking, Chills or Hot Flushes, Paresthesias
- Sensation of Shortness of Breath or Smothering/Choking
- Nausea or Abdominal Distress
- Feeling Dizzy, Unsteady, Lightheaded, or Faint
- Derealization or Depersonalization
- Fear of Dying
Tools for Assessment and Tracking

• **EMR** (Electronic Medical Record) Based
  • Vital Signs – BP, RR, HR, PO2
  • PQRS 9 (Physician Quality Reporting System)
  • CMS

• **Smoking Status**
Medical Conditions That Cause or Exacerbate Anxiety

- Hyperthyroidism
- Hypoglycemia
- Cardiovascular Disorders (Arrhythmias, MI, CHF, Mitral Valve Prolapse)
- Audio Vestibular Disorder
- COPD
## Anxiety

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<th>Panic Disorder</th>
<th>GAD</th>
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Behavioral Interventions

- Challenge anxiety provoking “cognitive distortions”
- Progressive Muscle Relaxation & breathing exercises
- Aerobic exercise
- Biofeedback
- Sleep hygiene