Priority Topic: **PERSONALITY DISORDER**

Key Features:

See also: **Priority Topic Difficult Patient**

1. Clearly establish and maintain limits in dealing with patients with identified personality disorders. For example, set limits for:
   - appointment length.
   - drug prescribing.
   - accessibility.

What you should study:

✓ Better Boundaries 2011 - **a nursing resource but very relevant**

✓ Treating patients with BPD AAFP 2013

2. In a patient with a personality disorder, look for medical and psychiatric diagnoses when the patient presents for assessment of new or changed symptoms. (Patients with personality disorders develop medical and psychiatric conditions, too.)

✓ **Just do it!**

3. Look for and attempt to limit the impact of your personal feelings (e.g., anger, frustration) when dealing with patients with personality disorders (e.g.,stay focused, do not ignore the patient's complaint).

What you should study:

✓ Difficult Encounters AAFP 2013

4. In a patient with a personality disorder, limit the use of benzodiazepines but use them judiciously when necessary.

What you should study:

✓ Better Boundaries

✓ Benzodiazepine Clinical Toolkit CPSA 2016

5. When seeing a patient whom others have previously identified as having a personality disorder, evaluate the person yourself because the diagnosis may be wrong and the label has significant repercussions.

What you should study: **Implied here is that you know how to diagnose a personality disorder.**

✓ General Personality Disorder DSM 5

✓ Cluster A Diagnostic Criteria DSM 5

✓ Cluster B Diagnostic Criteria DSM 5

✓ Cluster C Diagnostic Criteria DSM 5

✓ Other Personality Disorders DSM 5

Just for fun… and for your memory:

✓ Personality disorders mnemonics