



Chronic Care Management Behavioral Health Integration Tests, Panels and Mindfulness

Tests:

Global Assessment Initial - 3 questions that measure patient's pain and mood.

GAD-7 - Generalized Anxiety Disorder - 7 item scale

PHQ-9 - Patient Health Questionnaire - 9 items (Depression)

Oswestry (Functional Test)

Behavioral Health Integration Panel:

Global Assessment Initial + GAD-7 (Generalized Anxiety Disorder - 7 item scale) + PHQ-9 (Patient Health Questionnaire - 9 items) (Depression) + Oswestry (Functional Test)

Test Descriptions:

- **Global Assessment Initial** - 3 questions created by our founding physicians to measure a patient's pain and mood.
- **GAD-7 (Generalized Anxiety Disorder - 7 item scale)** is a self-reported questionnaire for screening and severity measuring of generalized anxiety disorder (GAD). GAD-7 has 7 items, which measure severity of various signs of GAD according to reported response categories with assigned points (see below). Assessment is indicated by the total score, which made up by adding together the scores for the scale all seven items. GAD-7 is a sensitive self-administrated test to assess generalized anxiety disorder, normally used in outpatient and primary care settings for referral to psychiatrist pending outcome.
- **PHQ-9 (Patient Health Questionnaire - 9 items) (Depression)** The Patient Health Questionnaire (PHQ-9) is a brief, 9 item self-report screening tool that may help identify symptoms that could relate to depression. The PHQ-9 was developed for use in primary care settings. The Patient Health Questionnaire (PHQ-9) has rapidly become the national and international gold standard measurement tool in major depression. version of the AUDIT (page 2) are provided. Patients should be encouraged to answer the AUDIT questions in terms of standard drinks. A chart illustrating the approximate number of standard drinks in different alcohol

beverages is included for reference. A score of 8 or more is considered to indicate hazardous or harmful alcohol use. The AUDIT has been validated across genders and in a wide range of racial/ethnic groups and is well-suited for use in primary care settings.

- **Oswestry (Functional Test)** The Oswestry Disability Index (also known as the Oswestry Low Back Pain Disability Questionnaire) is an extremely important tool that researchers and disability evaluators use to measure a patient's permanent functional disability. The test is considered the 'gold standard' of low back functional outcome tools. The self-completed questionnaire contains ten topics concerning intensity of pain, lifting, ability to care for oneself, ability to walk, ability to sit, sexual function, ability to stand, social life, sleep quality, and ability to travel. Each topic category is followed by 6 statements describing different potential scenarios in the patient's life relating to the topic. The patient then checks the statement which most closely resembles their situation. Each question is scored on a scale of 0–5 with the first statement being zero and indicating the least amount of disability and the last statement is scored 5 indicating most severe disability. The scores for all questions answered are summed, then multiplied by two to obtain the index (range 0 to 100). Zero is equated with no disability and 100 is the maximum disability possible.

A Few WellBrain Mindfulness Pathway Examples (Selected by Patient):

- Introduction to Mindfulness Training
- Introduction to Mindfulness for Anxiety
- Introduction to Mindfulness for Depression
- Introduction to Mindfulness for Pain
- Reclaiming Your Body
- Building Appreciation
- Sleep
- Dealing with the Inner Critic
- Mindfulness for PTSD
- Stress Reduction
- Mindfulness for Addiction
- Intermediate Mindfulness Training for Pain Relief
- Mindfulness for Migraine Relief
- Mindfulness for Adolescents
- Mindfulness for Knee Pain

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