Somatic Disorders, A Functional Dilemma
Using a team based approach to a set of complex diagnoses

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Objectives

• Define and differentiate Somatic Symptom, Factitious, Conversion/Functional Neurological Symptom Disorder & other disorders
• Discuss and analyze diagnostic and management strategies
• Identify and discuss regional and national resources for hospitalists
Somatic Symptom Disorder

A. ≥ 1 Somatic Symptoms
B. Excessive thoughts, or behaviors about symptoms:
   1. Disproportionate thoughts about seriousness
   2. Persistently high level of anxiety
   3. Excessive time and energy devoted
C. State of being symptomatic is **persistent**

Functional Neurological Symptom Disorder (Conversion Disorder)

A. ≥ 1 symptoms of altered voluntary motor or sensory function.
B. Evidence of incompatibility between symptoms & recognized medical conditions.
C. Not better explained by another medical or mental disorder.
D. Causes clinically significant distress or impairment in functioning or warrants medical evaluation.
Factitious Disorder Imposed on Self

A. Falsification of physical/psychological signs or symptoms
B. Presents himself or herself to others as ill, impaired, or injured.
C. Deceptive behavior, even in the absence of external rewards
D. Not better explained by another mental disorder

Factitious Disorder Imposed on Another

A. Falsification of physical/psychological signs or symptoms
B. Presents another individual to others as ill, impaired, or injured.
C. Deceptive behavior, even in the absence of external rewards
D. Not better explained by another mental disorder

Illness Anxiety Disorder

A. Preoccupation with having or acquiring a serious illness
B. Somatic symptoms are not present or, if present, are only mild in intensity.
C. High level of anxiety about health
D. Individual performs excessive health-related behaviors or exhibits maladaptive avoidance
E. Illness preoccupation present for at least 6 months
F. Not better explained by another mental disorder


Psychological Factors Affecting Other Medical Condition

A. Medical symptom or condition is present.
B. Psychological or behavioral factors adversely affect:
   1. Course of the medical condition
   2. Interfere with treatment
   3. Lead to health risks
   4. Influence the pathophysiology, exacerbating symptoms or necessitating medical attention.
C. Not better explained by another mental disorder

Other Disorders

• Specified Somatic Symptom & Related Disorder
  1. Brief somatic symptoms disorder
  2. Brief illness anxiety disorder
  3. Illness anxiety disorder without excessive health-related behaviors
  4. Pseudocyesis

• Unspecified Somatic Symptom & Related Disorder


Case Study Group Discussions
Regroup and Debrief

Physiatry Resources

• Pediatric PM&R providers: www.aapmr.org
  • Search engine with multiple contexts
  • Often able to communicate by phone with questions about appropriateness for rehabilitation services.

• Finding rehabilitation facilities:
  http://carelookup.com/inpatient-rehabilitation-facility-directory/providers.aspx

• Commission on Accreditation of Rehabilitation Facilities (CARF)
  Search by location, key words, or name:
  http://www.carf.org/providerSearch.aspx
Psychology Resources

• American Psychological Association: www.apa.org
  • From “Psychology Help Center” page choose “Find a Psychologist”

• Society of Pediatric Psychology (Division 54 of APA):
  http://societyofpediatricpsychology.org/

• Psychology Today: www.psychologytoday.com
  • Find provider by location, presenting issues, treatment orientation, etc.