Hertfordshire Partnership NHS Foundation Trust

NHS Hertfordshire

as One

Stepped Care Model for Generalised Anxiety Disorder (GAD)

(Based on NICE Clinical Guideline 113 January 2011)

Interventions to be initiated within Primary Care

Focus of the intervention	Nature of the intervention	Service
Step 1 All known and suspected presentations of GAD	**Step 1** Identification and assessment; education about GAD and treatment options: active monitoring	**Step 1** Normally Primary Care
Step 2 Diagnosed GAD that has not improved after education and active monitoring in primary care	**Step 2** Low-intensity psychological interventions: individual non-facilitated self help and psychoeducational groups	**Step 2** Normally Primary Care
Step 3 GAD with an inadequate response to step 2 interventions or marked functional impairment	**Step 3** Choice of high-intensity psychological intervention (CBT/applied relaxation) or a drug treatment Choice for drug treatment **1. SSRI – Sertraline*** **2. SSRI – Citalopram**** **3. SNRI - Venlafaxine** **Recommended by NICE but not licensed for GAD* *** Not licensed in the UK for GAD but widely used for depression associated with anxiety* ***(note revised BNF doses)***	**Step 3** Normally Primary Care *Review effectiveness of medication and side effects of the drug every 2-4 weeks during the first 3 months of treatment and every 3 months thereafter. If drug is effective advise person to continue taking it for at least a year as the likelihood of relapse is high*

Referral to Secondary Care

Step 4 Complex treatment-refractory GAD and very marked functional impairment, such as self neglect or a high risk of self harm	**Step 4** Highly specialist treatment, such as complex drug and/or psychological treatment regimes; input from multi-agency teams, crisis services, day hospitals or inpatient care Options for drug treatment 1. SNRI – Duloxetine 2. Pregabalin *(named patient request)* 3. Antipsychotics 4. Combination treatment 5. Other options	**Step 4** Normally specialist services in secondary care will initiate treatment. *It is anticipated that primary care will continue to prescribe medication initiated by secondary care*

Approved by:

- Hertfordshire Partnership NHS FT Drugs & Therapeutics Committee (DTC) Nov 2011
- NHS Hertfordshire Primary Care Medicines Management Group (PCMMG) Nov 2011