

Anxiety Care Pathway

Prevention

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Encourage patient to share their feelings and concerns

Assessment

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Assess routinely using [SSPedi](#)

Mild Bother
(SSPedi score = a little)

Moderate Bother
(SSPedi score = medium)

Severe Bother
(SSPedi score = a lot or extremely)

Allocate resources based on severity of bother and according to the preferences and capabilities of the patient

Treatment

Treatment and Resources

Consult psychosocial resource

Consult psychiatry, psychology, social work, art therapy, chaplaincy, child life services, music therapy or recreational therapy
Encourage peer support groups

Do not give a benzodiazepine for the routine treatment of anxiety
Only give as a short-term measure for crisis treatment

Care Pathway

SSPedi: Symptom Screening in Pediatrics



Please tell us how much each of these things **bothered** you **yesterday or today** by ticking the circle that best describes the amount it bothered you:

	Not at all bothered	A little	Medium	A lot	Extremely bothered
Feeling disappointed or sad	<input type="radio"/>				
Feeling scared or worried	<input type="radio"/>				
Feeling cranky or angry	<input type="radio"/>				
Problems with thinking or remembering things	<input type="radio"/>				
Changes in how your body or face look	<input type="radio"/>				
Feeling tired	<input type="radio"/>				
Mouth sores	<input type="radio"/>				
Headache	<input type="radio"/>				
Hurt or pain (other than headache)	<input type="radio"/>				
Tingly or numb hands or feet	<input type="radio"/>				
Throwing up or feeling like you may throw up	<input type="radio"/>				
Feeling more or less hungry than you usually do	<input type="radio"/>				
Changes in taste	<input type="radio"/>				
Constipation (hard to poop)	<input type="radio"/>				
Diarrhea (watery, runny poop)	<input type="radio"/>				

Please tell us about any other things that have bothered you lately by writing about them here.