Provincial Inflammatory Bowel Disease (IBD) and Mental Health Primary Care Clinical Pathway

GASTROENTEROLOGY

1. Suspected anxiety or depression symptoms
- Patient reported symptoms

See Diagnostic Criteria link above for details.

Anxiety / Depression

2. Complete GAD-2

Score 0-2 → Patient not at risk for anxiety; continue to monitor

Score 3+ → Complete GAD-7
www.mdcalc.com/calc/1727/gad7-general-anxiety-disorder7

2. Complete PHQ-2

Score 0-2 → Patient not at risk for depression; continue to monitor

Score 3+ → Complete PHQ-9
www.mdcalc.com/calc/1725/phq9-patient-health-questionnaire9

3. Alarm features
"Responded positively in response to the final question of PHQ-9: "Thoughts you would be better off dead, or of hurting yourself in some way"

Yes → Direct patient to emergency department or instruct them to call 911. Non-urgent Mental Health Helpline at 1-877-303-2642

No

REFER TO PRIMARY CARE

PRIMARY CARE

If no primary care provider available, direct patient to contact mental health and wellness central in their community or call Mental Health Helpline at 1-877-303-2642

4. Management (all severities):
- Self-management resources: direct to recommended self-management tools
- Physician-guided programs: refer to psychological support programs
- Psychological therapy: refer to behavioural health specialist

Monitor symptoms using PHQ-9 and GAD-7

5. Specific approaches for Severe Depression (PHQ-9 Score ≥ 15) or Severe Anxiety (GAD-7 Score ≥15):
- Pharmacological therapy: consider adding a pharmacological agent to reduce symptoms