

Flow Chart Assessment Guide

(To be used with ICD-10 PC)



Depression

Common symptoms:

Low mood, sad, blue, loss of interest, guilt or low self worth, disturbed sleep, disturbed appetite, agitation or slowing down, fatigue, pain, hopelessness and helplessness.



Medical conditions:

Organic illness: neoplasms, arthritis, endocrine disorders, chronic infectious diseases, chronic medical conditions e.g. heart problems, diabetes etc



Use of medications:

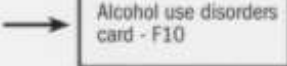
Beta blockers, antihypertensives, contraceptives, corticosteroids



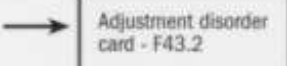
Tense / worried / anxious



Alcohol use disorder



Life events / loss



If still depressed treat with antidepressants. (adequate dose and period)

Anxiety

Common symptoms:

Worry chest pain, numbness, tension, dizziness, breathlessness, light headedness, sweating heart pounding, muscle aches, stomach pains, tremors



Medical conditions: e.g. Thyrotoxicosis



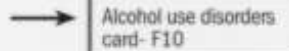
Use of medications: e.g. Methylxanthines and beta agonists



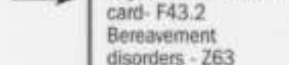
Depressed mood
Anhedonia



Alcohol use disorder



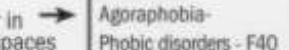
Life events / loss



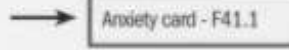
Sudden episodes of extreme anxiety



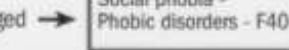
With avoidance behaviour in public, crowded or open spaces



Long lasting anxiety symptoms



Extreme fear of being judged



Alcohol Use Disorders

Common symptoms:

Drinking above acceptable levels
Comorbid disorder depression / anxiety suspect
Medical examination + biochemical tests, family history



Male GE 21 standard drinks/wk
Females GE 14 standard drinks/ wk

Physical, psychological and social problems
Pregnancy



Loss of control
strong desire
tolerance
withdrawal symptoms



