

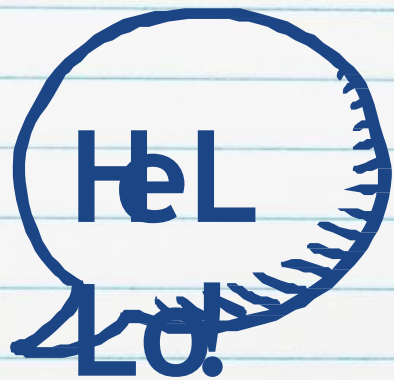
Generalized

Anxiety

disorder

Student Name

2024/11/18 5:00



PATENT INFORMATION

*I am Alexander
Quinoir*

- 60 years old
- Female
- NKDA



PATIENT

Chief Complaint: "I feel uneasy and cannot

concentrate anymore, what do I do!"

Hx present illness: 60 years old caucasian female presents to clinic complaining of inability to carry out daily tasks and difficulty sleeping. Patient has been unable to finish the blanket knitting of which she used to complete in 5 days. This is her 3rd visit to clinic this month alone regarding the above complaints. Patient was started on ambien at bedtime at the beginning of this month of which did not make a difference. Patient states that she has stopped attending her adult day care center and has been becoming more agitated with her caregiver at home. In fact, the caregiver has given her the two weeks notice last week. Although she is mostly at home nowadays, patient feels even more tired

Social Hx: Never smoked. Drinks a glass of wine once a week.

Family Hx: Mother passed away from stomach cancer @ age 65; Father had HTN, DM

Past medical Hx: Hypertension, CHF, s/p pacemaker, COPD, OP, MDD

Medications: metoprolol, ambien, xarelto, amlodipine, alendronate

Treatment Plan: Initiate SSRI (estimated time of drug therapy - 12 months)

Assessment of patient

Somatic factors

- Tachycardia
- Chronic pain
- Fatigue
- Shortness of breath
- Insomnia

Environmental factors

- Financial burden
- Living situation
- Family dynamic
- Hopelessness

Comorbidities

- Depression
- Agitation
- Insomnia





*COMMUNITY
RESOURCES*

Los Angeles

county

1. Primary mental health provider

a. Specialist - psychiatrist or psychologist

2. Facilities & Outreach programs

a. CalHOPE

i. ISRA-AID

1. Reducing anxiety & stress

b. Los Angeles County Department of Mental Health

i. Access Center

ii. Emotional Support Warm Line

3. Financial Assistance

a. Full Service Partnership (FSP)

i. Homeless, older adults above age 60years
dd



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

State

regulations

Proposition 63: Mental Health Services Act (MHSA)

- Mental Health Services Oversight and Accountability Commission (MHSOAC)
- Oversee the implementation of MHSA

Mental Health Licensing (MHL) - responsible for licensing mental health

programs on a state level

Lanterman-Petris-Short (LPS) Act

- 5150 or 5250 hold (Involuntary Hold)
- 5230 hold (Temporary LPS Conservatorship)

CCR | 1485: NPs must work under collaboration with

physicians **Practitioner Furnishing and Recovery Act**

(Number) 2016

Healthforce Center at UCSF
(2018) Board of Registered

federal

reGulations

Assembly Bill 100 (AB100) March 2011

- *Training and technical assistance for county mental health planning*

1. *Americans with Disabilities Act (ADA) 2008*
2. *Rehabilitation Act*
3. *Mental Health Parity and Addiction Equity Act (MPHAEA) 2008*
4. *21st Century Cures Act 2016*
5. *Affordable Care Act (ACA) 2010*

*Anxiety and Depression Association of America
(2018)*

leGAL & eTHicAl

ConsiderATIons

LEGAL

Confidentiality

*Evidence-based practice
(EBP)*

*Position Statement 21:
Rights of People with Mental
Health and Substance Use*

Conditions
Mental Health America
(2017)

ETHICA

L

Advocac

y

Autonom

y

Accountability

*Patient-based
practice*



FOLLOW



- *Cognitive Behavioral Therapy*
- *Education* regarding new medication regimen

- *Side effects*
- *Duration of effect*
- *Follow-up appointment*
- *Counseling*

- *Monitor*
 - *Therapeutic range*



Reference

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