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## Worries, Bellyaches, and Headaches...Oh My!

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<b>Criteria for Successful Completion</b>	<ul style="list-style-type: none"> <li>• View entire recording</li> <li>• Completion of evaluation</li> </ul>
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# Worries, Bellyaches, and Headaches...Oh My!

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# Worries, Bellyaches, and Headaches...Oh My!

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This education video is intended for Georgia School health personnel who:

- Care directly for children and adolescents needing support for physical complaints
- Participate in the multidisciplinary team for children with mental health needs



# Objectives

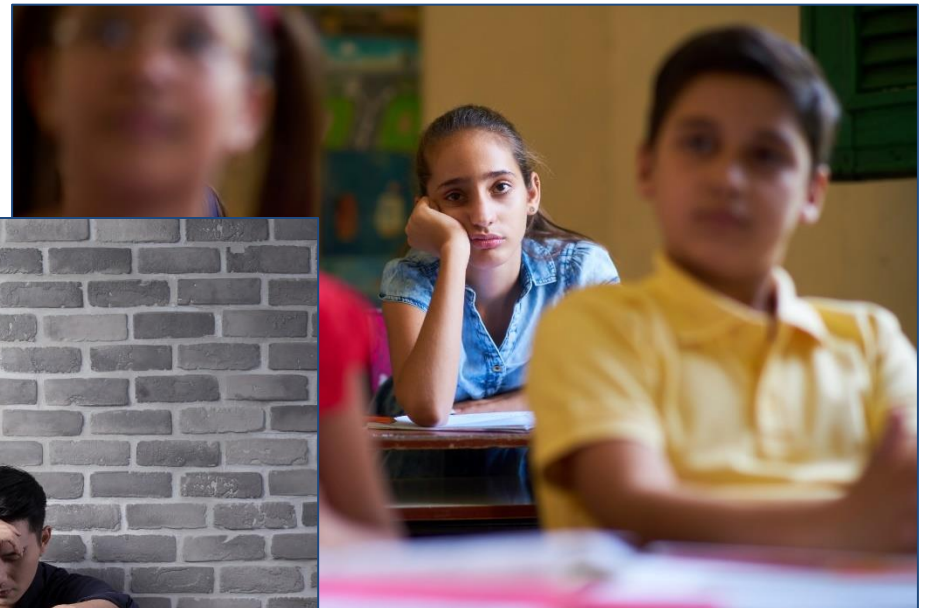
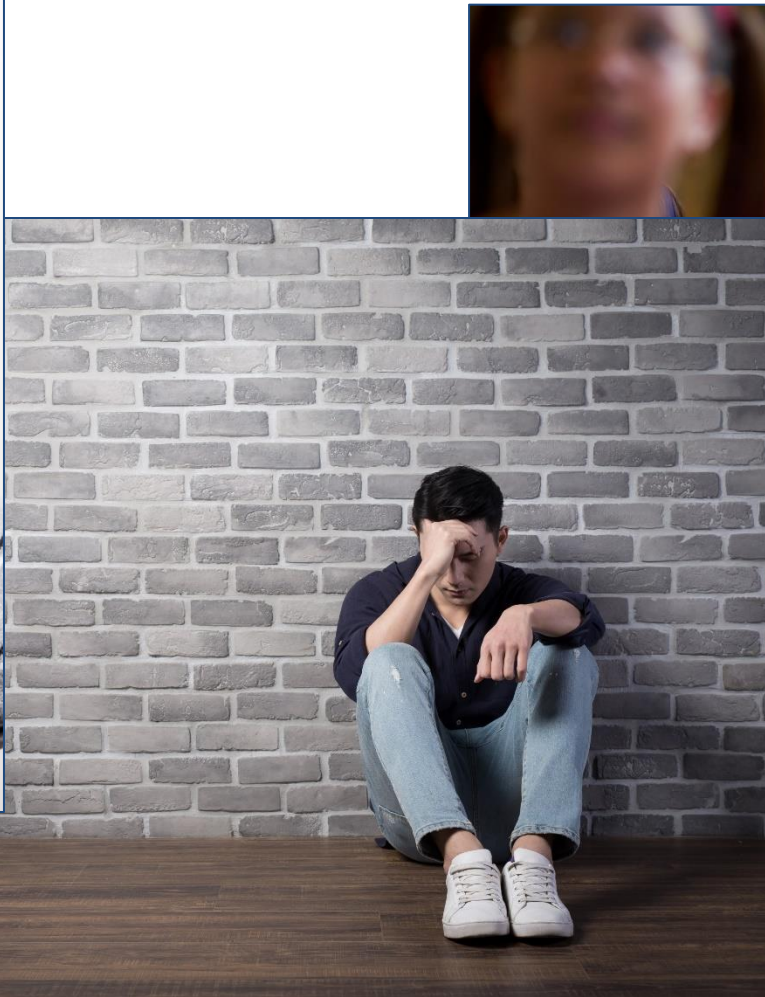
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1. Identify different anxiety disorders
2. Identify physical symptoms often associated with anxiety disorders
3. Describe interventions that can be performed in the nurses office



# Anxiety Disorders

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# Anxiety Disorders

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- Generalized Anxiety Disorders
- Social Anxiety Disorders
- Separation Anxiety Disorders
- Panic Disorders vs Panic Attack



# Generalized Anxiety Disorder

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- Excessive anxiety and worry occurs more days than not for at least 6 months about many different areas of life
- Little or no control over anxious behavior
- Causes significant impairment of function in work, relationships, and/or daily living
- No substance or medical causation



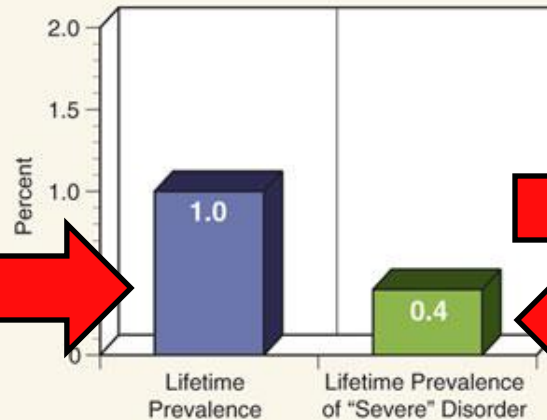


# Prevalence

## Generalized Anxiety Disorder

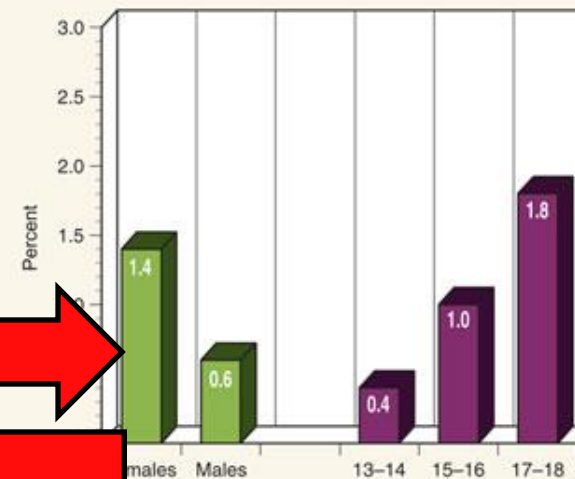
### Lifetime Prevalence of 13 to 18 year olds

- **Lifetime Prevalence:** 1.0% of 13 to 18 year olds
- **Lifetime Prevalence of "Severe" Disorder:** 0.4% of 13 to 18 year olds have "severe" hypomania



### Demographics (for lifetime prevalence)

#### Sex and Age



#### Race: Not Reported

Merikangas KR, He J, Burstein M, Swanson SA, Avenevoli S, Cui L, Benjet C, Georgiades K, Swendsen J. Lifetime prevalence of mental disorders in U.S. adolescents: Results from the National Comorbidity Study-Adolescent Supplement (NCS-A). *J Am Acad Child Adolesc Psychiatry*. 2010 Oct;49(10):980-989.



# Bio-Psycho-Social Symptoms

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- **Biological:** racing heart, rapid breathing, shortness of breath, nausea, tremors, shallow breathing, flushing, heartburn
- **Psychologic:** decreased attention, poor concentration, fear of injury/death, rapid speech, thought blocking
- **Social:** Irritability, impatience, fear, nervousness, isolation, avoidance



# Social Anxiety Disorder

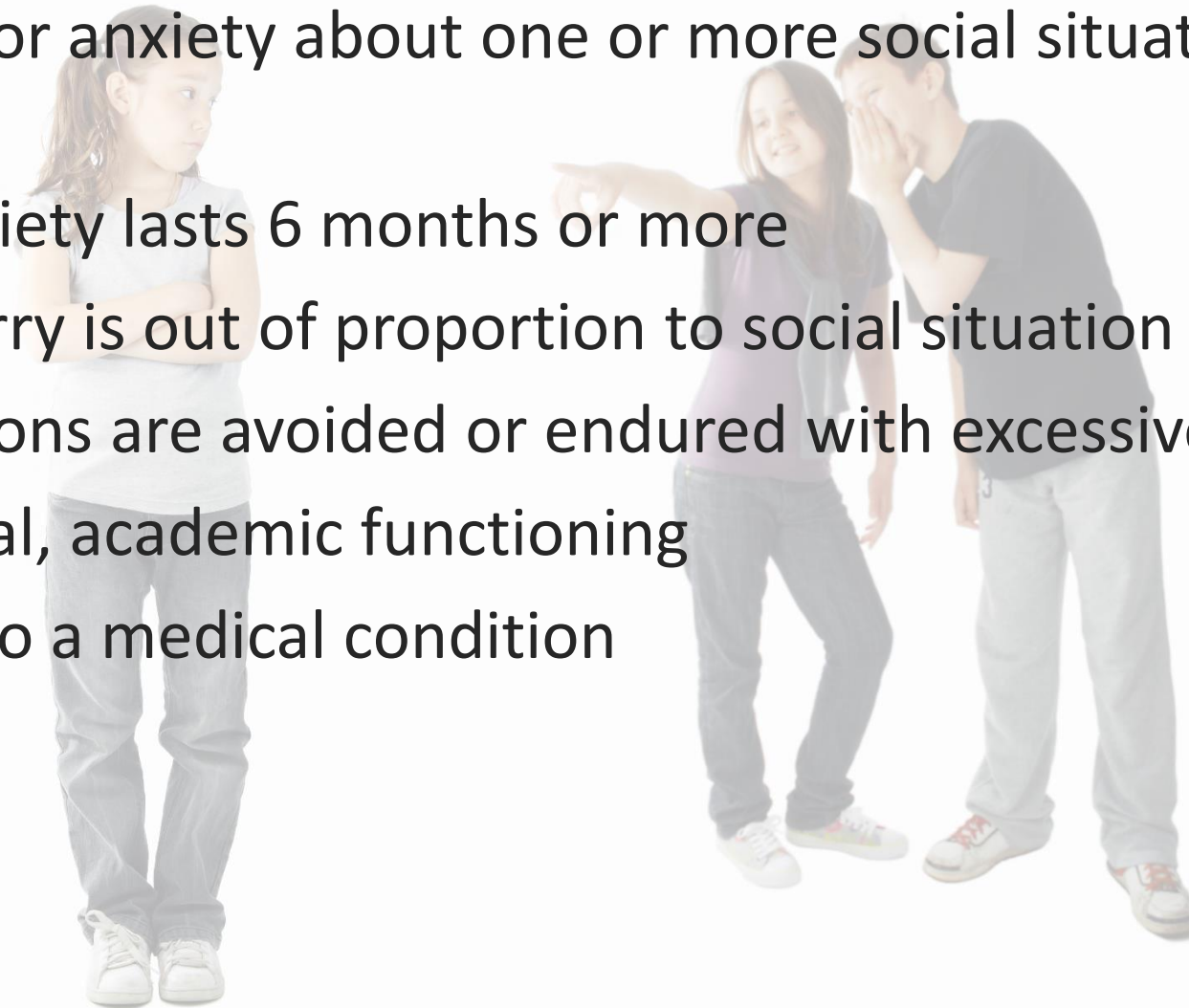
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# Social Anxiety Disorder

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- Intense fear or anxiety about one or more social situations, including peer settings
- Fear and anxiety lasts 6 months or more
- Fear and worry is out of proportion to social situation
- Social situations are avoided or endured with excessive fear
- Impacts social, academic functioning
- Not related to a medical condition



# Separation Anxiety Disorder

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- Developmentally inappropriate fear and worry about separation from those to whom the individual is attached
- Repeated somatic complaints in context of separation
- Fear of being alone
- Persistent fear of something bad happening, like a kidnapping
- Persistent fear of losing a loved one
- Fear lasts at least 4 weeks
- Impacts social, academic functioning
- Not related to a medical condition



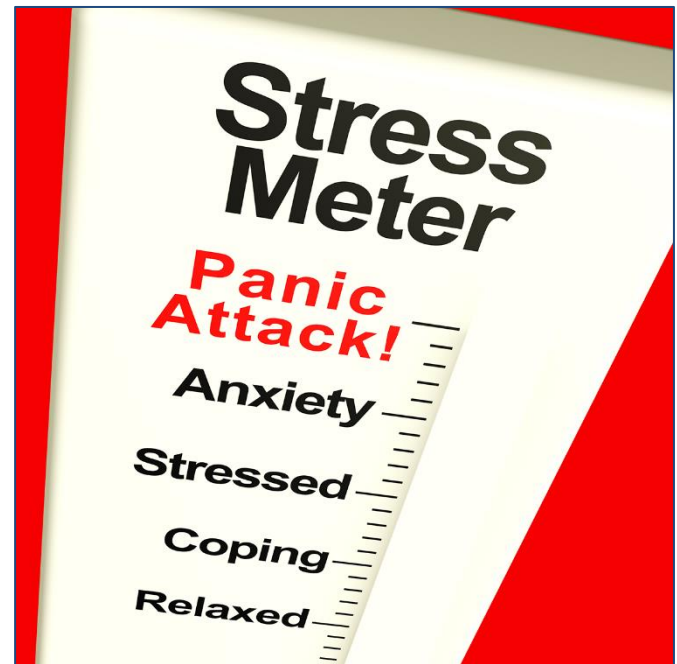


# Panic Disorder

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Now, moving on to Panic Disorder.

People who experience panic attacks do not necessarily have a panic disorder.

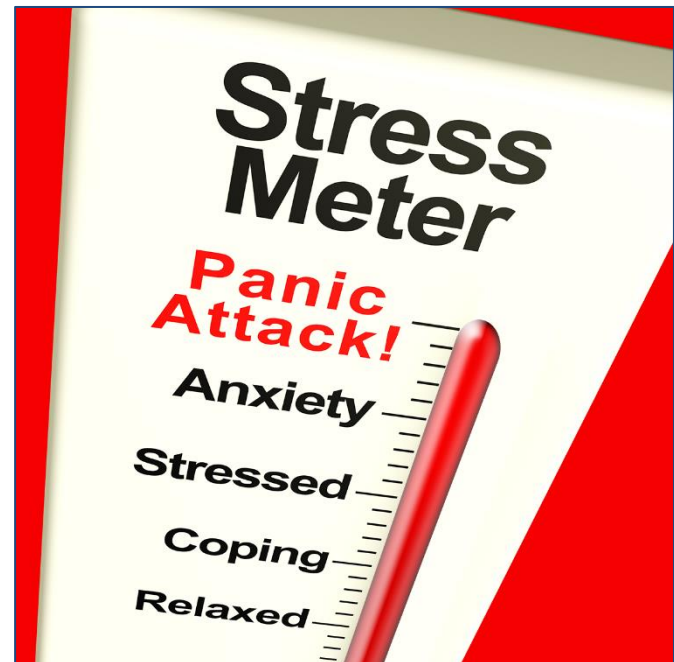


# Panic Disorder

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- Reoccurring, unexpected panic attacks
- At least one attack is followed by 1 month of persistent worry that another attack will occur, or the person begins to avoid situations he/she perceives will cause an attack
- Not related to a medical condition
- Not caused by substance use

**\*\*\* Panic attacks can occur within any of the above anxiety disorders; however, it becomes a panic disorder when the above mentioned symptoms exist.**



# What Does This Mean for the School Nurse?

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- Children presenting with physical complaints
  - Perform a typical routine exam
  - Don't assume that symptoms are anxiety related
- Children with multiple absences due to anxiety
  - Collaborate with other school personnel
- Children presenting with symptoms of panic
  - Let the child know that they are safe and acknowledge that they feel scared



# What Can I Do to Help?

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# What Can I Do to Help?

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Teach relaxation breathing





# What Can I Do to Help?

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Teach guided imagery



# What Can I Do to Help?

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Provide a safe and  
calming environment



# What Can I Do to Help?

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Collaborate with family, teachers and school counselors to help the student remain in school





## Mock Interviews

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- Teach relaxation breathing
- Teach guided imagery
- Provide a safe and calming environment
- Collaborate with family, teachers and school counselors to help the student remain in school



# Mock Interviews

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- First interview:
  - 7 year old female who presents to the nurses office with continued complaints of stomach aches, frequent absences, and tearfulness.





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# Mock Interviews

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- Second interview:
  - 17 year old female who presents to the nurses office with multiple complaints of headaches halfway through the day. Often asks to lay down in the nurses office for period 5-6 and sometimes asks to go home.



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# Reflection

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Take a moment to reflect on this idea and how it relates to the students with whom you interact.



# Summary

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Now that we have:





# Summary

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Now that we have:

1. Identified different anxiety disorders



# Summary

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Now that we have:

1. Identified different anxiety disorders
2. Identified physical symptoms often associated with anxiety disorders



# Summary

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Now that we have:

1. Identified different anxiety disorders
2. Identified physical symptoms often associated with anxiety disorders
3. Described interventions that can be performed in the nurses office



# Child/Adolescent Mental Health Issues: What School Health Personnel Need to Know

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# Child/Adolescent Mental Health Issues: What School Health Personnel Need to Know

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- Child/Adolescent Suicide





# Child/Adolescent Mental Health Issues: What School Health Personnel Need to Know

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- Child/Adolescent Suicide
- Child/Adolescent Anxiety



# Child/Adolescent Mental Health Issues: What School Health Personnel Need to Know

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- Child/Adolescent Suicide
- Child/Adolescent Anxiety
- Eating Disorders



# Worries, Bellyaches, and Headaches...Oh My!

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A component of the Child/Adolescent Mental Health Issues: What School Health Personnel Need to Know video series.



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# References

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- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.

