

PSYCHOLOGICAL MEDICINE CLINIC

WHO SEES THE DOCTOR?

Individuals with the following problems should be assessed and treated, to get better quickly and become well again.....

Disorders	The usual presenting features:
Anxiety disorders	Worry- palpitation- difficult to breathe or hyperventilate- tremors- giddiness- fainting. Excessive fear towards certain things or meeting people. Repetitive thoughts or actions.
Depressive disorders	Feeling sad almost everyday for more than 2 weeks- cannot cheer up- crying spells – multiple bodily complain especially “pain” and “aches” – changes in appetite – changes in sleep (eg: cannot sleep) – cannot concentrate – always feelings tired – hopeless and suicidal thoughts- Suicide attempt eg: wrist cutting, over dose.
Schizophrenia and other psychosis.	Talking to himself- hearing voices- paranoid ideas- abnormal behavior/ violent.
Substance misuse (drugs/ alcohol)	Addiction- may have abnormal behavior or mood problems.
Eating disorder	Refuse to eat or inducing vomiting/ purging after food. Excessive concern about body image.
Sexual dysfunction	Erectile dysfunction with underlying psychogenic cause. Issues of sexual orientation and related problems.
Sleep disorder	Unable to sleep: cannot fall asleep- wakes up in the middle of night – wakes up too early- nightmares – sleep walking.
Adjustment disorder	Sudden reaction to stress – grief work.
Other behavioral and mental disorders.	

THE DOCTOR ALSO HELPS THE CHILDREN AND ELDERLY



CHILDREN must be guided in these areas too:

Learning disorders

School refusal

Autistic disorder

ADHD (attention-deficit/ *hyperactivity* disorder)

Behavioral problems etc.



Special care must be given to the ELDERLY

who may have these conditions:

Alzheimer's dementia

Amnestic disorders

Delirium etc.