



BMHP6006 Week 7 Anziety

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Plan for today

Rehabilitation
and Recovery

Anxiety

Practice
debate

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What is Mental Health Rehabilitation

- Mental Health Rehabilitation services are designed to
 - help people to recover from chronic mental health conditions
 - provide support for those who still find it difficult to cope with everyday life or get on with other people.
- Aim to help individuals living with mental health conditions to
 - manage their symptoms
 - provide confidence
 - support to help them live as independently as possible.



How many different professionals featured in this video?
What is the main sense about mental health you got from it?

Mental Health Rehabilitation Services

- The rehabilitation team includes psychiatrists, nurses, occupational therapists, psychologists and social workers.
 - To support individuals with long-term mental health difficulties who can't yet be discharged home
 - In the UK , just over half mental health rehabilitation units are based in the community with the rest based in hospital sites (Inpatient Rehabilitation).
 - Usually for months or years till the patients feel more confident and improve.
- These services assist one to recover, while accepting that some individuals may still have serious difficulties that need continuing help and support. (RCP, 2019)

Who is it for?

Usually for those with a diagnosis of schizophrenia, schizoaffective disorder or bipolar disorder.

- However, may include those with following difficulties:

Symptoms of mental illness,

- 1. such as hearing voices that are distressing or make it difficult to communicate with other people

Problems with organising and planning daily life

Behaving in ways that other people find difficult or threatening

- this can lead to contact with the police or courts

Harmful use of alcohol and non-prescribed ("street") drugs

Being exploited or abused by others.

Provided for individuals having difficulties due to

- Medication just doesn't work well enough and their illness affects their concentration, motivation and ability to organise.
- Affected by depression and anxiety
- Struggle to manage everyday activities like self-care, budgeting, shopping, cooking, managing finances etc.

When are people referred to rehabilitation service?

- The structured environment and intensive therapeutic programmes that are available on a rehabilitation unit are very useful for anyone living with complex, severe or chronic mental illnesses.
 - Suggested for those who usually have had several hospital admissions or are suffering from mental health problems for a few years.
 - Can also sometimes be helpful if an individual is trying to get over a first episode of illness.
 - Also helpful when moving to a placement with less support and supervision
 - Such as leaving a forensic or secure service or when moving from residential care to a more independent home in the community.

Aims of mental health rehabilitation

Relearning

- To help patients learn or re-learn life skills.

Confidence Building

- To help patients get their confidence back.

Self-Dependence

- To help them cope better without much help.

Empowerment

- To achieve the things patients want or dream about-like living in their own flat, getting a job or having a family.

Promoting Self-esteem and independent living

- To feel independent and comfortable with life.

Support and Treatments Available

Treatments

- Medication Management
- Talking therapies: CBT and specific work with families and carers).

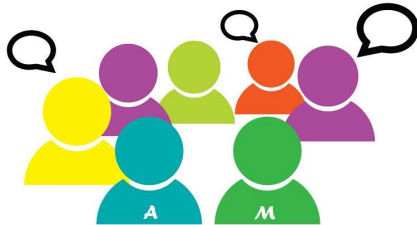
Support and help

- Reduce or stop alcohol and street drug use.
- Manage everyday activities: personal hygiene, laundry and more complex living skills such as budgeting, shopping and cooking.

Advice and guidance

- Healthy living: diet, exercise and stopping smoking).
- Help with accommodation and social security benefits.
- Legal advice

What are indicators of patients transitioning back into community?



1. What would you encourage a patient who is getting better to do in the community?
2. Which voluntary sector agencies would you engage to provide support and opportunities to enable transition?

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Role of Rehabilitation Practitioner

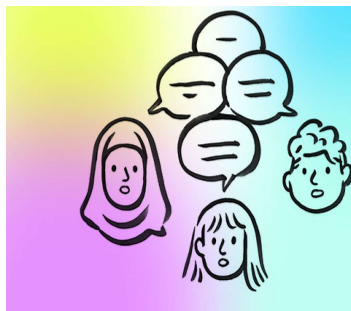
- Rehabilitation psychiatrists and psychologists have specialist expertise in the long-term treatment and care of people with severe mental illness and complex needs.
- They look at the long-term possibilities for the patient, not just symptoms of the illness, and work closely within a team of other professionals. They also provide:
 1. thorough assessment and treatment
 2. advice to colleagues on the diagnosis and management of severe and complex mental health problems for people who are not helped quickly by standard treatments

What is anxiety?

- In DSM-5, 1 anxiety is defined as the anticipation of future threat; it is distinguished from fear, the emotional response to real or perceived imminent threat.



Anxiety is a **feeling of stress, panic or fear** that can affect your everyday life physically and psychologically. Anxiety is a feeling of unease, such as worry or fear, that can be **mild or severe** (NHS, n.d.)



Anxiety: ICD10

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GAD is classified within 'F40-F48, *Neurotic, stress-related and somatoform disorders*'. GAD is under F41.1

Anxiety that is generalized and persistent but not restricted to, or even strongly predominating in, any particular environmental circumstances (i.e. it is "free-floating"). The dominant symptoms are variable but include complaints of persistent nervousness, trembling, muscular tensions, sweating, lightheadedness, palpitations, dizziness, and epigastric discomfort. Fears that the patient or a relative will shortly become ill or have an accident are often expressed.

What is General Anxiety Disorder - GAD?

- Generalised anxiety disorder (GAD) is the feeling of being anxious about almost everything and anything for no real apparent reason. A condition marked by excessive worry and feelings of fear, dread, and uneasiness that **last six months or longer**.
 - People with GAD feel anxious most days and often struggle to remember the last time they felt relaxed.
 - While most of us worry or feel anxious at some point in our lives, those who experience generalised anxiety find it particularly difficult to control their worries.
 - As soon as 1 anxious thought is resolved, another may appear about a different issue.
 - Feel overly worried about a wide range of things relating to a variety of topics including health, money, work, school and relationships.
- GAD is therefore a condition leaves people feeling anxious about a multitude of things rather than any one specific thing.

Describe how
your body
feels when
you are angry



Symptoms of generalised anxiety disorder (GAD)

Anxiety can have both mental and physical symptoms. It can make it difficult to carry out daily tasks and can also often lead to depression.

Mental symptoms can include:

- Racing thoughts,
- Uncontrollable over-thinking
- Trouble concentrating
- Feelings of dread, panic or 'impending doom'
- Feeling irritable
- Heightened alertness
- Trouble sleeping
- Changes in appetite
- Wanting to escape from the situation you are in
- Dissociation (feeling like you aren't connected to your own body, watching things happen around you without feeling it.)

Physical symptoms

- Sweating
- Heavy and fast breathing
- Racing heartbeat
- Hot flushes and blushing
- Dry mouth
- Shaking
- Hair loss
- Extreme tiredness or lack of energy
- Headaches, dizziness and fainting
- Stomach aches, nausea and sickness

Symptoms at high level leading to panic attack?

Giving the overlapping physical symptoms between anger, fear and anxiety, an individual may not interpret how they feel physically as symptoms for anxiety and may not seek help to resolve anxiety issues

DSM-V

- A. Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).
- B. Difficulty in controlling the worry
- C. The anxiety is associated with 2/more of the following symptoms
- D. The disturbance is not better explained by another mental disorder
- E. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- F Disturbance cannot be attributed to any other substance use (physiological effects)

Who is affected by GAD?

- GAD is a common condition, estimated to affect up to 5% of the UK population.
- Slightly more women are affected than men, and the condition is more common in people from the ages of 35 to 59.
 - Reluctance with help seeking

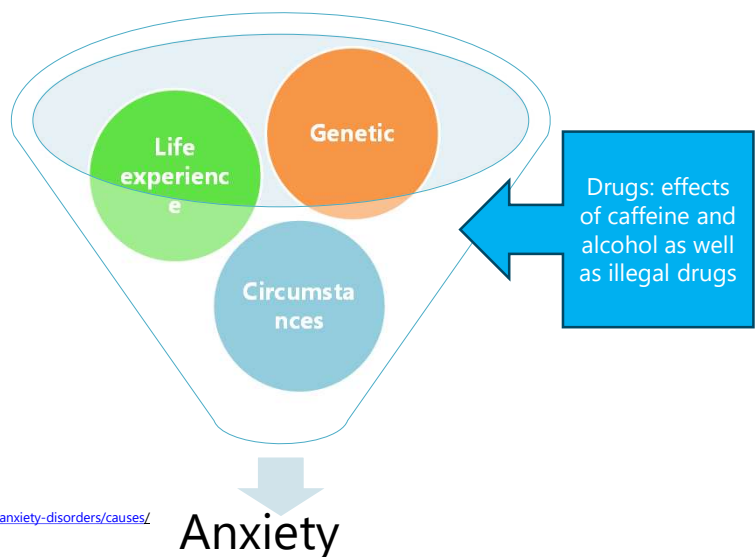
Aetiology (cause)

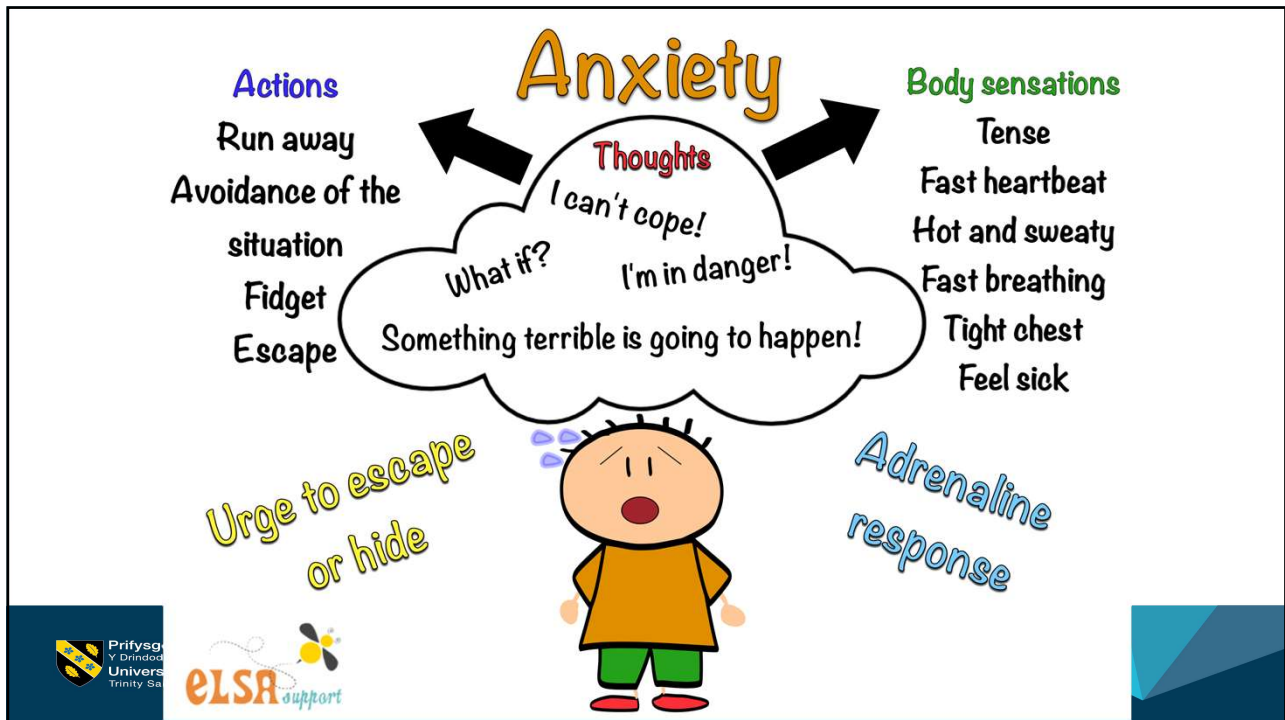


- This term refers to the cause, set of causes, or manner of causation of a disease or condition.
- A branch of knowledge concerned with the causes of particular phenomena; specifically, a branch of medical science concerned with the causes and origins of diseases.
- The investigation or attribution of the cause or reason for something.

Causes of anxiety

- There isn't one cause of anxiety disorders. Many things which could contribute to developing anxiety:





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Diagnostic Guidelines

- Anxiety related symptoms should be present for most days
- Such discomfort should last for several weeks – several months

Apprehension	Motor Tension	Autonomic Overactivity
Worries about misfortune	Restlessness	Lightheadedness
Difficulty concentrating	Tension Headache	Sweating
	Fidgeting	Tachycardia
	Trembling	Dizziness
		Dry Mouth

- Children may additionally report somatic symptoms

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COVID-19 and Anxiety?

1. What are the key points in the ONS statistics report?

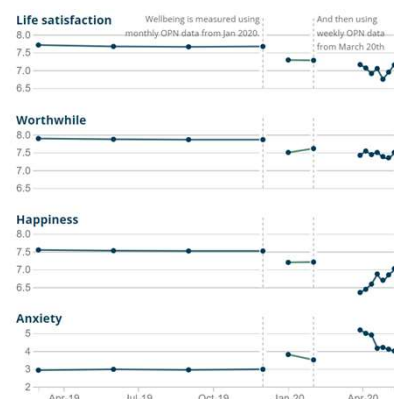
[Coronavirus and anxiety, Great Britain - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk)

2. Which age group reported the most increase in anxiety during the first lockdown?
3. Are there findings that surprised you?



COVID-19, wellbeing and anxiety (ONS, 2021)

Average personal well-being ratings, UK and Great Britain, Quarter 1 (Jan to Mar) 2019 to 10 May 2020

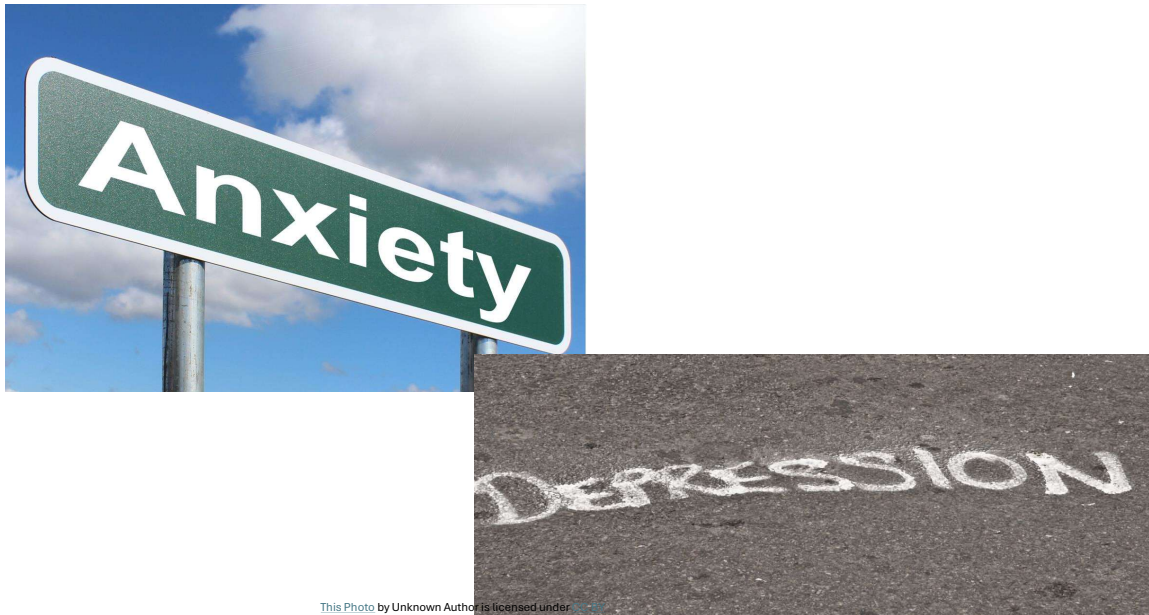


Loneliness and older age groups determinants in anxiety (ONS, 2021)

- Higher level of anxiety in couples although surprising but understandable

Ruiz et al (2021) cross national study showed the 18-24 reported highest decrease in wellbeing during first lockdown

- Most vulnerable to isolations
- Most of them lost their causal temporary jobs during lockdown



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How generalised anxiety disorder (GAD) is currently treated

- **Initial treatments -Self-help for generalised anxiety disorder (GAD).**
- There are many things you can do yourself to help reduce your anxiety, such as:
 - going on a self-help course
 - exercising regularly
 - stopping smoking
 - cutting down on the amount of alcohol and caffeine you drink
 - trying 1 of the mental health apps and tools in the NHS Apps Library.

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How generalised anxiety disorder (GAD) is currently treated

- Further treatments: If symptoms are seriously affecting you, or the initial treatments have not helped you, or your symptoms are getting worse, you should be offered:
- **Psychological therapies** – you can get psychological therapies like **cognitive behavioural therapy (CBT) on the NHS**.
- Cognitive Behavioral Therapy (CBT)
 - Challenge one's unhelpful, maladaptive thoughts
 - Focuses on present rather than past
 - Emphasizes on problem solving
 - 8-12 sessions
- **Medicine** – such as a type of antidepressant called selective **serotonin reuptake inhibitors (SSRIs)**

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Practice debate

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