

Priority Topic: **BEHAVIOURAL PROBLEMS**

Key Features:

1. In **all patients**, when working up a **behavioural** problem:
 - a) Ensure a **thorough assessment** of **medical** and **mental health** conditions (e.g. schizophrenia in adolescents and young adults) and **psychosocial factors** before offering a diagnosis or definitive advice (i.e. do not dismiss the problem as being “a phase,” or “hormones,” or “just adolescence”).
 - b) Use a **validated assessment tool** if available.
 - c) Use **multiple sources of information** (e.g. workplace, family, school) with **consent**.
 - d) Explore the **patient’s own perspective**, not just that of the caregiver.

What you should study:

- ✓ **Conduct Disorder: Recognition and Management AAFP 2018**
- ✓ **Depression in Children and Adolescents AAFP 2019**
- ✓ **Questions about ODD AAFP 2016**
- ✓ **Recognition and Differential Diagnosis of Psychosis in Primary Care AAFP 2015**
- ✓ **Teacher Assessment Form CADDRA**
- ✓ **Mental Health Screening Tools and Rating Scales CPS**

2. In assessing behavioural problems in adolescents , specifically look for substance use, peer issues, abuse, and other stressors .

What you should study:

- ✓ Adolescent Substance Use and Abuse AAFP 2008
- ✓ Childhood Bullying AAFP 2018
- ✓ Psychosocial Assessment for Adolescents 2013 (**expanded HEADS interview**)
- ✓ Psychosocial Interview for Adolescents BC Children's

3. While assessing behavioural problems in a patient,

- a) Evaluate the impact of the behaviour.
- b) Explore any underlying emotional distress with the patient.
- c) Destigmatize embarrassing behaviours .

What you should study:

- ✓ Early Identification of Psychosis Primer
- ✓ Stigma and Discrimination

4. When making a diagnosis of a behavioural problem in a patient:

- a) Avoid premature labelling of behaviour as a disorder.
- b) Follow up with support and regular visits until the situation is clearer and any therapeutic requirements are more evident .

What you should study:

✓ ADHD Differential Diagnosis - Ch 2 of CADDRA Guidelines 2011

5. When managing behavioural problems:

- a) **Assess** and **address immediate risk** for the patient and others.
- b) **Do not limit** treatment to medication; **address** other dimensions (e.g. do not just use amphetamines to treat ADD, but add social skills, teaching, time management, etc.) and **match** to available **community resources**.

What you should study:

- ✓ **Diagnosis and Management of ADHD in Children AAFP 2014**
- ✓ **General Parenting Strategies AAFP 2018**
- ✓ **Suicidal Ideation and Behaviour CPS**

6. When there is a **challenging relationship** with a patient with behavioural problems, maintain a **continuous, therapeutic, and non-judgemental relationship** with the patient and family.