

Pre Teaching Session Registrar Worksheet

Complete the tasks below as discussed with your Supervisor when planning this session. The pre-session task for section C will be done by your Supervisor.

Section A - Rating

Below is a list of some of the core knowledge and skills components for managing anxiety disorders in general practice.

Rate yourself on a scale of 1 to 5 in these areas for discussion with your Supervisor.

(1 = definitely no, 5 = definitely yes)

Knowledge

- I know how to manage patients who have anxiety symptoms in a general practice setting

1	2	3	4	5
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- I know how to tell the difference between anxiety symptoms and anxiety disorders

1	2	3	4	5
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- I have a good understanding of what psychological treatments may be appropriate in anxiety disorders

1	2	3	4	5
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- I have a good understanding of the medications used for anxiety disorders and when to prescribe

1	2	3	4	5
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Skills

- I am able to work effectively with patients who are highly anxious

1	2	3	4	5
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- I am able to use some of the basic psychological interventions in practice

1	2	3	4	5
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- I am able to prescribe safely and appropriately to anxious patients

1	2	3	4	5
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Section B - Activities



**Identify a patient you have seen recently who was anxious.
Have a look at their file to refresh your memory.
Write down your recollections.
Bring this information and the case notes to your next teaching session with your Supervisor.**

- What was the patient's initial presenting problem?
- How did you identify that they were anxious?
- What symptoms of anxiety were present?
- How disabling was the anxiety?
- What sorts of stressors was the patient experiencing?
- What concerns did you have about the patient's safety or the safety of others?
- Did you make a formal diagnosis?
- What did you do during the consultation?
- What plans for follow up did you put in place?



**Identify a patient you have seen at least a couple of times recently who was anxious and who does not seem to be making any progress.
Have a look at their file to refresh your memory.
Write down your recollections.
Bring this information and the case notes to your next teaching session with your Supervisor.**

- How disabling was the anxiety?
- What was the patient's initial presenting problem?
- Did you make a formal diagnosis?
- What plans for follow up did you put in place?
- What happened/did not happen?
- Do you think that your expectations were reality based?
- What do you think were the blocks to progress here?
- If benzodiazepines were an issue with this patient, how did you manage it?