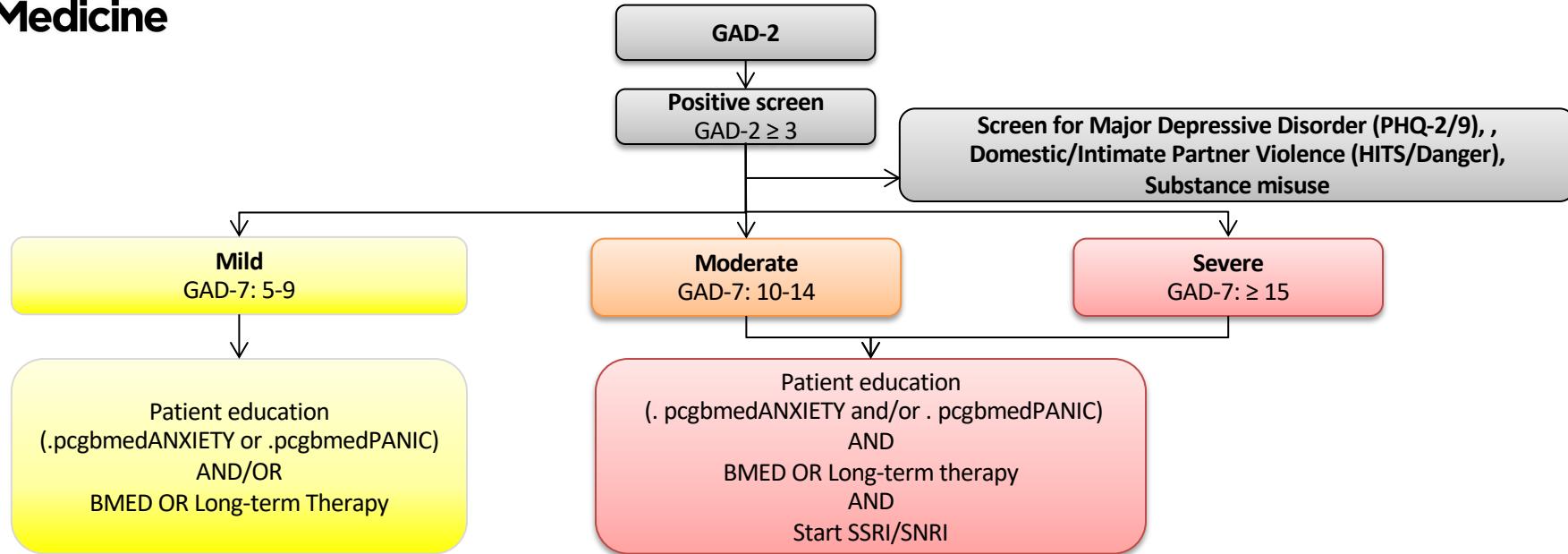


Adult Anxiety Screening and Management



Escitalopram (Lexapro) 5 mg x 1 wk \rightarrow 10 mg/d \rightarrow max 20 mg/d
 Sertraline (Zoloft) 25 mg/d x 1 wk \rightarrow 50 mg/d \rightarrow max 200 mg/d
 Duloxetine (Cymbalta) 20 mg/d \rightarrow max 90 mg/d
 Citalopram (Celexa) 20 mg/d \rightarrow max 40 mg/d
 Paroxetine (Paxil) 20 mg/d \rightarrow max 60 mg/d
 Venlafaxine ER (Effexor XL) 37.5 mg/d \rightarrow max 375 mg/d

SSRI	<u>First Line</u> . CYP450 2c19. Lower dose needed in 15% of Asians. \$10-60
SSRI	<u>First Line</u> . CYP450 2d6. Fewer drug interactions. Benzos increase level. Lower dose needed in 10% of Blacks. \$9-20
SNRI	<u>Second Line</u> (First Line if chronic / neuropathic pain, fibromyalgia). Monitor BP. CYP450 2d6 inhibitor. \$20-80
SSRI	QTc prolongation (>55 yo max 20 mg/d). CYP450 2c19. Lower dose needed in 15% of Asians. \$4-15
SSRI	Weight gain. Sig withdrawal. Avoid in pregnancy. CYP450 2d6. Lower dose needed in 10% of Blacks. \$4-20
SNRI	Monitor BP. Sig withdrawal. \uparrow 75 mg/d q4-7d. CYP450 2d6. Lower dose needed in 10% Blacks. \$15-40

Possible diagnoses:

Adjustment Disorder
 Generalized Anxiety Disorder
 Social Anxiety Disorder
 Panic Disorder (see algorithm)
 Obsessive Compulsive Disorder
 Phobia
 PTSD (see algorithm)

Measure GAD-7 every 2-4 weeks
via MyChart, phone, or in person

GAD-7: $\geq 50\%$ better

Continue treatment ≥ 6 mo

GAD-7: $< 50\%$ better

Increase, augment, or switch SSRI/SNRI
AND/OR Initiate therapy

If ≥ 3 months, consider Psychiatry

AUGMENT
 Buspirone 7.5-30 mg BID
 Pregabalin 75-300 mg BID
 Hydroxyzine 10 mg QID -25 mg TID
 Clonazepam 0.5-2 mg BID