Cross-Diagnostic Stabilization and Management Flow Chart

Assess for safety.

A. Suicide:

- For adults, use the <u>Columbia Suicide Severity Rating</u> <u>Scale and Triage for Use in Primary Care</u>.
- For youth, use the Ask Suicide-Screening (ASQ) tool.

B. Violence toward others:Consider risk factors for violence.

C. If you cannot quickly mitigate the risk: Call county behavioral health or dial 9-1-1.

Collect
history and
complete
physical.

- A. Collect a detailed history of recurrent symptoms. It is also important to collect any secondary information from family and other persons.
- B. Gather information about:
 - Patient treatment
- Past medications

Side effects

If no -

Current medications

- IS
- adherenceHospitalizations

medication

Current

- C. Identify any medical or substance use issues that could account for symptoms.
- D. Identify psychosocial stressors that could increase symptom severity. Identify the patient's current support system.
 Also, the strengths and limits of those supports.
- E. Conduct the physical exam. This includes a mental status exam and neuro exam.

Determine patient's current status.

Stable on current meds and other treatments?

Unstable but adheres to meds and other treatments?

Unstable and does not adhere to meds and other treatments?

In all situations:

- A. Use collaborative decision making in treatment planning.
- B. Engage in goal setting with the patient, guardian and supports.
- C. Start treatment at the place where the patient is willing to begin.

Patient is *unlikely* to need adjustment to medication regimen.

- A. Consider a referral for psychosocial treatments that may:
 - Increase their quality of life, and
 - Help them maintain recovery.
- B. Assess the patient for short- and long-term side effects.
- C. Consider therapeutic de-prescribing and finding the lowest effective dose.

Patient is *likely* to need a change to medication routine and psychosocial supports.

- A. Explore how substance use may contribute to symptom severity.
- B. Look at psychosocial contributors to symptom severity (e.g., increases in stress).
- C. Consider an increase in the medication dose. However, do not do so if the patient is:
 - Already at the FDA max
 - Experiencing intolerable side effects
 If either of the above, consider changing meds.
- D. Call the Oregon Psychiatric Access Line for medication consultation: 503-346-1000.
- E. Assess for short- and long-term side effects

Determine any reasons for non-adherence.

Problem solve and refer to social service providers to mitigate barriers:

- A. Ask about changes to social circumstances.
- B. Ask about side effects from last prescribed medications.
- C. Ask about the ability to access medications (lack of money, transportation to pharmacy, difficulty with multi-step processes).
- D. Ask about any difficulty with consistently taking medications.



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