

STANDARD TREATMENT WORKFLOW (STW)

Somatoform Disorders (SD)

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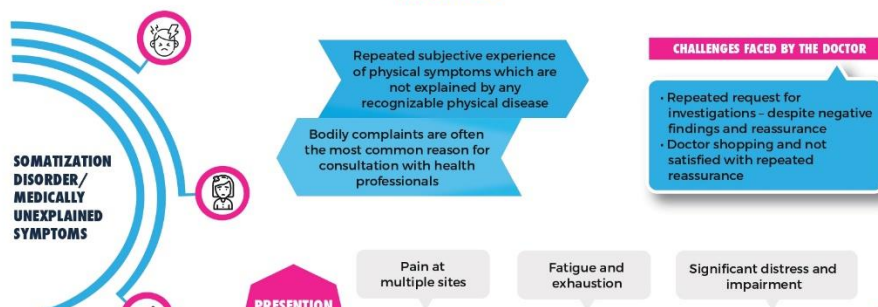
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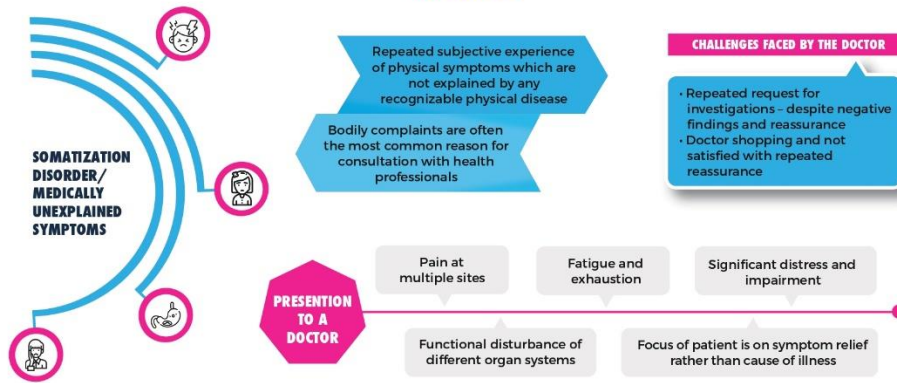
Standard Treatment Workflow (STW) for the Management of SOMATIFORM DISORDER (SD) ICD10-F45



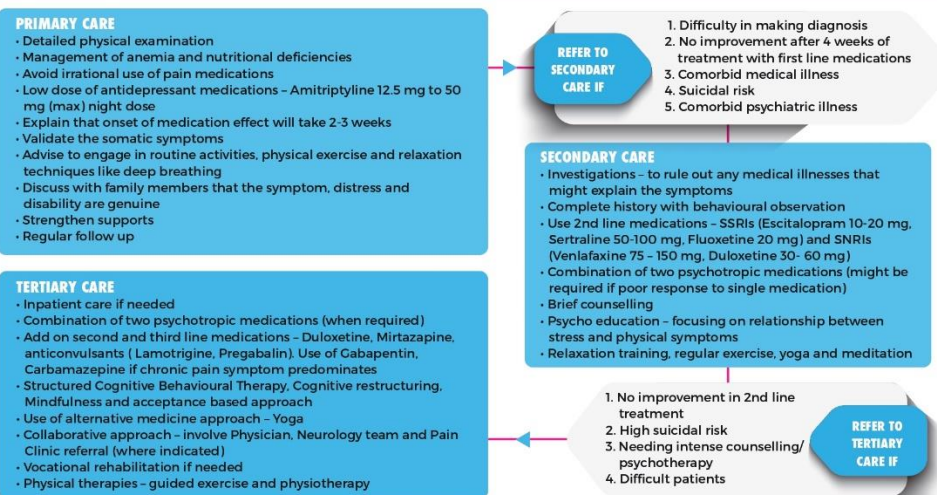
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Standard Treatment Workflow (STW) for the Management of SOMATIFORM DISORDER (SD) ICD10-F45



DIAGNOSTIC CRITERIA	
<p>INITIAL ASSESSMENT</p> <ul style="list-style-type: none"> Detailed clinical examination - to rule out any medical illnesses which might explain the symptoms Complete history of the onset of all symptoms, exacerbating and relieving factors Assessment for any other psychiatric illness such as depression or anxiety disorders 	<p>PSYCHOSOCIAL ASSESSMENT</p> <ul style="list-style-type: none"> Encourage to talk about psychosocial stressors if any Individual factors - poor coping skills, anxiety, life events, health anxiety, medical illnesses Family related factors - Substance use in family, interpersonal relationship with family, financial status Environmental factors - support system, peer relationship, work environment
<p>DIAGNOSTIC CRITERIA</p> <p>A. One or more somatic symptoms that are distressing or result in significant disruption of daily life.</p> <p>B. Excessive thoughts, feelings, or behaviours related to the somatic symptoms or associated health concerns as manifested by at least one of the following:</p> <ol style="list-style-type: none"> Disproportionate and persistent thoughts about the seriousness of one's symptoms Persistently high level of anxiety about health or symptoms Excessive time and energy devoted to these symptoms or health concerns <p>C. Although only one somatic symptom may not be continuously present, the state of being symptomatic is persistent (typically more than 6 months)</p> <p>A persistent course is characterized by severe symptoms, marked impairment, and long duration (more than 6 months)</p> <p>Severity:</p> <p>Mild - only one of the symptoms specified in criterion B is fulfilled</p> <p>Moderate - Two or more of the symptoms specified in criterion B is fulfilled</p> <p>Severe - Two or more of the symptoms specified in criterion B are fulfilled, plus there are multiple somatic symptoms (or one very severe somatic symptom)</p>	
<p>Following list include the commonest symptoms</p> <ol style="list-style-type: none"> Pain symptoms at multiple sites (such as abdominal, back, chest, dysmenorrhea, dysuria, extremity, head, joint, rectal) is often present Gastrointestinal sensations (pain, belching, regurgitation, vomiting, nausea) Abnormal skin sensations (itching, burning, tingling, numbness, soreness) and blotchiness Sexual and menstrual complaints (ejaculatory or erectile dysfunction, hyperemesis of pregnancy, irregular menses, menorrhagia, sexual indifference) are also common 	
MANAGEMENT	



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KEEP A HIGH THRESHOLD FOR INVASIVE PROCEDURES

This STW has been prepared by national experts of India with feasibility considerations for various levels of healthcare system in the country. These broad guidelines are advisory, and are based on expert opinions and available scientific evidence. There may be variations in the management of an individual patient based on his/her specific condition, as decided by the treating physician. There will be no indemnity for direct or indirect consequences. Kindly visit our web portal (stw.icmr.org.in) for more information.

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