

Mental Health Summary

The role of the GP in the care of people with mental health conditions

As a GP, your role is to:

- Diagnose, investigate and manage mental health conditions using history, examination, support, management and referral where appropriate. Take in to account potential complexities in presentation and range of mental health needs
- Communicate effectively, professionally and sensitively with patients, relatives and carers, recognising potential difficulties in communicating with people with mental health conditions and the importance of generating and maintaining rapport
- Assess risk to make the patient's safety and the safety of yourself and others a priority. Ensure early intervention by appropriate referral, follow up and continuity of care where necessary. Offer advice on when and who to call for help ('safety-netting')
- Coordinate care with other organisations and professionals (e.g. ambulance service, community mental health teams, social workers, secondary care, voluntary and community sectors and police). Follow agreed protocols, including those as part of The Mental Health Act and The Mental Capacity Act where appropriate
- Avoid diagnostic overshadowing. Offer advice and support patients, relatives and carers regarding prevention, prescribing, monitoring and self-management of both mental and physical multimorbidity (including those related to cardiovascular disease and diabetes).

Key Areas for Exam preparation

Common and important conditions

- Abuse including child, sexual, elder, domestic violence, emotional including non-accidental injury
- Acute mental health problems including acute psychoses, acute organic reactions, the suicidal patient, psychological crises and the application of the Mental Health Act as applicable to all the UK Home countries
- Addictive and dependent behaviour such as alcohol and substance misuse. This is common in those experiencing mental health problems (termed 'dual diagnosis') and is often unrecognised
- Affective disorders, including depression and mania
- Anxiety including generalised anxiety and panic disorders, phobias, obsessive compulsive disorder, situational anxiety and adjustment reactions
- Behaviour problems such as attention deficit /hyperactivity disorder, enuresis, encopresis, school refusal
- Bereavement reactions
- Cultural and societal aspects of mental health including work, spiritual and religious beliefs and practices
- Self-harm including putting themselves in dangerous situations as well as self-poisoning, cutting and skin picking. Suicidal thought disorders. Men who self-harm have a higher risk of suicide
- Eating disorders including morbid obesity, anorexia and bulimia nervosa, body dysmorphia and Other Specified Feeding and Eating Disorders (OSFED)
- Emotions and their relevance in well-being and mental illness
- Learning difficulties - the range of mental health problems that people with learning difficulties may experience
- Mental health disorders associated with physical health disorders e.g. psychosis associated with steroid therapy, depression associated with Parkinson's disease, diabetes and other chronic diseases
- Mental health disorders due to substance misuse
- Mood (affective) problems such as depression including features of a major depression such as psychotic and biological symptoms; bipolar disorder, assessment of suicidal risk; detection of masked depression
- Obsessive compulsive behaviours
- Organic reactions– acute and chronic such as delirium with underlying causes such as infection, adverse reactions to drugs
- Personality disorders including borderline, antisocial, narcissistic
- Pregnancy associated disorders such as antenatal, perinatal and postnatal depression, puerperal psychosis
- Psychological problems including psycho-social problems and those associated with particular life stages such as childhood, adolescence and older people
- Relationship with substance misuse and dependence including alcohol and drugs of misuse and other habit disorders such as gambling
- Severe behavioural disturbance including psychotic disorders such as schizophrenia, acute paranoia and acute mania
- Sleep disorders including insomnia, sleep walking
- Trauma including rape trauma syndrome, post-traumatic stress disorder, dissociative identity disorder
- Trichotillomania.

Suggested Resources

General Information

- <https://www.mind.org.uk/information-support/legal-rights/sectioning/>
- <http://www.legislation.gov.uk/ukpga/2007/12/contents>
- RCGP/Royal College of Psychiatrists. *The management of patients with physical and psychological problems in primary care: a practical guide : Report of a joint working group of the Royal College of General Practitioners and the Royal College of Psychiatrists* London: RCPsych, 2009
- https://www.manchester.gov.uk/download/downloads/id/14484/mental_capacity_act_-_summary_version.pdf
- www.gpnotebook.com
- <http://www.norfolkandwaveneymind.org.uk>
- <https://www.mentalhealth.org.uk/publications/how-look-after-your-mental-health-using-mindfulness>
- [.bmj.com/learning/module-intro/motivational-interviewing.html?moduleId=10051582](http://www.bmj.com/learning/module-intro/motivational-interviewing.html?moduleId=10051582)
- 10-minute CBT: integrating Cognitive-Behavioural Strategies into your practice. Michael W Otto
- Age UK. *Promoting Mental Health and Well-being in Later Life*, 2011
- <https://cks.nice.org.uk/poisoning-or-overdose>
- <https://gpnotebook.com/simplepage.cfm?ID=x20111113153952694842> Mental Health Act
- Oxford Handbook of Psychiatry by David Semple - Very good for taking a mental state examination and for general overview of mental health conditions

Abuse including child, sexual, elder, domestic violence, emotional including non-accidental injury

- <https://cks.nice.org.uk/child-maltreatment-recognition-and-management>
- <https://patient.info/doctor/safeguarding-children-how-to-recognise-abuse-or-a-child-at-risk>
- <https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>
- <https://www.england.nhs.uk/wp-content/uploads/2017/02/adult-pocket-guide.pdf>

Acute mental health problems including acute psychoses, acute organic reactions, the suicidal patient, psychological crises and the application of the Mental Health Act as applicable to all the UK Home countries

- <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/mental-health-act/>
- <https://patient.info/doctor/suicide-risk-assessment-and-threats-of-suicide>
- <https://www.nhs.uk/conditions/psychosis/diagnosis/>
- <https://www.bmj.com/content/334/7595/686>
- <https://cks.nice.org.uk/psychosis-and-schizophrenia>
- <https://www.nice.org.uk/Guidance/CG103>

Addictive and dependent behaviour such as alcohol and substance misuse. This is common in those experiencing mental health problems (termed 'dual diagnosis') and is often unrecognised

- <https://cks.nice.org.uk/alcohol-problem-drinking>
- <https://cks.nice.org.uk/benzodiazepine-and-z-drug-withdrawal>
- <https://www.changegrowlive.org/alcohol-drug-behaviour-change-norfolk/norwich>

Affective disorders, including depression and mania

- <https://cks.nice.org.uk/depression>
- <https://cks.nice.org.uk/depression-in-children>
- <https://cks.nice.org.uk/dementia>
- <https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/bipolar-disorder/>
- <https://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>
- <https://www.healthyplace.com/bipolar-disorder/bipolar-support/living-with-bipolar-and-living-with-someone-who-is-bipolar>

Anxiety including generalised anxiety and panic disorders, phobias, obsessive compulsive disorder, situational anxiety and adjustment reactions

- <https://cks.nice.org.uk/generalized-anxiety-disorder>

Behaviour problems such as attention deficit /hyperactivity disorder, enuresis, encopresis, school refusal

- <https://cks.nice.org.uk/conduct-disorders-in-children-and-young-people>
- <https://cks.nice.org.uk/attention-deficit-hyperactivity-disorder>

Bereavement reactions

- <https://www.cruse.org.uk/get-help/about-grief/about-bereavement>
- <https://www.sth.nhs.uk/clientfiles/File/Theory%20of%20Loss%20%20bereavement.pdf>

Cultural and societal aspects of mental health including work, spiritual and religious beliefs and practices

- <http://www.bsa.natcen.ac.uk/media/39109/phe-bsa-2015-attitudes-to-mental-health.pdf>

Self-harm including putting themselves in dangerous situations as well as self-poisoning, cutting and skin picking. Suicidal thought disorders. Men who self-harm have a higher risk of suicide

- <https://cks.nice.org.uk/self-harm>
- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/#.XgIMqOICdzk>
- <https://www.mentalhealth.org.uk/publications/truth-about-self-harm>

Eating disorders including morbid obesity, anorexia and bulimia nervosa, body dysmorphism and Other Specified Feeding and Eating Disorders (OSFED)

- <https://cks.nice.org.uk/eating-disorders>
- <https://gpnotebook.com/simplepage.cfm?ID=-1804926974>

Emotions and their relevance in well-being and mental illness

- <https://www.mind.org.uk/information-support/drugs-and-treatments/cognitive-behavioural-therapy-cbt/#.XgITG-ICdzk>
- <http://psych.fullerton.edu/jmearns/rotter.htm> Social Theory of learning – Locus of Control
- <https://www.truity.com/page/16-personality-types-myers-briggs>
- https://warwick.ac.uk/services/wss/topics/emotional_resilience/
- <https://www.verywellmind.com/what-is-emotional-intelligence-279542>

Learning difficulties - the range of mental health problems that people with learning difficulties may experience

- <https://cks.nice.org.uk/autism-in-adults>
- <https://cks.nice.org.uk/autism-in-children>

Mental health disorders associated with physical health disorders e.g. psychosis associated with steroid therapy, depression associated with Parkinson's disease, diabetes and other chronic diseases

- <https://www.nimh.nih.gov/health/publications/chronic-illness-mental-health/index.shtml>

Mental health disorders due to substance misuse

- <https://www.nice.org.uk/guidance/ng58> co-existing substance misuse and mental illness

Mood (affective) problems such as depression including features of a major depression such as psychotic and biological symptoms; bipolar disorder, assessment of suicidal risk; detection of masked depression

- <https://cks.nice.org.uk/bipolar-disorder>
- <https://www.nice.org.uk/guidance/cg185/resources/bipolar-disorder-assessment-and-management-pdf-35109814379461>
- <https://cks.nice.org.uk/psychosis-and-schizophrenia>
- <https://gpnotebook.com/simplepage.cfm?ID=-1281753086> Borderline Personality Disorder/EUPD

Obsessive compulsive behaviours

- <https://www.nhs.uk/conditions/obsessive-compulsive-disorder-ocd/symptoms/>
- <https://cks.nice.org.uk/obsessive-compulsive-disorder>

Organic reactions– acute and chronic such as delirium with underlying causes such as infection, adverse reactions to drugs

- <https://cks.nice.org.uk/delirium>
- <https://www.bmj.com/content/346/bmj.f2031>
- <https://www.bmj.com/content/357/bmj.j2047>

Personality disorders including borderline, antisocial, narcissistic

- <https://bestpractice.bmj.com/topics/en-gb/489>
- <https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/personality-disorder/>
- <https://mentalhealth-uk.org/help-and-information/conditions/personality-disorders/types-of-personality-disorders/>

Pregnancy associated disorders such as antenatal, perinatal and postnatal depression, puerperal psychosis

- <https://gpnotebook.com/simplepage.cfm?ID=-811991028> Postpartum Psychosis
- <https://cks.nice.org.uk/depression-antenatal-and-postnatal>

Psychological problems including psycho-social problems and those associated with particular life stages such as childhood, adolescence and older people

- <https://www.simplypsychology.org/piaget.html> Piaget's theory of cognitive development
- <https://www.evidence.nhs.uk/search?q=attachment+disorder>
- See depression
- See ADHD

Relationship with substance misuse and dependence including alcohol and drugs of misuse and other habit disorders such as gambling

- <https://cks.nice.org.uk/opioid-dependence>

Severe behavioural disturbance including psychotic disorders such as schizophrenia, acute paranoia and acute mania

- See acute mental health problems above

Sleep disorders including insomnia, sleep walking

- <https://cks.nice.org.uk/insomnia>

Trauma including rape trauma syndrome, post-traumatic stress disorder, dissociative identity disorder

- <https://www.nice.org.uk/guidance/ng116/chapter/Recommendations>
- <https://cks.nice.org.uk/post-traumatic-stress-disorder>
- <https://www.nhs.uk/conditions/dissociative-disorders/>

- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/dissociation-and-dissociative-disorders/dissociative-disorders/#.XgIRc-ICzk>

Trichotillomania

- <https://www.nhs.uk/conditions/trichotillomania/>
- <https://www.ocduk.org/related-disorders/trichotillomania/>