



National Prescribing Service Limited



Case study 60: Managing anxiety disorders (for GPs, pharmacists, nurses and other health professionals)

NPS case studies are designed to help you refine your clinical decision-making skills. After you complete and submit the case study, you will receive expert commentaries along with aggregated responses that provide a snapshot of your colleagues' responses.

Scenario

John is a 52-year-old accountant who presents to you complaining of lack of sleep and poor appetite. He also complains of trouble concentrating, decreased energy and has been feeling anxious for about 8 weeks now.

John says he is anxious at work and in social situations. Meetings with his supervisor are a potent trigger for inducing anxiety. His episodes of anxiety are associated with rapid heart beat, dry mouth and sweaty palms. He also avoids social situations such as visiting his in-laws, eating lunch with his co-workers, and supervising staff. He has found avoidance to be an effective means of decreasing his anxiety. The avoidance of social functions has been putting a strain on his marriage.

John is the youngest of 3 siblings. His wife says he has always been a very shy person. He gave up smoking 2 years ago and says he drinks alcohol to ease his anxiety. He was diagnosed with COPD 3 years ago (last exacerbation 3 months ago) which is well controlled with tiotropium 18 micrograms daily and salbutamol inhaler 200 micrograms every 4–6 hours when required. He has had major depression 10 years ago which successfully resolved with antidepressants. There is no relevant family history.

On examination John looks anxious but oriented. He avoids eye contact during the consultation. He denies any suicidal ideation. His blood pressure is 130/82 mmHg and pulse is 92 beats per min. The remaining physical examination is normal.

How to participate

All participants: Complete ALL questions, fill in appropriate details and sign the consent agreement in the 'Your details' box (see over).

GPs: To be included in the **Quality Prescribing Initiative** of the **Practice Incentives Program (PIP)**, quote your **provider and prescriber numbers** in the spaces provided.

Pharmacists: This activity is recognised for continuing professional development by the Pharmaceutical Society of Australia (PSA), the Society of Hospital Pharmacists of Australia (SHPA), the Australian Association of Consultant Pharmacy (AACCP) and the Pharmacy Board of South Australia. PSA members, quote your membership number in the space provided. Other pharmacists, please self-record this activity. For details on recording participation see <http://casestudy.nps.org.au>

**Send to NPS by:
27 November 2009**

Send to: NPS
PO Box 1147
Strawberry Hills NSW 2012
Or fax to: (02) 9211 7579

Complete and submit your case study
online at: <http://casestudy.nps.org.au>

Case study 60:

Managing anxiety disorders

NPS office use only

Read the scenario overleaf and complete ALL the questions.

1. a) Based on John's mental health history what is his likely diagnosis and why?

Diagnosis: _____
Reason: _____

2. a) What management plan would you recommend for John?

- non-drug therapy
 drug therapy
 both non-drug and drug therapy

- b) Please provide two reasons for recommending above management plan.

(i) _____
(ii) _____

- c) If you recommended non-drug therapy, please specify the type:

- d) If you recommended drug therapy, please specify:

Medication	Dose	Frequency	Duration
_____	_____	_____	_____
_____	_____	_____	_____

3. List potential adverse effects or drug interactions of the following antidepressants used in the treatment of anxiety disorders and explain how you would manage these events/interactions.

Antidepressant	Adverse effects / drug interactions	Management
SSRI (escitalopram, paroxetine, sertraline)		
Venlafaxine		
Moclobemide		

4. a) When are benzodiazepines indicated for the management of anxiety disorders?

- b) List two adverse effects/drug interactions when using benzodiazepines for the management of anxiety disorders

(i) _____
(ii) _____

Your details

Please tick one

- GP
 Pharmacist
 GP registrar
 Intern pharmacist
 Other medical specialist
 Registered nurse (RN Div 1)
 Enrolled nurse (RN Div 2)
 Other health professional
 Student – medical
 Student – other

Title

Family name

Given name

Postal address

Suburb/town

State

Postcode

Phone number

GPS

Provider no.

Prescriber no.

Pharmacists (PSA members only)

Membership no.

(Other pharmacists, please self-report)

Important:

Required for you to be included in the Quality Prescribing Initiative, or receive 1 PSA credit point.

All participants must sign: I consent to these data being recorded (as applicable) for the purposes of PIP, PSA credit points and NPS evaluation.

Participant's signature

Date:

/ /
day month year