

THE PCP'S GUIDE TO USING A BHC

COMMON REFERRALS

- Typical psych complaints (e.g., mood disorders, ADHD, substance abuse, psychosis)
- Socio-emotional problems (e.g., domestic violence, bereavement, marital problems)
- Tension or migraine headaches
- Chronic disease management (e.g., hypertension, diabetes)
- Insomnia
- Back pain, headaches, or other chronic pain
- Fatigue without medical etiology
- Obesity
- Smoking cessation
- Parenting and behavioral problems in kids

REFERRALS YOU MIGHT NOT HAVE THOUGHT OF

- Temporomandibular Disorder (TMD)
 - Often successfully treated with habit reversal and stress management education
- Habit reversal (e.g., thumb sucking, fingernail biting, hair pulling)
- Acute post-trauma problems
 - Early behavioral intervention can prevent PTSD
- Irritable Bowel Syndrome w/o clear psychiatric comorbidity
 - Behavioral interventions can reduce IBS symptoms
- Some dermatological problems (e.g., urticarias, alopecia, hyperhidrosis)
 - Often worsened by stress
- Chronic nonspecific dizziness
 - Two-thirds of chronic dizziness patients have panic attacks
- Irritable Bladder Syndrome
 - Patients may need a behavioral plan to gradually increase time between voids
- Patients currently doing well, but with a history of chronic problems or high relapse risk
 - Patients often utilize BHC instead of PCP in a future crisis or for case management needs
- Encopresis in kids
 - BHC can help parents establish a toileting and reward plan

BHC USES YOU MIGHT NOT HAVE THOUGHT OF

- Information gathering calls (e.g., to other health care providers) regarding mental health issues
- Complete medication agreements with patients who use controlled substances long-term
- Gather history on a work-in with acute psychiatric symptoms
- Gather history on a scheduled patient with psychiatric problems when you are behind
- Return phone call to patient with psychiatric concerns
- Review psychiatric records from a consult or previous provider
- Meet with patients to discuss end-of-life issues
- Conduct anticipatory guidance during well child checks (if the BHC has been trained)