

Flow Chart Assessment Guide

(To be used with ICD-10 PC)



Sleep Problems

Common symptoms:

Difficulty falling asleep, frequent or long periods of being awake, early morning waking, restless or unrefreshing sleep



Lifestyle:

Exercise before sleeping, day-time naps, changed routine, partner snoring, drinking coffee, eating immediately prior to sleeping.



Medical conditions:

Heart failure, pulmonary disease, pains, diabetes mellitus



Use of medications:

steroids, theophylline, decongestants, some anti-depressant drugs, alcohol use



Rarer sleep conditions:

Narcolepsy, sleep apnea



Depressed mood
Anhedonia

→ Depression card- F32#



Alcohol use disorder

→ Alcohol use disorders card - F10



Tense, worried, anxious

→ Anxiety card - F41.1

Chronic Tiredness (Neurasthenia)

Common symptoms:

Tired all the time, tires easily, tired despite rest



Lifestyle:

Doing too much or too little



Medical conditions:

Infectious hepatitis, glandular fever, influenza, diabetes, heart failure



Use of medications:

Hypnotics, sedating anti-depressants, anti-histamines, steroids



Not sleeping properly:

Sleep apnea

→ Sleep problems card -F51



Depressed mood
Anhedonia

→ Depression card - F32#



Tense, worried, anxious

→ Anxiety card - F41.1



Alcohol use disorder

→ Alcohol use disorders card- F10



Low energy, irritable

→ Chronic tiredness - F48.0 (Neurasthenia)

Unexplained Somatic Complaints

Common symptoms:

Nausea, vomiting, abdominal pains, headaches, chest pains, difficulty in breathing, skin rashes



No medical conditions to explain complaints



Depressed mood
Anhedonia

→ Depression card F32#



Tense, worried, anxious

→ Anxiety card - F41.1



Alcohol use disorder

→ Alcohol use disorders card- F10



Unexplained somatic complaints- F45

The assessment guide for Unexplained Somatic Complaints should be used in close conjunction with the other cards wherever applicable (e.g. Depression, Anxiety, Alcohol Use Disorder, Sleep Problems)

