

**Treatment of anxiety can be complex. Psychiatric mental health nurse practitioners (PMHNPs) may provide care to clients with treatment-refractory anxiety.**

**1. Define treatment refractory anxiety.**

Treatment refractory anxiety is the anxiety that does not respond to treatment. Before we consider anxiety as treatment resistance, it should be ascertaining the diagnosis is correct, the patient is compliant with the medication and the medication trial is adequate.

**2. Describe two common comorbidities of treatment refractory anxiety.**

ADHD

Trauma

**3. Discuss two possible approaches to treatment for treatment refractory anxiety.**

Buspirone

Quetiapine with paroxetine

4. Identify the most appropriate response to a client who states that they use marijuana to manage their anxiety. Discuss the education the PMHNP should provide.

5. Identify the most appropriate response to a client who states that they use Silexan to manage their anxiety. Discuss the education the PMHNP should provide?