

DISCIPLINE: PSYCHIATRY

Major presentations of disease

Abnormalities of mood

- Depression
- Elation
- Suicidal ideation
- Anxiety

Abnormalities of thinking

- Stream of thought (eg. pressure of thought, thought blocking)
- Form of thought (eg. flight of ideas, loosening of associations)
- Delusions, over-valued ideas

Abnormalities of perception

- Hallucinations
- Illusions

Abnormalities of memory

History of the present illness

Mood

- How has your mood been lately?
- Does your mood vary over the course of a day?
- Can you still enjoy the things you used to enjoy? (anhedonia)
- Ask about sleep, appetite, memory, concentration, libido

Self-harm

- How do you feel about the future?
- Have you ever thought that life was not worth living?
- Have you had thoughts of ending your life?
- Have you thought about how you would do it?
- Have you made any preparations?
- Have you tried to take your own life or harm yourself?

Anxiety

- Would you say you were an anxious person?
- Recently, have you been feeling particularly anxious or on edge?
- Do any particular situations make you more anxious than others?
- Have you ever had a panic attack?
- Do any thoughts or worries keep coming back to your mind even though you try to push them away?

- Do you ever find yourself spending a lot of time doing the same thing over and over – like checking things, or cleaning? (OCD)

Abnormal beliefs

- Do you ever feel that people are watching you, following you or trying to harm you in any way?
- When you watch the TV or read the newspaper do you ever feel that the stories refer to you directly?
- Do you worry that there is anything wrong with your body or that you have a serious illness?

Abnormalities of perception

- Have you ever had the sensation that you were unreal – or that the world had become unreal?
- Have you ever had the experience of hearing noises or voices where there was no-one about to explain it?
- Have you seen any visions?
- Do you ever notice smells or tastes that other people aren't bothered by?

History Taking

Past Psychiatric History

- Previous psychiatric diagnosis
- Psychiatric inpatient, day hospital and outpatient care
- Any illnesses treated by GP

Past Medical History (PMH)

- Carcinoma, infections, neurological disorder, endocrine disorder (cause depression)
- Hyperthyroidism, hyperventilation, hypoglycaemia, drug withdrawal (cause anxiety)
- Anaemia, sleep disorder, chronic infection, hypothyroidism, diabetes, carcinoma, radiotherapy (cause fatigue)

Family history

- Psychiatric disorders
- Neurological disorders

Personal History

- Childhood
- Education
- Employment
- Relationships
- Forensic

Social history (medicine)

including living arrangements, occupational history, marital status, number of children, smoking history, alcohol use, drug abuse, foreign travel, exposure to environmental pathogens.

Drug history

- Anti-depressants
- Anti-psychotics
- Benzodiazepines

Physical Examination

General

- Underweight or signs of weight loss
- Enlarged parotids
- Russell's sign (knuckle callus)
- Lanugo hair
- Goitre
- Pupil size, piloerection, gynecomastia
- Multiple forearm scars

Cardiovascular

- Pulse

Abdomen

- Enlarged liver
- Scars of previous surgeries

Neurological

- Tremor
- involuntary movements,
- abnormal posturing,
- abnormal gait

Mental State Examination

Appearance

Apparent age. Racial origin. Style of dress. Level of cleanliness. General physical condition.

Behaviour

Appropriateness of behaviour. Level of motor activity. Apparent level of anxiety. Eye contact. Rapport. Abnormal movements or posture. Aggression. Distractibility.

Speech

Rate, rhythm, tone and volume. Quantity and fluency. Abnormal associations, clang and punning. Flight of ideas.

Mood

Subjective and objective. Variations of mood. Congruency.

Risk: thoughts of suicide or deliberate self-harm. Thoughts of harm to others.

Anxiety and panic symptoms.

Thought

Form: formal thought disorder

Content: Delusions. Over-valued ideas.

Perception

Hallucinations. Illusions.

Cognition

Orientation. Attention and concentration. Memory.

Eg. Can use Mini mental state examination (MMSE) and Frontal assessment battery (FAB)

Insight

Differential Diagnosis – common clinical conditions

- Dementia (Alzheimer, vascular, many types)
- Delirium
- Mental and behavioural disorders due to psychoactive substance abuse
- Schizophrenia, schizotypal and delusional disorders

Mood (Affective) Disorders

- Manic Episode
- Bipolar Affective Disorder
- Depressive Episode
- Recurrent depressive disorder

Neurotic, stress-related, and somatoform disorders

- Agoraphobia +/-panic disorder
- Generalised anxiety disorder
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Dissociative (conversion) disorders

Eating disorders

- Anorexia nervosa
- Bulimia nervosa

Personality disorder (many types)

- Paranoid
- Dissocial
- Emotional unstable
- impulsive type
- borderline type

Other

- Autism
- Hyperkinetic disorder
- Conduct disorder
- Learning disability

Investigations

Plasma

- Full Blood Count
- Urea and electrolytes (U&Es)
- Liver Function Tests (LFTs)
- Thyroid Function Tests (TFTs)
- Glucose
- When drug/alcohol misuse suspected: MCV, B12/folate and toxicology screening

EEG

Imaging

- CT
- MRI (and SPEC or PET)

Common assessment instruments

- General Health Questionnaire (GHQ)
- Present State Examination (PSE)
- Schedule for Assessment in Neuropsychiatry (SCAN)
- Diagnostic Interview Schedule (DIS)
- Hamilton Rating Scale for Depression (HAM-D)
- Beck Depression Inventory (BDI)
- Positive and Negative Symptom Scale (PANSS)
- Yale-Brown Obsessive-Compulsive Scale (Y-BOCS)
- Cage Questionnaire

Management of Diseases

Pharmacological

- Anti-depressants, anti-psychotics, mood stabilizers
- Acetylcholinesterase inhibitors
- Benzodiazepines

Psychological

- Psychodynamic psychotherapy
- Cognitive behavioural therapy (CBT)
- Family therapy
- Interpersonal therapy (IPT)
- Dialectical behaviour therapy (DBT)