

Everyone,

Annually, in a Sentinel we repeat Dr. Harold Eist's 2001 reflections on the position of the County's Chief Psychiatrist: "This position has become a roosting place for quislings, cowards, petains, mountebanks, other forms of scoundrels and the servant of inertia."

We are pleased to report that Rakech Bansil, MD, has joined the County's Access team.

Relative to one of psychiatry's major disorders [and not in DSM-5], Handheld Use Disorder, TIME magazine readers are told two approaches might help:

1] Install something like OFFTIME to gather data on habits and track progress.

2] Choose some phone-free activity that one enjoys, and set up the environment to help make it happen, e.g., put a book one wants to read in a prominent location.

NEJM [8 Feb 2018]: A study involving military veterans who had chronic PTSD found prazosin did not alleviate distressing dreams or improve sleep quality.

The rest of this note lists conditions available to all clinicians in this country, but not listed in DSM-5. County clinicians may not feel limited to DSM-5 coded entities.

F20.0 Paranoid schizophrenia

F20.1 Disorganized schizophrenia

F20.2 Catatonic schizophrenia

F20.3 Undifferentiated schizophrenia

F20.5 Residual schizophrenia

F40.210 Arachnophobia

F40.220 Fear of thunderstorms

F40.240 Claustrophobia

F40.241 Acrophobia

F40.242 Fear of bridges

F40.243 Fear of flying

F40.290 Androphobia

F40.291 Gynophobia

F42.3 Hoarding disorder [Hopefully, more recent printings of DSM-5 use "F42.3 which is specific to hoarding, no longer "F42" which is shared with obsessive-compulsive disorder]

F43.11 Post-traumatic stress disorder, acute

F43.12 Post-traumatic stress disorder, chronic

F43.29 Adjustment disorder with other symptoms

F45.0 Somatization disorder

F45.41 Pain disorder exclusively related to psychological factors

F45.42 Pain disorder with related psychological factors

F48.2 Pseudobulbar effect.

F51.01 Primary insomnia

F51.02 Adjustment insomnia  
F51.03 Paradoxical insomnia  
F51.04 Psychophysiological insomnia  
F51.05 Insomnia due to other mental disorder  
F51.09 Other insomnia not due to a substance or known physiological condition  
F80.1 Expressive language disorder  
F80.2 Mixed receptive-expressive disorder  
F80.4 Speech and language development delay due to hearing loss  
F80.82 Social pragmatic communication disorder  
F84.2 Rett's syndrome  
F84.5 Asperger's syndrome

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