

PTSD Treatment Guidelines

General Information

Document Creation Date:

Last Revision Date:

Created by (Name / Position):

Intended for (Healthcare Setting):

Diagnostic Guidelines

Clinical Interview: Instructions for conducting an effective interview to gather symptoms.

DSM-5 Criteria: Checklist for various anxiety disorders (GAD, Panic Disorder, etc.).

Diagnostic Codes:

- **ICD-10 Codes:**
List specific codes for anxiety disorders.
- **CPT Codes:**
List codes for evaluations and therapy sessions.

Treatment Recommendations

Pharmacological Treatments:

- **First-Line Treatments:**
List SSRIs, SNRIs.
- **Alternative Options:**
Mention other medications and use cases.
- **Monitoring and Side Effects:** Instructions on monitoring.

Psychotherapy Interventions:

- **Cognitive Behavioral Therapy (CBT):**
Outline protocol and frequency.
- **Exposure Therapy:**
For specific phobias and social anxiety.
- **Other Therapeutic Approaches:** List ACT, MBSR, etc.

Testing and Assessment Tools

Recommended Tools: Specify GAD-7, PDSS, SPIN, etc.

Purpose and Interpretation: Guidance on administration and results interpretation.

Coding for Billing

ICD Codes: For anxiety and related conditions.

CPT Codes: For interviews, therapy, and tests.

Personalized Care Notes

Adjustments in Treatment Plans: Space for documenting changes.

Specific Observations: Section for notable behaviors or statements.

Patient Education and Engagement: Strategies for patient involvement.

Implementation and Follow-Up

Treatment Implementation: Steps for initiating selected treatments.

Monitoring Progress: Schedule and criteria for follow-up assessments.

Adjusting Care Plans: Guidelines for modifying treatment based on feedback.

Approval and Review

Approved by:

Date:

Review Schedule: Next review date or criteria for review.