

Rapid Fire Presentation on Evaluation and Treatment of Anxiety Disorders

I have no financial relationships to disclose.

Evaluation

- Complete History and Physical exam
- Comprehensive metabolic and hematologic profile: Cbc, b12, folate, free T4, TSH, rpr, ALT, AST, electrolytes, BUN, Creatinine, Vitamin D, and PTH.
- Develop a complete problem list

Differential Diagnosis for Complaints of Anxiety

- Remember the DEMENTIAS Plus mnemonic:
- D: drugs
- E: history of any chronic emotional problems
- M: metabolic derangements
- E: endocrine abnormalities
- N: nutritional problems and degenerative neurologic diseases
- T: trauma and tumor
- I: ischemia, inflammation, infection, insomnia
- A: anemia, autoimmune disease, arrhythmia
- S: seizure disorder, sensory, social, or spiritual isolation
- P: pain
- LUS: low urinary or stool output

Anxiety Disorders

- Generalized anxiety disorder
- Specific phobia
- Panic disorder
- PTSD
- Social phobia
- OCD
- Situational anxiety
- Anxiety associated with dementia

Treatment

- Remember the basic keys to optimal aging and implement as much as possible:
 - 1. Socialization
 - 2. Use of talents for self and others
 - 3. Rest one day per week
 - 4. Minimize stress
- Avoid accidents on the road and in the home
- Have access to a good medical team
- Nothing in excess
- Exercise
- Practice brain wellness
- Optimize one's spiritual life

Treatment

- Abbreviations:
- Ssri selective serotonin reuptake inhibitor
- Snri serotonin and norepinephrine reuptake inhibitor
- Cbt cognitive behavioral therapy
- Buspirone = buspar
- CHI = cholinesterase inhibitors
- Benzos = benzodiazepines
- PTSD = posttraumatic stress disorder

Treatment

- Panic disorder: ssri, snri, and / or CBT
- Generalized anxiety disorder: snri, ssri, buspirone, benzos, CBT
- Obsessive compulsive disorder: ssri plus cbt
- Social phobia: buspirone, ssri, CBT
- PTSD: ssri, snri, CBT
- Mixed anxiety and depressive disorder: ssri, snri, CBT
- Anxiety and agitation in dementia: Behavioral interventions, caregiver education, achi, benzos, ssri, snri, memantine, atypical antipsychotics