



UNIVERSITY OF WALES
Trinity Saint David
London

Assessment 1

Panic Disorder- Supporting Paper



Student name: Catiana Braganca

Student ID: 1922202

Mental Disorders and Psychopathology

BMHP6006

Lecturer name: Bianca Sanfilippo

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Introduction

In this assignment, I am going to discuss the definition of panic disorder according to the ICD-10, also I will be providing some causes, symptoms, and diagnoses related to the mental health disorder.

In the development of this assignment, I am going to analyse historical views and current treatments including the positive and negative treatments of panic disorder, and define the principles related to people with panic disorder.

In Conclusion, I am going to explain what I have learned about panic disorder, and give recommendations to improve the symptoms.

Definition of Panic Disorder

Panic Disorder is related to a disorder of anxiety which is called anxiety disorder, the person experiences frequently unexpected attacks of fear or panic. (NHS,2023)

Disorder within the ICD-10 Manual (WHO,2010)

Panic Disorder is classified according to the ICD-10 Manual as Group mood (Panic) Disorder, (F40-F48), Classification, F41.

Data about Panic Disorder in the UK

(Priory,2023) explains that there are out of 100 people less than 1 suffer from panic disorder.

“The UK has 62 biggest rates of anxiety disorder in the world”.

In the UK men are less than twice as likely to be diagnosed with anxiety disorder than women.

Causes of Panic Disorder

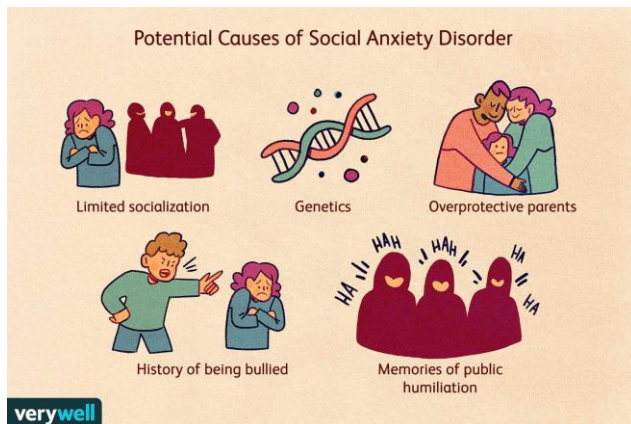
There are many factors that contribute to a person developing panic attacks such as,

Family history, for example, a person can obtain panic attacks from a member of the family, there is a 40 per cent danger of coming up with panic disorder if anyone from the family already has it.

Childhood trauma is another factor that involves bad experiences from the past including physical abuse, accident or bullying, it can happen not only in childhood but as in adulthood, which can give a negative impact on well-being.

Chemical Imbalance, refers to the symptoms that a person with panic disorder develops (sweat, handshaking, intense fear) , when this happens the body is going through chemical changes that influence the reaction.

Hypervigilant the person with panic attacks tend to have more panic symptoms, for example, fighting with the symptoms can lead to more anxiety. (verywell mind,2023).



(verywellhealth,2023)

Symptoms/signs

The symptoms of a panic attack can appear very fast which include:

- A palpitation or fast heartbeat
- Feeling weak or dizzy,
- A sensation of too much hot and cold
- The body starts sweating, hands shaking.
- The person feels sick with vomiting.
- The pain is tight in your chest or stomach.
- Shortness of breath, and sensation of choking

In the moment that you are having a panic attack you may feel very scared of losing control, die, have a heart attack or going to collapse. (Mind,2023)

Diagnosis

A person with panic disorder is diagnosed with frequent panic attacks and unexpected, also within one month or more including:

- Continuing anxiety about having more panic attacks
- The behaviour changes to prevent problems that may cause an attack

It is advised by (Mental Health UK, n.d) that you seek help by making an appointment with your GP, they normally do blood tests to check if the symptoms are related to another health illness, for example, thyroid or heart issues.

Another option that the GP provides is for mental health professionals, they make a full assessment. Mental health professionals are origin by the World Health Organization they make diagnoses through criteria in the ICD-11.

Historical view and past treatments for panic disorder

Historical

The term panic was made from Pan god it was discovered in many literacy reports. Before 1850 the symptoms of anxiety were normally connected with symptoms of depression, they started to make a progressive change in the nineteen century about anxiety symptoms. In 1879 Henry Maudsley defined melancholic panic as the first time the word panic was used technically in psychiatry. In the continues 50 years, the panic disorder mysteries were demonstrated through basic and clinical research. (Nardi & Freire,2016)

Past treatment

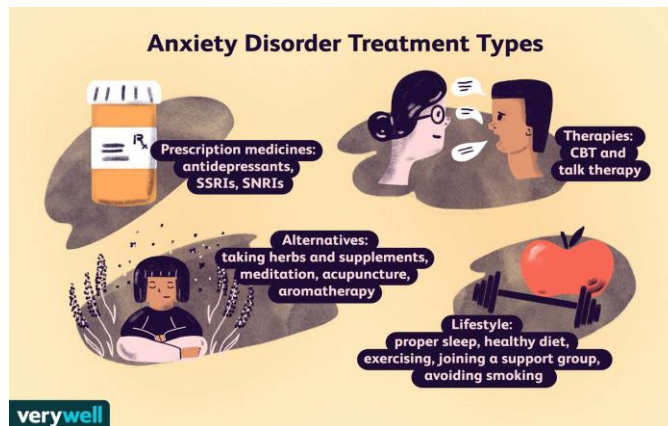
Treatments made before were seen as dangerous and ineffective to the person.

Treatments used previously in medieval times were different balms and herbs, bath in very cold rivers and streams, hydropathy that is related to the use of high temperatures over the body, health spas and blood letting. (HealthyPlace,2023)

Current treatments (NHS)

Treatments that are provided by (NHS,2023) are:

- Talking therapies
- Medicine such as antidepressants can long for 2 to 4 weeks before being effective, up to 8 weeks to completely work.
- Referral to a specialist in case of symptoms do not improve after taking medicine and talking therapies, the doctor may transfer you to a psychiatrist or clinical psychologist.



(verywellhealth,2023)

Analyse the positives and negatives of treatments available

Negative side effects of antidepressants are:

Headache

Nausea

Less desire to have sex.

Constipation and diarrhoea

Unclear vision (NHSinform,2023)

Positive benefits of talking therapies

Talking therapies help people to feel better and happier by communicating with someone that are not a relative it can be by phone, skype or email, it is a confidential communication that you can express your feelings which they will respect. The problem will not disappear but it will reduce. (NHS,2022)

Principles when working with people with panic disorder

When dealing with people suffering from panic disorder it is important that the healthcare professional has a good communication and use an understanding language with the patient.

They have the right of decision making, but sometimes they require a support from a healthcare professional to plan about the right options of treatment. (NICE,2020)

The issues in provision, professional support or policy about the selected mental health issue.

- Lack of mental health services, training, and skills
- Failure to identify the issue and treat the patient.
- Poor safety practices and poor risk assessments
- Lack of communication between the patient and healthcare professional

(Parliamentary and Health Service Ombudsman,2018)

Recommendations for the improvement of the symptoms

It is recommended as a prevention for extreme attack by NHS,2023 to

Read a book about self-help based on anxiety and principles of cognitive behavioural therapy.

Make activities as for example Pilates and yoga to help you calm.

To minimise the symptoms, it is good to learn exercises of breathing for stress

Practice physical exercise always to decrease tension and stress

Support groups are available for people that suffer from panic disorder where you can speak to different people that experience the same condition.

Conclusion

In summary a panic disorder it is considered severe when impact your daily life routine , there is not exact information that explain the cause of panic attack but there is factors that influence such as childhood trauma, family history, chemical imbalance, it is important that you seek for help from the Gp which can give you the right treatments such as antidepressants or talking therapies.

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ASSESSMENT COMPONENT I

STUDENT NAME: CATIANA BRAGANCA

STUDENT ID: 1922202

MENTAL DISORDERS AND PSYCHOPATHOLOGY (BMHP6006)

PANIC DISORDER WITHIN THE ICD-10 MANUAL

- Group: Mood (Panic) disorders
- F(40-F48)
- Classification: F41



DEFINITION OF PANIC DISORDER

- According to (NHS,2023) panic disorder is related to a disorder of anxiety which is called anxiety disorder, the person has experienced of frequently unexpected attacks of fear or panic.
- It has been said by (Priory,2023) that people with panic disorder are less than 1 in 100. Anxiety disorder in UK has the 62nd biggest rate in the world.

CAUSES OF PANIC DISORDER

- The National Institute of Health(2022) explains that there is no exact information about why some members of the family have it and others don't. Panic disorder sometimes appears in families.

Mental Health professionals consider that a correlation of factors such as biological, environmental and psychological were including:

- Age, Gender, Trauma
- (verywellmind,2023)

SYMPTOMS/SIGNS OF PANIC DISORDER

A person with panic disorder takes 5 minutes or 20 for symptoms of panic attack to end.

The symptoms that appear faster physically include:

- Racing heartbeat
- The sensation of too much hot or cold
- Shaking or sweating
- Feeling shortness of breath
- (mind,2023)



(Stockphoto,2023)

DIAGNOSIS OF PANIC DISORDER

Professional Screenings (requested by doctors or mental health professionals who are professionals in this kind of condition)

The process of diagnosis may involve:

- Giving your medical history and recent medication
- Make a physical exam full
- Communicate about your worries and symptoms
- Having a psychiatric assessment (Bandoim,2021)

HISTORICAL VIEWS AND TREATMENTS FOR PANIC DISORDER

- Panic disorder was based on many literary reports and traditions. However, there are examples of lies one of them that is old and is related to Pan God, who was the owner of the word panic.
- Before 1850, anxiety symptoms were often connected with depression symptoms and signs. In the second half of the 19th century symptoms of anxiety were increasing with change.
- In 1879 Henry Maudsley related a melancholic panic that was considered the first panic used technically in psychiatry. (Egidio Nardi & R. Freire, 2016)

Past Treatments

Herbs and balms were used in the medieval times, The showering was very cold rivers and streams, hydropathy (applying high temperatures to the body), health spas, and blood letting (with the use of parasites). (HealthyPlace, 2023)

CURRENT TREATMENTS

The recent treatments that will help a person with panic disorder in minimize the numbers of the condition include:

- Talking therapies/ medicines are the principal treatments, but the treatment is based on your symptoms. Another option is to look for talking therapy services related to cognitive behavioral therapy (CBT)
- Medicine, just in the case, the doctor and the person find it helpful, antidepressants normally take 2 to 4 weeks before it works, and till 8 weeks to completely work
- If all these treatments do not work you will be referred from the doctor to the mental health specialist (NHS, 2023)



(Bright, 2023)



(Anxietycentre, 2023)

PRINCIPLES WHEN WORKING WITH PEOPLE WITH PANIC DISORDER

- People with the panic disorder need understandable information and language regarding the origin of the condition and the choices of treatments
- They have the right to shared decision-making between healthcare professionals and the person with panic disorder to help them with treatment options.
- Language should be jargon-free, also adapt the language of the person who does not speak English with an interpreter. (NICE.2023)
- Right of primary care and secondary care

RECOMMENDATIONS AND CONCLUSION

- It is recommended by (NHS,2023) the prevention of panic attacks to read a book of self-help for anxiety, you can request help from your GP,
- Make activities such as pilates or yoga to help with ease
- Breathing Exercises to relieve the stress/physical exercises
- Prevent drinking alcohol and eating food with sugar, quit smoke because they can increase the attack

In Conclusion, panic disorder is not a severe mental disorder but when not treated it can impact your daily life, it is important that you seek support from GP, who will advise on antidepressants or talking therapies.

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