

The 5-Steps Approach for Providing Mental Health care in PHC

Dr. Abdullah Dukhail Al-Khathami

ABF, FFCM, DTQM, MSc Med Educ (Cardiff-UK), Diploma/MSc PMHC (Nova-Lisbon, Portugal)

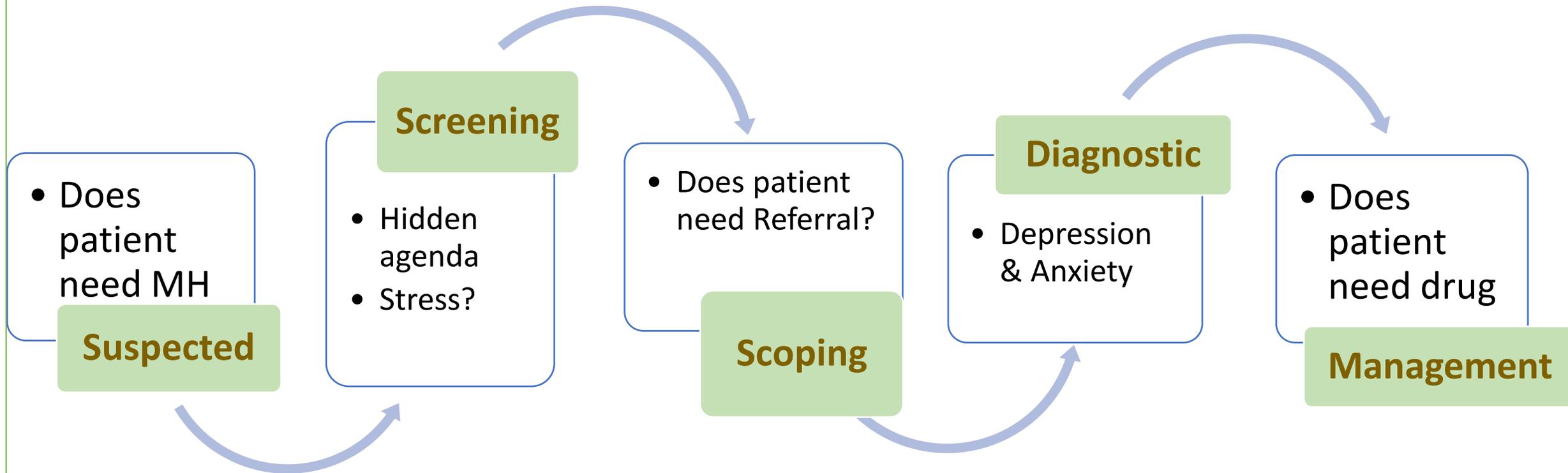
Consultant of Family & Community Medicine

Director PMHC initiative Program-MOH KSA

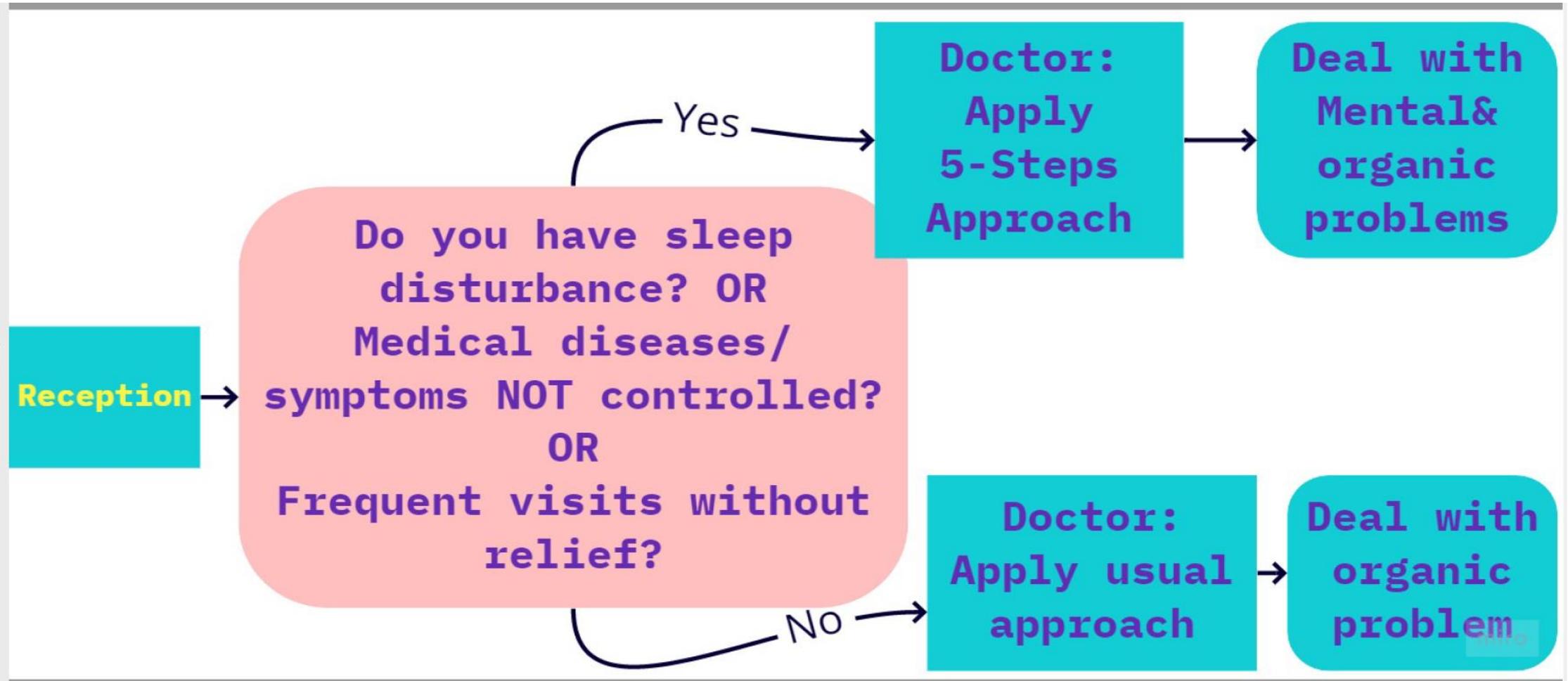
Vice - Chair Wonca WG on MH - EMRO

5-Steps Approach for providing PMHC in PHC

(approved by WHO,2019)

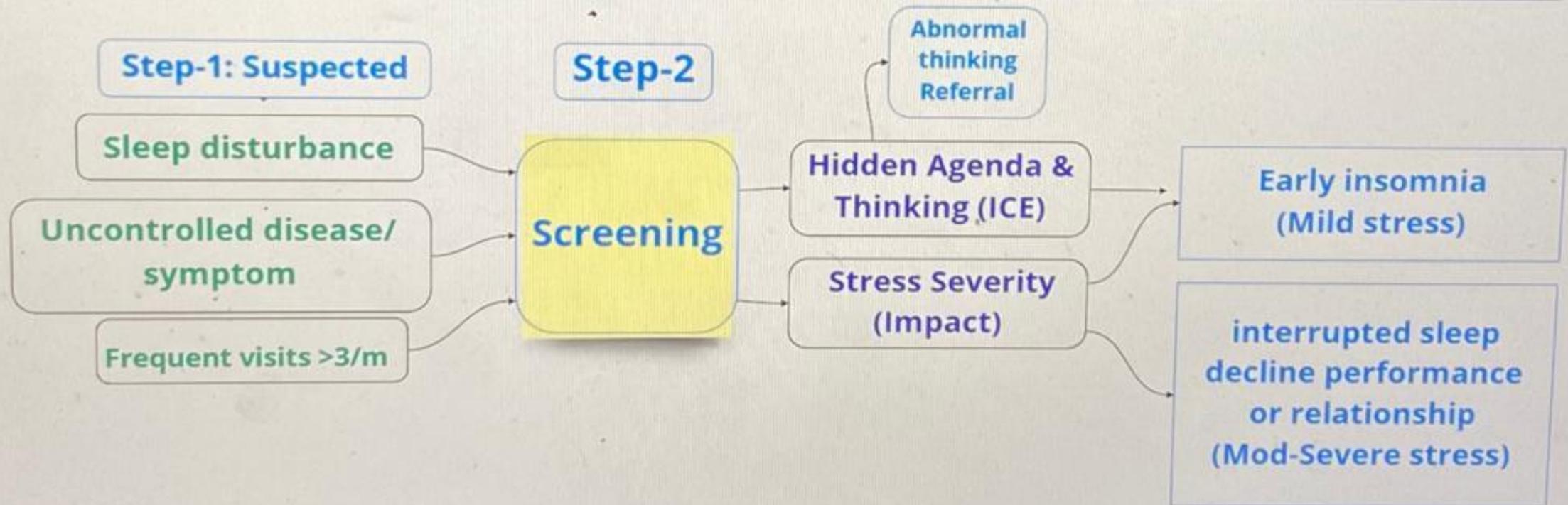


Step-1: Scoping



Step-2: Screening

5-Steps Approach (1&2)



Step-3: Scoping

Aim:

Dose patient need referral?

➤ Referral cases to specialist:

* *Emergency Psychiatry*

***OPD Psychiatry*

ODP psychology

- Suicidal*
- Bipolar disorder*
- Psychotic symptoms, e.g., hallucination or delusion*
- Postpartum depression*
- Child MH problems** – except enuresis
- Eating & Sexual disorders**
- Drug abuse or alcohol misuse**
- Personality disorders#
- Un-respond cases**

Step-4: Diagnosis

كيف يشخص الاكتئاب والقلق



عيادة الإرشاد الشامل - برنامج الرعاية النفسية الأولية

Step-5: Management

Rule-ONE: mild Cases – Don't start on drug immediately

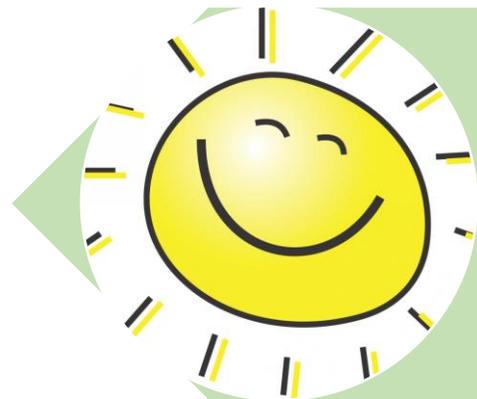
Rule-TWO: Moderate-severe Cases Start on drug Except 2 types

1. Side effect of medication: B-blockers, Steroid, Hormonal contraceptive
 - stop medication, modify & follow-up 1-week
2. Incooping with life event: conflict, divorce, loss, taking responsibility....
 - Try **Narrative therapy** as first step,
 - if no well-respond – start SSRI e.g. Escitalopram 5mg for 1wk then 10mg

Prognosis



1-2 wks Improvement



6-8 wks Remission

