## Algorithm 8.1

# Assessment and Management of Mental Health Disorders Following concussion/mTBI

#### Assessment

#### Assess for:

- Depressive disorders (see Appendix 8.1)
- Anxiety disorders (see Appendix 8.2)
  - Post-traumatic stress disorder (see Appendices 8.3 and 8.4)
- Substance use disorders (see <u>Appendix 8.5</u>)
- Other conditions that may require specific attention/management (refer to narrative in <u>Section 8</u>)

Based on the screening scales, determine the <u>severity</u> of any persistent mental health disorders.

#### If Mild/Moderate

Consider management by local PCP.

#### Non-Pharmacological Treatment

#### **General Measures:**

 Support and psychoeducation re: proper sleep hygiene: regular social and physical activity

#### **Psychosocial Interventions**

#### **Evidence-Based Psychotherapy:**

 Cognitive behavioural therapy (CBT); traumafocused therapy for PTSD

#### **Other Psychotherapy Interventions:**

· Depending on availability

#### If Severe

Consider referral to a psychologist or psychiatrist as required.

#### Non-Pharmacological Treatment

#### **General Measures**

#### **Psychosocial Interventions**

#### **Evidence-Based Psychotherapy:**

 CBT; trauma-focused therapy for PTSD

### Other Psychotherapy Interventions:

and response

Depending on availability

\*\* Medication Considerations

<1 medication change at a time

Regular follow-ups are necessary

Use caution to minimize potential adverse effects

#### Pharmacological Treatment\*\*

#### **Anxiety/Mood Disorders**

1st Line: SSRI

2nd Line: SNRI, mirtazepine, TCA

#### PTSD

Begin therapy at lowest effective dose and titrate based on tolerability

1st Line: SSRI

2nd Line: SNRI (venlafaxine)

#### **PTSD** and Sleep Disruption

Trazadone, mirtazapine, prazosin

#### Was the treatment successful?

No

#### Pharmacological Treatment \*\*

#### **Anxiety/Mood Disorders**

1st Line: SSRI

2nd Line: SNRI, mirtazepine, TCA

#### **PTSD**

1st Line: SSRI

2nd Line: SNRI (venlafaxine)

#### **PTSD** and Sleep Disruption

Trazadone, mirtazapine, prazosin

#### Was the treatment successful?

No

Yes

Yes

Monitor symptoms and continue therapy.

Referral to a psychologist or psychiatrist.

For a narrative description and guideline recommendations related to this algorithm, please refer to Section 8.

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