

Clinical Pathway for Adults with Anxiety

Transforming Lives. Building Community Well-Being.

Patient presents with anxiety symptoms, perform validated screening tool. Does patient meet DSM5-TR criteria for anxiety disorder? Have other BH or PH disease been considered?

Patient meets DSM5TR criteria for anxiety, perform GAD-7 to determine severity. Address safety concerns, if present complete risk assessment. If N/A proceed to outpatient and tx.

Anxiety Severity based on GAD-7

If patient is sent to ED and/or is hospitalized. After discharge, are they seen within 7 days for F/U. (HEDIS)

Mild Anxiety-have non-pharmacological interventions been addressed, for example removing triggers, caffeine, nicotine, alcohol, cannabis? Ensure quality sleep. Consider psychotherapy. Has physical exercise, Yoga, Tai Chi been recommended? If patient does not improve, reassess to see if another BH or PH is presenting.

Mod/Severe Anxiety

Have non-pharmacological interventions been considered.

Medication Management

Psychotherapy-Supportive, CBT, IPT, or other Evidence Based therapies If a enhance service is considered refer to CCP.

https://www.specialistlink.ca/assets/pdf/CZ_Anxiety_pathway.pdf
Alberta Health Services and Primary Care Networks

