

## Obsessive compulsive disorder

### RFQs

- Your hands look dry and sore. Would you mind me asking how much you wash your hands? Are you finding your compulsion to wash or clean intrusive? Do you also do a lot of checking?
- Is there any thought that keeps bothering you, that you'd like to get rid of, and can't?
- Do your daily activities take a long time to finish?
- Are you concerned about putting things in a special order? Are you very upset by mess?
- Do these problems trouble you?
- Could I ask about your use of alcohol? Alcohol can make this problem worse.

### Provide

It looks as if you have a problem called obsessive compulsive disorder. Does that sound familiar? What do you understand about the term OCD? Could this be linked with any other emotional health difficulties?

This problem sounds really quite intrusive. I would usually encourage you to have some specialist support, and to think about having a talking therapy called cognitive behavioural therapy, which is normally very helpful for this this problem. What do you think? Medicine may be worth considering, particularly if you are not able to see a therapist. Perhaps we could arrange a heart tracing (an ECG) to check that it would be safe for you to use medication if needed. Shall we arrange to meet again after you have had some help from your therapist?

### Safety net:

Of course, if everything is getting more difficult and intrusive for you, I would be happy to talk to you urgently on the phone, and arrange to see you if needed.