

Diagnostic and Management Guidelines for Mental Disorders in Primary Care

ICD-10

ICD-10 PC Chapter V contains essential information on how to help patients with mental disorders. It gives guidelines for diagnosis and management in cases where the primary care practitioner has to do this task alone. It also gives guidelines on what to say to patients and their families, how to give them counseling, what medication to prescribe, and when to consult a specialist.

In short, ICD-10 PC Chapter V presents the knowledge of mental health science in an easily understandable form for the practitioner at the primary care level.

The categories were chosen as a result of a selection process that reflects

- the public health importance of disorders (i.e., prevalence, morbidity or mortality disability resulting from the condition, burdens imposed on the family or community, health care resources need);
- availability of effective and acceptable management (i.e., interventions with a high probability of benefit to the patient or her/his family are readily available within primary care and are acceptable to the patient and the community,
- consensus regarding classification and management (i.e., a reasonable consensus exists among primary care physicians and psychiatrists regarding the diagnosis and management of the condition);
- cross-cultural applicability (i.e., suggestions for identification and management are applicable in different cultural settings and health care systems);
- consistency with the main ICD-10 classification scheme (i.e., each diagnosis and diagnostic category corresponds to those in ICD-10).

All diagnoses included in this book are fairly common in primary care settings and a management plan can be written for each of them.

Categories of mental and behavioural disorders

F00#	Dementia
F05	Delirium
F10	Alcohol use disorders
F11#	Drug use disorders
F17.1	Tobacco use disorders
F20#	Chronic psychotic disorders
F23	Acute psychotic disorders
F31	Bipolar disorder
F32#	Depression
F40	Phobic disorders
F41.0	Panic disorder
F41.1	Generalized anxiety
F41.2	Mixed anxiety and depression
F43.2	Adjustment disorder
F44	Dissociative (conversion) disorder
F45	Unexplained somatic complaints
F48.0	Neurasthenia
F50	Eating disorders
F51	Sleep problems
F52	Sexual disorders
F70	Mental retardation
F90	Hyperkinetic (attention deficit) disorder
F91#	Conduct disorder
F98.0	Enuresis
Z63	Bereavement disorders

Ordering information:

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For each of the 25 conditions concise Diagnostic and Management Guidelines are given.

Diagnostic Guidelines

Presenting complaints
Diagnostic features
Differential diagnosis

Management Guidelines

Essential information for patient and family
Counseling of patient and family
Medication
Specialist consultation

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