

## Adult Clinical Pathway for Adults with Bipolar Disorders

Patient presents with manic or manic like symptomatology. Perform validated screening tool for further clarification. Does the patient meet DSM5-TR criteria for bipolar disorder. Patient has factors associated with bipolar, see table 4 at <https://www.aafp.org/pubs/afp/issues/2021/0215/p227.html> Has secondary causes of mania been considered, see table 5. Also has PCP or provider ordered labs been reviewed if indicated, see table 6. Has other BH disorders been considered.

Patient meets DSM5-TR for bipolar disorder or other disorders on the manic spectrum. Does patient meet criteria for inpatient hospitalization?

Patient doesn't meet criteria for hospitalization. Medication Management, Psychoeducation, educate adherence, crisis plan discusses, Mobile crisis contact given.

If patient is admitted to ED and/or inpatient unit. Has a warm handoff given to attending MD. When patient is discharged are they seen within 7 days (HEDIS)?

Consider psychotherapy and continue psychoeducation for patient and family. For F/U, assess adherence. Monitor for side effects, wt gain, check Lipid panel within 1 year after start (HEDIS), if no improvement considers another diagnosis, is a co-occurring MH disorder is clouding the diagnosis? Refer to link for further recommendations.

<https://www.aafp.org/pubs/afp/issues/2021/0215/p227.html>