Anxiety: Incorporation Into Your Practice

Diane Bloomfield MD
Speaker:

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Assistant Professor of Pediatrics, Albert Einstein College of Medicine
Associate Division Chief of Clinical Affairs, Academic General Pediatrics
Medical Director, Family Care Center, Pediatrics Children’s Hospital at Montefiore
Disclosures

Neither I nor my spouse has a relevant financial relationship with a commercial interest to disclose.
My Approach

• Consider Anxiety as the diagnosis
  • Certain/Multiple Somatic Complaints
  • Concerns about Attention
  • Recent family trauma

• Speak with Family Early about Differential Diagnosis

• Utilize Standardized Screening Tool

• Psychoeducation and Resources:
  • Teach Deep Breathing and Visualization
  • Materials for patients and families, books, websites
My Approach 2

• Agree on Goals
  • Short term (sleep hygiene and bedtime battles)
  • Long term (remaining in class all day)

• Brainstorm on ways to practice techniques daily

• Schedule phone/video follow-up in one week
  • Assess progress
  • Cheerlead successes
  • Problem solving about difficulties and barriers
My Approach 3

• Follow Frequently Initially Assessing for Progress
• Introduce Idea of Therapy
  • Possible referral
• Introduce Idea of Medication
  • Provide literature (NAMI website)
• Schedule Follow-up Appointment
• Refer to Psychiatry if Needed
Impact on Practice

• Identify Patients Earlier
  • Greater acceptance of diagnosis by family and patient
  • Address issues before entrenched

• Fosters Better Relationship with Patients

• Providers Empowered to Do More

• Network of Healthcare Providers

• Reach Larger Patient Population
Barriers to Success

• Parental and Patient Resistance
• Time
• Knowledge
• Confidence
The Resistance Challenge

- Know Your Facts
- Discuss Anxiety as a Possibility Early
- Ask about Family History
- Ask about Daily Life
- Ask about Past Experiences
- Ask What Has Your Family Tried?
The Time Challenge

• Standardized Screening Tools
• Schedule Appropriately: In-person versus Telehealth
• Use EMR and document with Smartphrases
• Utilize your Virtual Team
  • Project TEACH
  • Psychoeducation materials
  • Established Referral List
  • List of medications with information
The Knowledge Challenge

- CME PARTICIPATION, READING, NETWORKING TO INCREASE YOUR KNOWLEDGE BASE
- START SLOW BUT GO!
- UTILIZE PROJECT TEACH SUPPORT
- REFER TO PSYCHIATRY IF NEEDED AND CONTINUE WITH BIDIRECTIONAL COMMUNICATION
The Confidence Challenge

• Become familiar with 2 FDA Approved Medications
• Document Serial Results of Rating Scales in EMR
• Document Goals and Expectations in EMR
• Be in Touch with Families Often
• Use ProjectTeach
The Benefits for You and Your Patients

• Providers:
  • Ability to address emotional as well as physical health
  • Help change a child’s trajectory

• Patients and Families:
  • Improved School Success
  • Improved Social Relationships
  • Learned Coping Skills for Future Challenges
  • Family engagement in therapy
Thank you for your attention