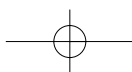
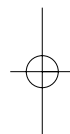
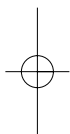


WHO Guide to Mental Health in Primary Care

Adapted for the UK, with permission, from *Diagnostic and Management Guidelines for Mental Disorders in Primary Care: ICD-10 Chapter V Primary Care Version*



World Health Organization Collaborating
Centre for Research and Training for Mental Health



WHO Guide to Mental Health in Primary Care

A guide to mental ill health
in adults

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UK Edition

*World Health Organization Collaborating Centre
for Research and Training for Mental Health*



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The authors have worked to ensure that all information in this book containing drug dosages, schedules and routes of administration is accurate at time of publication and consistent with standards set by the World Health Organization (WHO) and the general medical community. As medical research and practice advance, however, therapeutic standards may change. For this reason, and because human and mechanical errors sometimes occur, we recommend that readers follow the advice of a physician who is directly involved in their care or in the care of a member of their family.

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Contents

Foreword xi

Introduction 1

Prevalence of mental disorders 11

General referral criteria for mental disorders 12

Mental disorders 15

- Acute psychotic disorders 15
- Adjustment disorder (including acute stress reaction) 19
- Alcohol misuse 22
- Bereavement 24
- Bipolar disorder 31
- Chronic fatigue and chronic fatigue syndrome 35
- Chronic mixed anxiety and depression 39
- Chronic psychotic disorders 43
- Delirium 48
- Dementia 50
- Depression 55
- Dissociative (conversion) disorder 60
- Drug use disorders 62
- Eating disorders 67
- Generalized anxiety 71
- Panic disorder 75
- Phobic disorders (includes agoraphobia and social phobia) 79
- Post-traumatic stress disorder 82
- Sexual disorders (female) 85
- Sexual disorders (male) 88
- Sleep problems (insomnia) 92
- Unexplained somatic complaints 95

Learning disability 98

A guide to Mental Health Act assessments 103

England and Wales 103
Northern Ireland 107
Scotland 112

Template chart for local resources — statutory services 117

Template chart for local resources — voluntary agencies 119

Resource directory 120

Mental health in your practice: what does your practice provide? 136

Further reading and websites 138

What do different mental-health professionals do? 140

Psychological therapies: what are they? 143

Sources of primary mental healthcare training 146

References 152

Acknowledgements 168

Interactive summary cards — for discussion by professional and patient together 173

Alcohol problems 174
Anxiety 176
Chronic tiredness 178
Depression 180
Sleep problems 182
Unexplained somatic symptoms 184

Index 187

Contents of disks

Diagnostic and management summaries

Disk 1

Diagnostic check lists — for depression, anxiety, alcohol misuse, chronic fatigue, sleep problems and unexplained somatic symptoms

General referral criteria for mental disorders

Mental disorders

Acute psychotic disorders
Adjustment disorder (including acute stress reaction)
Alcohol misuse
Bereavement
Bipolar disorder
Chronic fatigue and Chronic fatigue syndrome
Chronic mixed anxiety and depression
Chronic psychotic disorders
Delirium
Dementia
Depression
Dissociative (conversion) disorder
Drug use disorders
Eating disorders
Generalized anxiety
Panic disorder
Phobic disorder
Post-traumatic stress disorder
Sexual disorders (female)
Sexual disorders (male)
Sleep problems (insomnia)
Unexplained somatic complaints

Learning disability

References

Interactive summary cards

Alcohol problems
Anxiety
Chronic tiredness

Depression
Sleep problems
Unexplained somatic complaints

Disk 2: Resources

For use with patients: information and self-help leaflets

Management strategies useful for a large number of disorders

- 01-1 Solving problems and achieving goals
- 01-2 Learning to relax
- 01-3 Coping with the side-effects of medication

Acute stress reaction

- 02 Psychological responses to traumatic stress: what to expect

Alcohol misuse

- 03-1 Responsible drinking guidelines
- 03-2 How to cut down on your drinking

Anxiety disorders

- 04-1 Anxiety and how to reduce it
 - Controlled breathing exercises — for panic — page 8
- 04-2 Dealing with anxious thoughts
- 04-3 Overcoming particular fears (phobias)
- 04-4 Helping someone else overcome a phobia
- 04-5 Distinguishing between a panic attack and a heart attack

Bipolar disorder

- 05-1 What is bipolar disorder?
- 05-2 Lithium toxicity

Chronic tiredness

- 06-1 Chronic tiredness — for mild to moderate symptoms
- 06-2 Chronic Fatigue Syndrome — for more severe symptoms
- 06-3 Dealing with negative thinking in Chronic Fatigue Syndrome

Depression

- 07-1 Depression: what is it? How is it treated? How to cope.
 - Sources of help.
- 07-2 Activity planning
- 07-3 Dealing with depressive thinking
- 07-4 MAOI diet sheet
- viii 07-5 Ideas for enjoyable things to do

Drug misuse

- 08-1 Harm minimization advice
- 08-2 Sample drug-use diary

Eating disorders — bulimia

- 09-1 Food and behaviour diary
- 09-2 Monitoring and delaying binges

Psychosis

- 10-1 What to expect after an acute episode of psychosis
- 10-2 What is schizophrenia
- 10-3 Coping with difficult behaviour
- 10-4 Early warning signs form

Sleep problems

- 11 Overcoming sleep problems

Unexplained physical complaints

- 12 Unexplained physical complaints

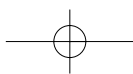
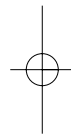
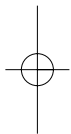
For use by professionals — checklists

- 13-1 CAGE questionnaire — screen for alcohol misuse
- 13-2 Audit questionnaire — screen for alcohol misuse
- 13-3 Abbreviated mental test score — screen for dementia
- 13-4 Social and living skills checklist — assess adequacy of care plan in chronic, severe illness

**Connections between ICD-10 PHC and ICD-10
Chapter V**

Resource directory

**Mental health in your practice: what does your
practice provide?**



Foreword

In a general-practice surgery, every third or fourth patient seen has some form of mental disorder. Levels of disability among primary-care patients with such disorders are high: greater on average than disability among primary-care patients with common chronic diseases such as hypertension, diabetes, arthritis and back pain. Simple and effective treatments are available for many mental disorders and some can be treated more effectively than hypertension or coronary heart disease.

Changes in the way services are provided also emphasize the importance of primary care as a setting for mental healthcare. Over the past 30 years, the number of hospital beds available for people with mental illness has fallen, while the number of GPs and psychiatrists has risen. A direct result is that people in primary care need to work more closely with those in mental health services. Good mental healthcare is a collaborative effort. The Primary Care Team includes practice nurses, district nurses, health visitors, counsellors, clinical psychologists and school nurses, as well as GPs, all of whom may have a role in mental healthcare. The Community Mental Health Team may include nurses, occupational therapists, clinical psychologists, social workers and support workers, as well as psychiatrists. Families and friends, self-help and community groups also provide crucial support to people with a whole range of mental disorders: from transient distress to enduring psychotic illness. They need to talk to one another, respect each other's contribution and jointly agree who will provide which service to whom.

Despite this, mental-health provision has been dogged, perhaps more than any other area of healthcare, by differences in how we think about mental health and the words we use. This makes it hard for different professional groups and non-professionals to talk to each other. This handbook aims to ameliorate this problem. The diagnostic and management summaries it contains are based on the WHO International *Diagnostic and Management Guidelines for Mental Disorders in Primary Care* and are wholly compatible with ICD-10 Chapter V — which is the diagnostic framework used by psychiatric professionals. However, they have been simplified and extensively piloted to ensure that they are relevant to primary care. They also include management strategies based

Foreword

on a multi-axial approach — emphasizing the information needs of patients and their families, and simple social and psychological management strategies, in addition to medication.

This handbook is a resource that can be used in a number of ways. It can be used by an individual practitioner in the care of his or her patients. It can also be used by a primary-care team or a primary care organization (or local health group) to review, jointly with mental-health teams, the service they provide, identifying gaps and training needs or developing locally appropriate, shared criteria for referral to specialist services. We support this handbook and hope that its use improves communication and collaboration between all who have a stake in the provision of good primary mental healthcare.

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