**Problem Statement**
- Affects 6.8 million American adults annually
- Twice as many women than men affected
- Average age of onset 31
- 50% of providers fail to diagnose mental health disorders in primary care setting
- Anxiety assessment diagnostic tools are a recommended solution to improving diagnostic accuracy

**Project Setting**
- FNP-owned/operated clinic established 2012
- Provider variability in diagnosis/management of patients presenting with anxiety symptoms
- Anxiety assessment tools not being utilized

**Community**
- Watford City, ND
  - Rural area with demographics recently influenced dramatically secondary to oil boom
  - Estimated a minimum of four patients/week with complaints of anxiety

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**Project Recommendations**
- Introduce purpose of using anxiety assessment tools in clinical practice to reliably diagnose and evaluate effectiveness of interventions implemented for GAD
- Create user-friendly documentation template that includes GAD-7 tool
- Utilize monthly reports to determine rate of anxiety patient complaints presenting to clinic and track improvement in anxiety symptoms through use of GAD-7

**Process Objectives**
- 100% of providers attendance at an in-service for appropriate use and interpretation of GAD-7
- 90% of patients presenting with chief complaint of anxiety have screening GAD-7 completed during visit
- 90% of patients diagnosed with GAD have DSM-V criteria documented
- 80% of patients presenting for follow-up of anxiety symptoms have second screening using GAD-7 tool

**Project Implementation/Data Collection**
- Pre-implementation provider education
- GAD-7 template built into EMR
- Provider pre/post test of:
  - Anxiety knowledge
  - Process improvement
  - Descriptive analysis of quantitative data completed
  - % of GAD-7 tool use
  - GAD-7 score documented in chart
  - Follow-up recommended and documented
  - DSM-V criteria for diagnostic relevance

**Project Results**
- During the project implementation period
  - 126 patients diagnosed with GAD
  - 32 diagnosed with unspecified anxiety
  - GAD-7 tool was utilized with each anxiety patient encounter (100%)
  - GAD-7 findings documented in each patient chart (100%)
  - Follow-up recommended (100%); however, not all patients complied (56.6% seen in follow up, 44.4% lost to follow up)
  - Summary of DSM-V criteria documentation for diagnostic relevance recorded (21.4%)

**Conclusion/Future Plans**
- DSM-V Criteria
  - Documentation not consistent
  - GAD-7 data collected, but no comment on clinical relevance/DSM-V criteria noted in plan
  - More monitoring needed
  - Include DSM-V documentation/criteria in template

- ANOVA Family Health Center
  - Continuing project indefinitely
  - Actively recruiting providers to increase patient access to care

**Project Recommendations**
- Include DSM-V criteria into documentation template
- Disseminate to other organizations/providers