

Title and Number of Directive: Order Table PA-15: Psychiatry

This table cannot be relied upon in the absence of: PA Medical Directive #15 – Psychiatry

**1. OVERALL CONDITIONS**

- The PA may evaluate and provide care for patients presenting with the following new or ongoing conditions:
  - o Mood disorders
    - Depression
    - Bipolar disorder
    - Adjustment disorders
    - Seasonal affective disorder
    - Postpartum depression
  - o Anxiety disorders
    - Generalized anxiety disorder
    - Panic attacks/disorder
    - OCD
    - PTSD
    - Acute stress disorder
    - Phobias
  - o Eating disorders
    - Anorexia nervosa
    - Bulimia nervosa
    - Binge-eating disorder
  - o Substance abuse disorders
- PA will discuss patient status and care with the physician on an ongoing basis as identified in the Practice Outline, and as necessary.

<p><b>Guidelines:</b></p> <ul style="list-style-type: none"> <li>- Compendium of Pharmaceuticals and Specialties, 2012.</li> </ul>	
<b>Orders</b>	<b>Indications and Contraindications.</b>
<b>2. HISTORY AND PHYSICAL EXAMINATION</b>	
<ul style="list-style-type: none"> <li>- The PA may complete a focused history based on presenting condition. <ul style="list-style-type: none"> <li>o History of present illness.</li> <li>o Pertinent past medical history.</li> </ul> </li> </ul>	
<ul style="list-style-type: none"> <li>- Focused physical exam may include: <ul style="list-style-type: none"> <li>o Vital signs.</li> <li>o Thyroid exam.</li> <li>o Cardiovascular exam.</li> <li>o Neurological exam.</li> <li>o Mental status.</li> </ul> </li> </ul>	
<b>3. COUNSELING</b>	
<ul style="list-style-type: none"> <li>- Lifestyle modification as appropriate.</li> <li>- Education regarding condition.</li> </ul>	
<b>4. LABS AND INVESTIGATIONS</b>	
<ul style="list-style-type: none"> <li>- The PA may order any of the following labs as necessary: <ul style="list-style-type: none"> <li>o CBC.</li> <li>o TSH.</li> </ul> </li> </ul>	

<ul style="list-style-type: none"> <li>○ Renal function (creatinine, BUN, A:Cr).</li> <li>○ Liver function tests (AST, ALT, alk phos, GGTT, bilirubin).</li> <li>○ Metabolic panel.</li> <li>○ Calcium.</li> </ul>	
<b>5. IMMUNIZATIONS</b>	
<ul style="list-style-type: none"> <li>- In accordance with PA Medical Directive #1 – Periodic Health Exam.</li> </ul>	<p><u>Guidelines:</u></p> <ul style="list-style-type: none"> <li>- Canadian Immunization Guide – Seventh Edition 2006.</li> </ul>
<b>6. THERAPEUTICS</b>	
<p><b>SSRI antidepressants</b></p> <ul style="list-style-type: none"> <li>- The PA may prescribe the following selective serotonin reuptake inhibitors: <ul style="list-style-type: none"> <li>○ Citalopram.</li> <li>○ Escitalopram.</li> <li>○ Fluoxetine.</li> <li>○ Flovaxamine.</li> <li>○ Paroxetine.</li> <li>○ Sertraline.</li> </ul> </li> </ul>	<p><u>Indications:</u></p> <ul style="list-style-type: none"> <li>- Depression.</li> <li>- Generalized anxiety disorder.</li> <li>- Obsessive compulsive disorder.</li> </ul> <p>* Not all medications apply to all conditions, appropriate guidelines shall be utilized.</p> <p><u>Contraindications:</u></p> <ul style="list-style-type: none"> <li>- Abrupt discontinuation may result in withdrawal symptoms and may raise serum levels of other drugs.</li> <li>- Use with caution in children, adolescents and young adults due to increased risk of suicidality.</li> <li>- Use of MAO inhibitors concurrently or within 14 days of using MAO inhibitor.</li> </ul>
<p><b>SNRI antidepressants</b></p> <ul style="list-style-type: none"> <li>- The PA may prescribe the following serotonin/norepinephrine reuptake inhibitors: <ul style="list-style-type: none"> <li>○ Desvenlafaxine.</li> </ul> </li> </ul>	<p><u>Indications:</u></p> <ul style="list-style-type: none"> <li>- Depression.</li> <li>- Generalized anxiety disorder.</li> <li>- Panic disorder.</li> <li>- Social anxiety disorder.</li> </ul>

<ul style="list-style-type: none"> <li>○ Duloxetine.</li> <li>○ Venlafaxine.</li> </ul>	<ul style="list-style-type: none"> <li>- Obsessive-compulsive disorder.</li> <li>- Post-traumatic stress disorder.</li> </ul> <p>* Not all medications apply to all conditions, appropriate guidelines shall be utilized.</p> <p><u>Contraindications:</u></p> <ul style="list-style-type: none"> <li>- Use of MAO inhibitors concurrently or within 14 days of using MAO inhibitor.</li> </ul>
<p><b>Tricyclic antidepressants</b></p> <ul style="list-style-type: none"> <li>- The PA may prescribe the following tricyclic antidepressants: <ul style="list-style-type: none"> <li>○ Amitriptyline.</li> <li>○ Desipramine.</li> <li>○ Doxepin.</li> <li>○ Imipramine.</li> <li>○ Nortriptyline.</li> </ul> </li> </ul>	<p><u>Indications:</u></p> <ul style="list-style-type: none"> <li>- Depression.</li> <li>- Post-traumatic stress disorder.</li> </ul> <p><u>Contraindications:</u></p> <ul style="list-style-type: none"> <li>- Use of MAO inhibitors concurrently or within 14 days of using MAO inhibitor.</li> </ul>
<p><b>Dopamine-reuptake inhibitor</b></p> <ul style="list-style-type: none"> <li>- The PA may prescribe the following dopamine-reuptake inhibitor: <ul style="list-style-type: none"> <li>○ Bupropion</li> </ul> </li> </ul>	<p><u>Indications:</u></p> <ul style="list-style-type: none"> <li>- Depression.</li> <li>- Seasonal affective disorder.</li> </ul> <p><u>Contraindications:</u></p> <ul style="list-style-type: none"> <li>- Use of MAO inhibitors concurrently or within 14 days of using MAO inhibitor.</li> </ul>
<p><b>Serotonin reuptake inhibitor/antagonist</b></p> <ul style="list-style-type: none"> <li>- The PA may prescribe the following serotonin reuptake inhibitor/antagonist: <ul style="list-style-type: none"> <li>○ Nefazodone.</li> <li>○ Trazadone.</li> </ul> </li> </ul>	<p><u>Indications:</u></p> <ul style="list-style-type: none"> <li>- Depression.</li> <li>- Post-traumatic stress disorder</li> </ul> <p>* Not all medications apply to all conditions, appropriate guidelines shall be utilized.</p>

	<p><u>Contraindications:</u></p> <ul style="list-style-type: none"> <li>- Use of MAO inhibitors concurrently or within 14 days of using MAO inhibitor.</li> </ul>
<p><b>Alpha-2 antagonist</b></p> <ul style="list-style-type: none"> <li>- The PA may prescribe the following alpha-2 antagonist:             <ul style="list-style-type: none"> <li>o Mirtazapine.</li> </ul> </li> </ul>	<p><u>Indications:</u></p> <ul style="list-style-type: none"> <li>- Depression.</li> <li>- Post-traumatic stress disorder</li> </ul> <p><u>Contraindications:</u></p> <ul style="list-style-type: none"> <li>- Use of MAO inhibitors concurrently or within 14 days of using MAO inhibitor.</li> </ul>
<p><b>Antianxiety agent</b></p> <ul style="list-style-type: none"> <li>- The PA may prescribe the following antianxiety agent:             <ul style="list-style-type: none"> <li>o Buspirone.</li> </ul> </li> </ul>	<p><u>Indications:</u></p> <ul style="list-style-type: none"> <li>- Generalized anxiety disorder.</li> </ul>
<p><b>Antimanic agent</b></p> <ul style="list-style-type: none"> <li>- The PA may prescribe but not initiate the following antimanic agent:             <ul style="list-style-type: none"> <li>o Lithium.</li> </ul> </li> </ul>	<p><u>Indications:</u></p> <ul style="list-style-type: none"> <li>- Bipolar disorder.</li> </ul>
<p><b>7. REFERRALS</b></p>	
<ul style="list-style-type: none"> <li>- The PA may make referrals to psychologists/psychiatrists in consultation with supervising physician.</li> </ul>	
<p><b>9. ABSENTEE NOTES</b></p>	
<p>The PA may write absentee notes as appropriate.</p>	