



**Tool Kit
for the Management
of Adult Anxiety**

Tool Kit for Management of Adult Anxiety

The clinical tool kit is intended to assist the PCP in assessing the needs of the adults ages 18 and older, regarding anxiety and decisions regarding health care services provided by the PCP or subsequent referral to the RHBA if clinically indicated. Tools include:

- The decision making algorithm (Used when there is a minimum score of 10 on the “Adult Anxiety Screening/Scoring Tool”)
- The Adult Anxiety Screening/Scoring Tool
- The list of medications universally available **as of 10/1/09** through AHCCCS Health Plans and the Regional Behavioral Health Authority known as the RBHA.

Clinical resources and adaptations of clinical sources are referenced within the individual documents.

NOTE:

- A RBHA consultation is available at any time.

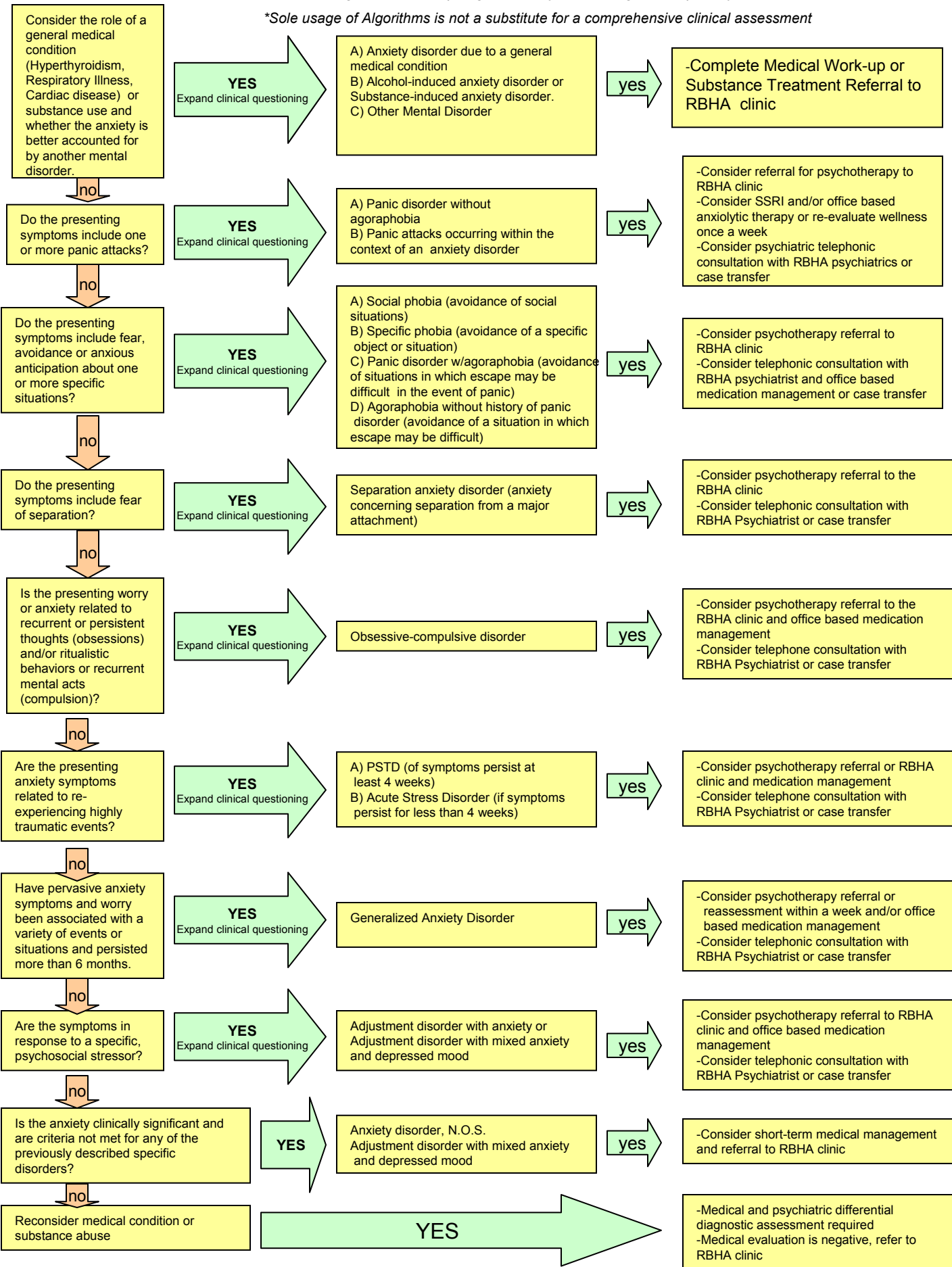
This tool kit was developed by the AHCCCS Tool Kit Workgroup in collaboration with Acute Health Plans and ADHS/DBHS (January, 2008 through January, 2009). This tool kit is only a resource and may not apply to all patients and all clinical situations. It is not intended to replace clinical judgment.

Initial Effective Date: 5/1/2009

Anxiety

*Based on algorithms developed guide to Psychiatric diagnosis in primary care

*Sole usage of Algorithms is not a substitute for a comprehensive clinical assessment



Adult ANXIETY SCREENING

For Ages 18 and older

Over the past two weeks, how often have you been bothered by the following problems?

QUESTIONS (rate by placing score (#) in box)	Not at all (0)	Several Days (1)	More than ½ days (2)	Nearly everyday (3)
Feeling nervous, anxious, or on edge				
Not being able to stop or control worrying				
Worrying too much about different things				
Having trouble relaxing				
Being so restless that it is hard to sit still				
Becoming easily annoyed or irritable				
Feeling afraid, as if something awful might happen				
Total Score (add columns)				

Note: the scale is 0 to 21,
0 = no degree of anxiety
10 or more- proceed to algorithm for treatment
15-21 = high degree of anxiety

EVALUACIÓN DE LA ANSIEDAD en adultos

Para 18 años o más

En las últimas dos semanas, ¿cuántas veces le ha molestado alguno de los siguientes problemas?

PREGUNTAS (califique colocando el puntaje [N.º] en la casilla)	De ninguna manera (0)	Varios días (1)	Más de uno cada 2 días (2)	Casi todos los días (3)
Se siente intranquilo, ansioso o nervioso				
Es incapaz de detener o controlar la preocupación				
Demasiado preocupado sobre diferentes cosas				
Tiene problemas para relajarse				
Está tan inquieto que le resulta difícil quedarse sentado				
Se enoja o irrita fácilmente				
Tiene miedo, como si algo muy malo fuera a suceder				
Puntaje total (sume las columnas)				

Nota: La escala es de 0 a 21, donde 0 = ningún grado de ansiedad, 10 o más = prosiga con el algoritmo para tratamiento, 15 a 21 = alto grado de ansiedad

Anxiety

Universally available medications, as of 10/1/09,
through AHCCCS Health Plans and RBHA Provider*

Selective Serotonin Reuptake Inhibitor

Fluoxetine (Prozac)

Paroxetine (Paxil)

Sertraline (Zoloft)

Tricyclic Antidepressant

Imipramine (Tofranil)

Benzodiazepine

Lorazepam (Ativan)

Clonazepam (Klonopin)

Serotonin Partial Agonist

Bupirone (Buspar)

*Refer to health plan for prior authorization requirements and medication availability prior to 10/1/09.