



Anxiety: Incorporation Into Your Practice

Diane Bloomfield MD





Speaker:

Diane Bloomfield MD

Assistant Professor of Pediatrics,
Albert Einstein College of Medicine

Associate Division Chief of Clinical Affairs,
Academic General Pediatrics

Medical Director, Family Care Center, Pediatrics
Children's Hospital at Montefiore



Disclosures

Neither I nor my spouse has a relevant financial relationship with a commercial interest to disclose.





My Approach

- Consider Anxiety as the diagnosis
 - Certain/Multiple Somatic Complaints
 - Concerns about Attention
 - Recent family trauma
- Speak with Family Early about Differential Diagnosis
- Utilize Standardized Screening Tool
- Psychoeducation and Resources:
 - Teach Deep Breathing and Visualization
 - Materials for patients and families, books, websites





My Approach 2

- Agree on Goals
 - Short term (sleep hygiene and bedtime battles)
 - Long term (remaining in class all day)
- Brainstorm on ways to practice techniques daily
- Schedule phone/video follow-up in one week
 - Assess progress
 - Cheerlead successes
 - Problem solving about difficulties and barriers





My Approach 3

- Follow Frequently Initially Assessing for Progress
- Introduce Idea of Therapy
 - Possible referral
- Introduce Idea of Medication
 - Provide literature (NAMI website)
- Schedule Follow-up Appointment
- Refer to Psychiatry if Needed





Impact on Practice

- Identify Patients Earlier
 - Greater acceptance of diagnosis by family and patient
 - Address issues before entrenched
- Fosters Better Relationship with Patients
- Providers Empowered to Do More
- Network of Healthcare Providers
- Reach Larger Patient Population





Barriers to Success

- Parental and Patient Resistance
- Time
- Knowledge
- Confidence





The Resistance Challenge

- Know Your Facts
- Discuss Anxiety as a Possibility Early
- Ask about Family History
- Ask about Daily Life
- Ask about Past Experiences
- Ask What Has Your Family Tried?





The Time Challenge

- Standardized Screening Tools
- Schedule Appropriately: In-person versus Telehealth
- Use EMR and document with Smartphrases
- Utilize your Virtual Team
 - Project TEACH
 - Psychoeducation materials
 - Established Referral List
 - List of medications with information





The Knowledge Challenge

CME PARTICIPATION,
READING,
NETWORKING TO
INCREASE YOUR
KNOWLEDGE BASE

START SLOW BUT GO!

UTILIZE PROJECT
TEACH SUPPORT

REFER TO PSYCHIATRY
IF NEEDED AND
CONTINUE WITH
BIDIRECTIONAL
COMMUNICATION





The Confidence Challenge

- Become familiar with 2 FDA Approved Medications
- Document Serial Results of Rating Scales in EMR
- Document Goals and Expectations in EMR
- Be in Touch with Families Often
- Use **ProjectTeach**





The Benefits for You and Your Patients

- Providers:
 - Ability to address emotional as well as physical health
 - Help change a child's trajectory
- Patients and Families:
 - Improved School Success
 - Improved Social Relationships
 - Learned Coping Skills for Future Challenges
 - Family engagement in therapy





Thank you for your
attention

