

## New Ways to Use the BHC

Most PCPs, nursing staff, and other team members can think of lots of different patients that may benefit from a consultation with the BHC. However, there are a few problems that might not come to mind right away. These include problems that are just beginning and problems that you might not think of as having a behavioral treatment.

### *Use the BHC for Prevention Visits*

#### *Examples*

- Use the BHC to provide or supplement anticipatory guidance during Well Child Visits
- Use the BHC to help patients during a procedure (e.g., removing stitches, receiving shots)
- Use BHC to talk with parents who are hesitant about vaccinations
- Offer discussion with the BHC whenever a patient is reluctant to engage in recommended prevention screenings (e.g., colorectal screening)
- Offer a BHC visit to a patient when test results suggest pre-diabetes
- Involve the BHC with patients of any age who need to find ways to become more physically active
- Involve the BHC if an adult reports difficulty sleeping
- Involve the BHC with patients who smoke, even if they do not feel ready to quit

### *Ways to use the BHC that you might not have thought of . . .*

#### *Examples*

- Information gathering calls (e.g., to school, other health care provider)
- Complete medication agreements with patients
- Gather history for you on a work-in patient with possible psychological problems
- Gather history on a scheduled patient with psychological problems when you are behind
- Return phone call to patient with psychological complaints

### *Use the BHC for Less Common Problems*

#### *Examples*

- Temporomandibular Disorder (TMD)
- Thumb sucking
- Fingernail biting
- Hair pulling
- Acute post-trauma problems (early intervention may help prevent PTSD)
- Some dermatological problems (urticarias, alopecia, hyperhidrosis)
- Relapse prevention planning (for patients that are doing well)

**Fig. 8.9** New Ways to Use the BHC