

# GP BULLETIN: A NEWSLETTER FOR GPs BY HEALTHWAY MEDICAL

## SPRAINS IN THE BRAIN: AN OVERVIEW OF COMMONLY ENCOUNTERED STRESS DISORDERS IN GENERAL PRACTICE



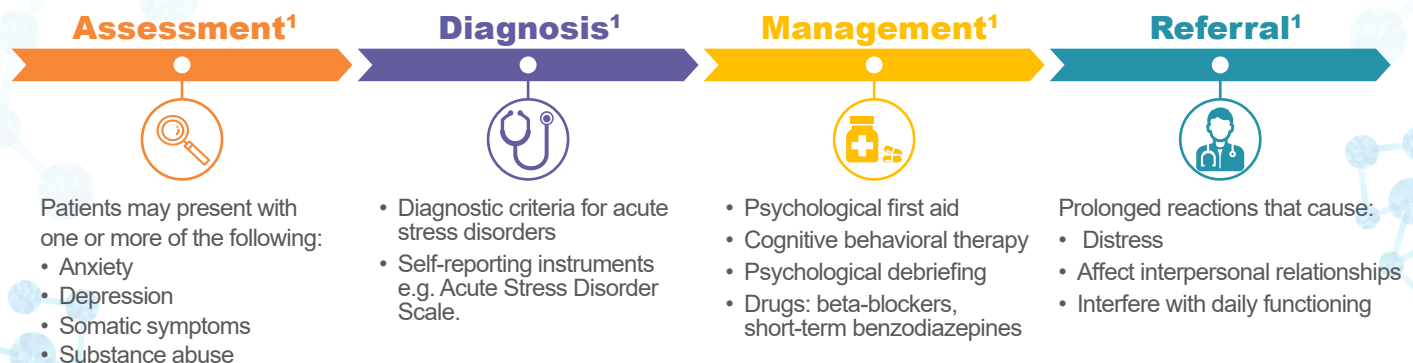
### Dr Marcus Tan

MBBS (Singapore), MMed (Psychiatry), FAMS (Psychiatry) Consultant Psychiatrist, Nobel Psychological Wellness Centre

**Acute stress is a psychiatric diagnosis that may occur in patients within four weeks of a traumatic event.<sup>1</sup>**



## MANAGEMENT OF ACUTE STRESS



### Key messages:

- Stress disorders are a common diagnosis in clinical practice often presenting with non-specific symptoms.<sup>1</sup>
- Short-term pharmacological therapy may benefit symptoms such as pain, insomnia and depression.<sup>1</sup>

### References

1. Kavan MG, Elsasser GN, Barone EJ. The physician's role in managing acute stress disorder. *Am Fam Physician*. 2012 Oct 1;86(7):643-9.; 2. Gratus JL. Prevalence and prognosis of stress disorders: a review of the epidemiologic literature. *Clin Epidemiol*. 2017;9:251.

Strictly for health care professionals only. Full prescribing information is available upon request.

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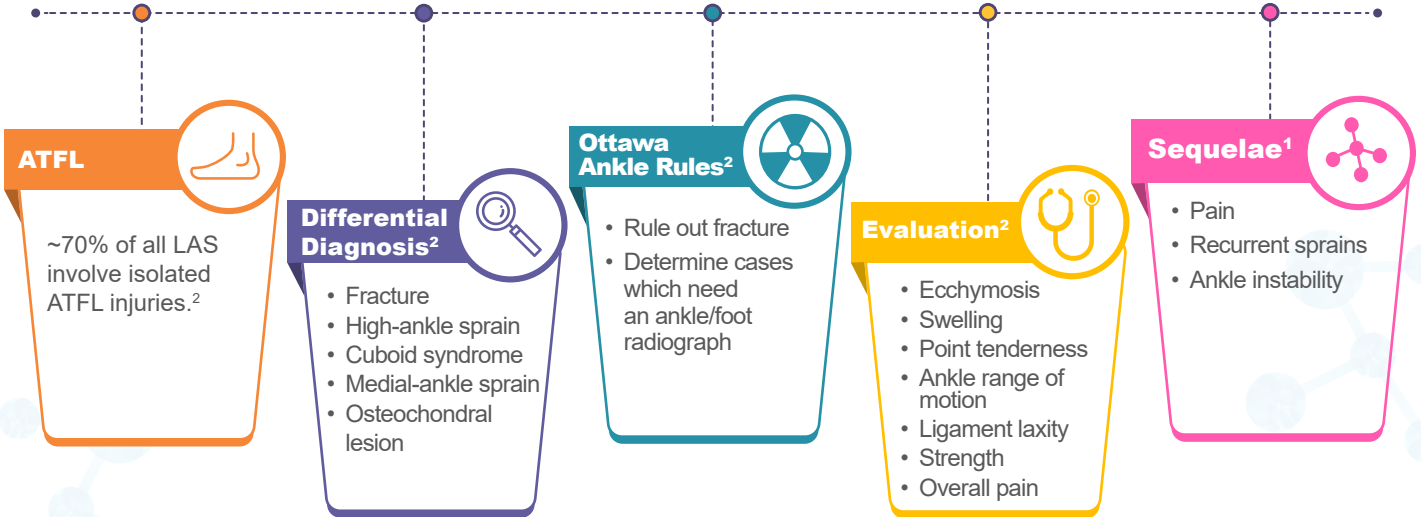
## ANKLE SPRAINS: A SINGLE INJURY WITH SEVERAL DIAGNOSES



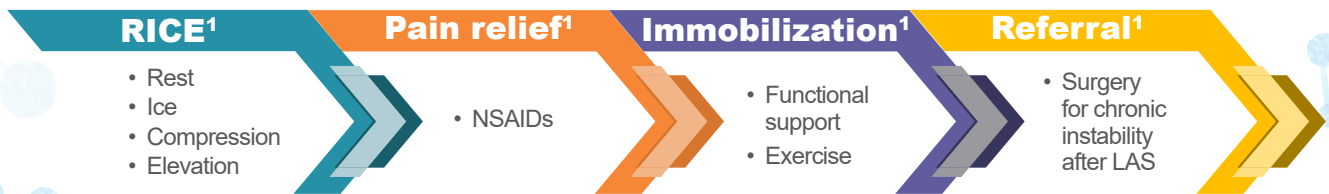
### Dr Ooi Lai Hock

MBBS (London), MRCS (Edinburgh), MMed (Orthopaedics) (Singapore), FRCS (Orthopaedics) (Edinburgh) Consultant Orthopaedic Surgeon and Medical Director, Island Orthopaedic

**Incidence of lateral ankle sprains is high in the general population, especially in individuals engaged in sports.<sup>1</sup> However, ~50% of patients do not seek medical attention.<sup>2</sup>**



## MANAGEMENT OF ANKLE SPRAINS<sup>1</sup>



### Key messages:

- Other injuries may be mistaken for, or may occur with ankle sprains.<sup>2</sup>
- Surgical intervention should be considered for patients with chronic ankle instability following ankle sprain.<sup>1</sup>

**Abbreviations:** ATFL, anterior talofibular ligament; LAS, lateral ankle sprain; NSAIDs, non-steroidal anti-inflammatory drugs

### References

- Vuurberg G, Hooftje A, Wink LM, et al. Diagnosis, treatment and prevention of ankle sprains: update of an evidence-based clinical guideline. *Br J Sports Med.* 2018 Aug 1;52(15):956; 2. McGovern RP, Martin RL. Managing ankle ligament sprains and tears: current opinion. *Open Access J Sports Med.* 2016;7:33.

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