

# How I Practice: Screening for Anxiety



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# Disclaimer

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# Presenter

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Julia Skapik is the Medical Director for Informatics for the National Association of community Health Centers (NACHC) and a board-certified Internist and Clinical Informaticist. Dr. Skapik is an industry as a member of the HL7 Board of Directors and the CMIO of LogicaHealth. She is currently a practicing community health provider with Neighborhood Health of Virginia.



No conflicts of interest to disclose.

# Anxiety

- Anxiety disorders are the most common mental illness in the US, with approximately 30% of adults in the US experiencing anxiety during their lifetime.
- Prevalence of anxiety disorders is higher among women compared with men (23% versus 14%).
- Anxiety disorders are often undiagnosed.
- The recent COVID-19 pandemic has only amplified these numbers.



# What is anxiety?

**Table 1. Anxiety Disorders<sup>1</sup>**

Generalized Anxiety Disorder	Excessive anxiety and worry (apprehensive expectation) occurring more days than not for at least 6 months about a number of events or activities (such as work or school performance); the person finds it difficult to control the worry.
Separation Anxiety Disorder	Developing inappropriate and excessive fear or anxiety concerning separation from those to whom the individual is attached.
Social Phobia or Anxiety	Marked fear or anxiety about one or more social situations in which the individual is exposed to possible scrutiny by others.
Specific Phobia	Marked fear or anxiety about a specific object or situation (e.g., flying, heights, animals, receiving an injection, seeing blood).
Panic Disorder	Recurrent unexpected panic attacks. A panic attack is an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes.
Selective Mutism	A childhood disorder typified by an inability to speak in certain circumstances. Specifically, it is a consistent failure to speak in certain social situations where there is a natural expectation of speaking.
Agoraphobia	A disproportionate fear of public places, often perceiving such environments as too open, crowded, or dangerous.

\*Women's Preventive Services Initiative. Screening for Anxiety: Systematic Review. Retrieved from: <https://www.womenspreventivehealth.org/wp-content/uploads/Screening-for-Anxiety-Report.pdf>

# Screening for Anxiety

*“Screening for anxiety in adolescent and adult women, including those who are pregnant or postpartum.*

*...screening intervals are unknown and clinical judgement should be used to determine screening frequency.*

*Given the high prevalence ... lack of recognition... and multiple problems associated with untreated anxiety, clinicians should consider screening women who have not been recently screened.”*

## Screening Tools (some):

- EPDS (specifically for pregnant and postpartum women)
- PHQ-4
- HADS in adult women
- Bright Futures Y-PSC in adolescents and young women

\*Women's Preventive Services Initiative. Screening for Anxiety. Retrieved from: <https://www.womenspreventivehealth.org/recommendations/screening-for-anxiety/>

# Screening for Anxiety: How I Practice

- Ask the patient to tell you about their situation.
- Ask questions such as the following:
  - Would you say that you are under a lot of stress?
  - Would you say that during the past month you have been worrying a lot about your everyday problems?
  - Would you say that includes feeling down or depressed at all as well?
  - Do you ever feel like life isn't worth living or that you would hurt yourself or others?
  - Would you be interested in getting help with these feelings?

# WPSI Resources

- Telehealth FAQ
- Billing and Coding Guide

**\*COMING SOON\***

- “How I Practice” Videos
  - Interpersonal and Domestic Violence
  - Anxiety
  - Contraception

**FAQ FOR TELEHEALTH SERVICES**

WPSI encourages health care professionals to continue to offer preventive services for their patients through telehealth platforms when appropriate. Telehealth is a general term for the use of electronic information and telecommunications technologies to support and enable the exchange of health information for clinical care and patient management. Telehealth can include video and audio, fax, email, and other electronic means. In-person visits are typically referred to as “face-to-face” visits. Telehealth can be used in a variety of settings, such as private (large or small) hospitals, or other health care setting should evaluate their local or regional situation to determine the most appropriate setting for the delivery of telehealth services. Telehealth can be used to provide preventive services for patients in rural or underserved areas, as well as for patients who are unable to travel due to geographic, physical, or other barriers, such as the elderly population, availability of local health care resources, including staffing and personal care services, or patients with disabilities. Community clinics are a single solution applicable to all situations.

WPSI has created one page to identify valuable resources that can help clinicians to measure or provide health care to their patients. Please see below for additional resources as well as frequently asked questions. [www.womenshealth.org](http://www.womenshealth.org)

**General Telehealth Questions**

What is telehealth? **Telehealth** refers to the use of electronic information and telecommunications technologies to support and enable the exchange of health information for clinical care and patient management. Telehealth can include video and audio, fax, email, and other electronic means. In-person visits are typically referred to as “face-to-face” visits. Telehealth can be used in a variety of settings, such as private (large or small) hospitals, or other health care setting should evaluate their local or regional situation to determine the most appropriate setting for the delivery of telehealth services. Telehealth can be used to provide preventive services for patients in rural or underserved areas, as well as for patients who are unable to travel due to geographic, physical, or other barriers, such as the elderly population, availability of local health care resources, including staffing and personal care services, or patients with disabilities. Community clinics are a single solution applicable to all situations.

**WHAT ARE THE DIFFERENT TYPES OF TELEHEALTH?**

WPSI has created one page to identify valuable resources that can help clinicians to measure or provide health care to their patients. Please see below for additional resources as well as frequently asked questions. [www.womenshealth.org](http://www.womenshealth.org)

**WHAT ARE THE ELEMENTS OF TELEHEALTH?**

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**WHAT IS ELIGIBLE TO PREMIUM AND BILL FOR TELEHEALTH?**

WPSI has created one page to identify valuable resources that can help clinicians to measure or provide health care to their patients. Please see below for additional resources as well as frequently asked questions. [www.womenshealth.org](http://www.womenshealth.org)

**HOW DO HEALTH CARE PROFESSIONALS GET PAID FOR TELEHEALTH?**

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**Our Speaker**

**Catherine T. Witkop, MD, MPH**  
**Col (Ret), USAF, MC**

Dr. Catherine Takacs Witkop, MD, MPH, is the Associate Dean for Medical Education at the F. Edward Hebert School of Medicine, “America’s Medical School,” Uniformed Services University (USU), Bethesda, MD.

Dr. Witkop is Professor of Obstetrics & Gynecology and Preventive Medicine at USU and is board certified and clinically active in both specialties. Dr. Witkop is a Fellow of both the American College of Obstetricians and Gynecologists (ACOG) and the American College of Preventive Medicine (ACPM). She serves as USU liaison on the Dissemination and Implementation Steering Committee and Multidisciplinary Steering Committee for the Women’s Preventive Services Initiative (WPSI).

No conflicts of interests to disclose.

[www.womenshealth.org](http://www.womenshealth.org)

**WPSI**



**Women’s Preventive Services Initiative (WPSI)  
2020 Coding Guide**



**Our Speaker**

**Cee Ann Davis, M.D., M.P.H., F.A.C.O.G, F.A.C.P.M**

Represents NACCHO on WPSI-DISC

Dr. Davis is currently Director of Blue Ridge Community Health, a non-profit organization providing public health and preventative health support services. She serves as Adjunct Faculty at Virginia Commonwealth University School of Medicine (teaching MPH Public Health Ethics and Interprofessional Education collaboration courses), and the Mary Baldwin University Murphy Denning School of Health Sciences (teaching the Physician Assistant women’s Health Module). She received her B.A. and M.D. from U.Va., and her Residency training and M.P.H. from Johns Hopkins University. She is Board Certified both in Obstetrics and Gynecology (Ob/Gyn) and in General Preventive Medicine/Public Health.

**WPSI**



# Useful Resources

- APA Anxiety Articles: <https://www.apa.org/topics/anxiety/>
- Everyday Health Anxiety Resources:  
<https://www.everydayhealth.com/anxiety/guide/resources/>
- Blog posts, Events, Webinars & More:  
<https://www.psychiatry.org/patients-families/anxiety-disorders>
- Anxiety Disorder Resource Center:  
[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Anxiety\\_Disorder\\_Resource\\_Center/Home.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx)

# Questions? Contact WPSI Staff



A unique woman deserves  
unique health care.

New WPSI  
#WellWoman Chart



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