



# Anxiety: Incorporation into Your Practice

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# Disclosures

“Neither I nor my spouse/partner has a relevant financial relationship with a commercial interest to disclose.”





# Objectives

- Acquire a framework for incorporating assessment & management into practice



# Build a Roadmap

1. Initial Steps (assessment, safety, impairment)
2. Goals (short term, long term)
3. Brainstorming (partnership, buy-in, plan)
4. Practice (skill building)
5. Follow-up
  - In-person or video
  - Celebrate wins
  - Trouble shooting
  - Refining the plan





# Initial Steps

- Consider the diagnosis of Anxiety in patients with:
  - multiple Somatic Complaints, especially midline
  - concerns about Attention
  - positive internalizing symptoms on a screen (PSC-17)
  - Family Hx of Anxiety
- Consider and rule out other diagnoses
- Perform a good assessment
  - Utilize Standardized Screening Tool
  - Degree of impairment
- Speak with Family Early about Differential Diagnosis





## Steps (2)

- Psychoeducation
- Set agreed upon short and long term goals
- Discuss treatment needed to reach goals
  - Suggest Therapy
  - Teach Deep Breathing and Visualization
  - Discuss Sleep Hygiene
  - Materials to take home



## Step 3

- Partnership and Buy-In
- Implementing a plan
- Further discussion of treatment options including medications
- Scheduling follow-up visits



# Barriers to Success



Parental and Patient Resistance

Time

Knowledge

Confidence



# The Resistance Challenge

- Know Your Facts
- Family History
- Try Different Language
- Discussed possible diagnosis early



Photo courtesy ogdenclinic.com





# The Time Challenge

Standardized Screening Tools

Schedule Appropriately

Use EMR

Resources prepared

Established Referral List by Insurer

Talk with Project Teach before the next visit





You have knowledge and  
can always gain more

Start Slow

Collaborate with your  
team

# The Knowledge Challenge





# The Confidence Challenge

- Become familiar with two medications
- Document symptoms and screening results at each visit
- Be in Touch with Families Often
- Set Expectations with Family: Team Work
- Use **ProjectTeach**



# Facilitators

- Manage Expectations
- Schedule follow up timeline from the beginning
- Bite-size goals
- Have a plan (Who will you call? What will you do? What has worked in the past?)
- Utilize a workflow



# Impact on Your Practice

## Assessment as standard practice

- Normalize mental health concerns
- Early identification

## Intervention earlier in life of the child

- Prior to developing less healthy coping mechanisms
- Prior to developing increased mental distress/diagnoses

## Identify the Champions; Build the Village

- Opportunity to empower colleagues





# Summary

- Practice, Practice, Practice !!!!
- Develop Workflow
  - 1st visit: interview, exam, labs, rating scales, discuss differential
  - 2nd visit: review data, formulate diagnosis and treatment plan, refer, role of meds
  - 3rd visit: recheck, review additional data, check in on therapy, consider meds
- Know your people! (Who are the members of your tribe?)

