

Clinical Treatment Pathway for Anxiety and OCD Treatment

Initial Treatment Considerations: Psychotherapy, +/-Medications based on severity.
<https://pathways.chop.edu/clinical-pathway/anxiety-and-ocd-initial-treatment-considerations>

Treatment

- [Initial Approach, Psychotherapy +/- Medication](#)
- [Medication Management](#)
 - [Consent, documentation, SSRI/SSNI Guidance, Doses](#)
 - Treatment Phases, Monitoring
 - [Acute Phase](#)
 - [Continuation Phase](#)
 - [Maintenance Phase](#)
- [Course of Treatment](#)
- [Discontinuation of Medications](#)
- [Discharge and referral back to PCP](#)

Interventions Common to All Types of Anxiety and OCD

- [Case Examples](#)
 - Diagnosis, Treatment by Severity
- [Treatment of Resistant Anxiety](#)
- [PRN Medication Use](#)
- [Adjunctive Treatments](#)
- [Psychoeducational Tools](#)
- [School Accommodations](#)
- [Description of Types of BH Therapy, Definitions](#)
- [Additional Tools](#)