

What To Expect In CLIMB?

Our Psychiatry Coordinator will conduct an initial neuropsychiatric screening in the clinic or inpatient wards using various assessments.

If you are identified to have neuropsychiatric symptoms, we will refer you to a Psychiatrist, Psychologist or specialist medical services for further management.

We will continue to follow up on your condition for up to a year. This allows us to track the progress of your health status and treatment effectiveness, and provide you with appropriate treatment if necessary.

If you think you may be experiencing these symptoms, do talk to your doctor so that they can provide you with advice and ensure that you receive the help you need.

For any queries on CLIMB, please contact +(65) 8938 1489 during office hours.

CLIMB Programme

Contact:

8938 1489

Monday to Friday, 9.00 am – 5.30 pm



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

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Department of
PSYCHIATRY

**Consultation-Liaison
Interventions for the Mind and
Brain (CLIMB)**



What Is Neuropsychiatry?

Neuropsychiatry is an area of medicine that focuses on the assessment, treatment and management of psychiatric and neurological conditions.

What Are Some Common Neuropsychiatric Disorders?

Examples of common disorders that lead to neuropsychiatric symptoms include:

- Traumatic Brain Injury*
- Stroke*
- Parkinson's Disease
- Epilepsy
- Alzheimer's Disease
- Effects of medication or substance abuse on the brain

What Is CLIMB?

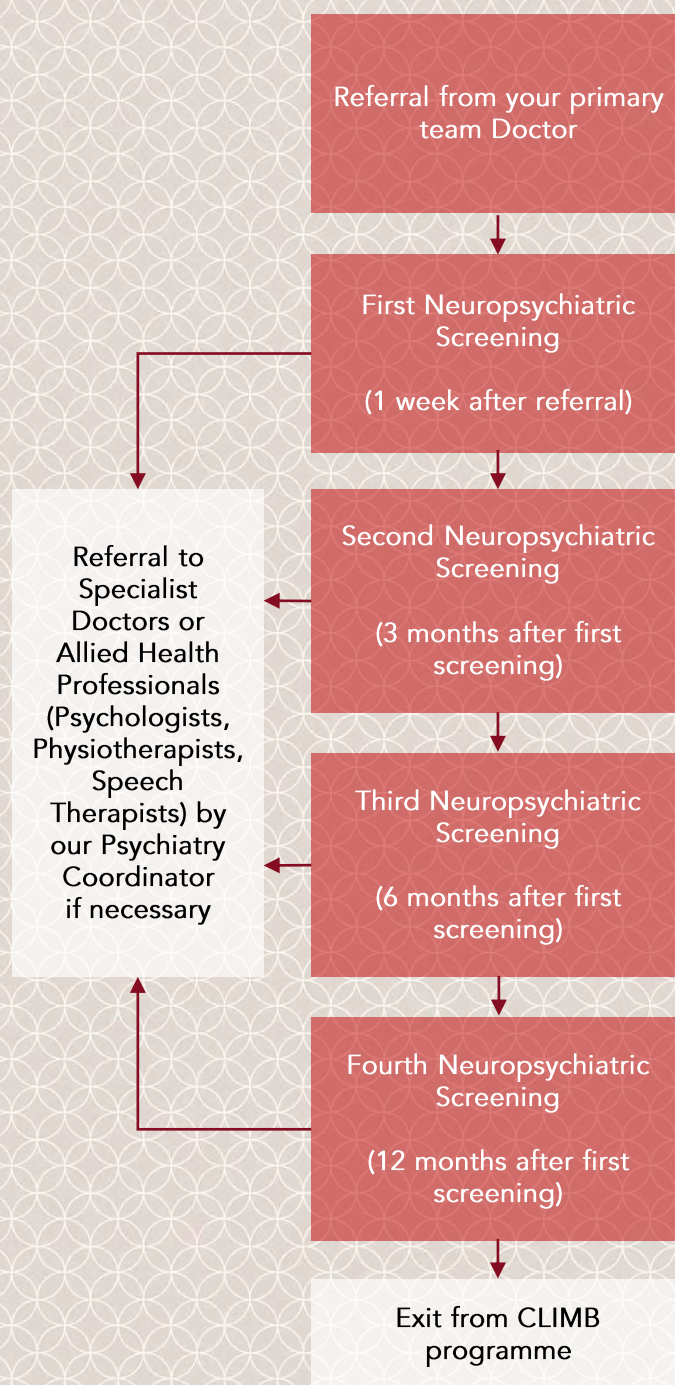
Consultant-Liaison Interventions for the Mind and Brain (CLIMB) is a programme designed for patients with neuropsychiatric disorders that experience problems with managing their emotions, behaviour, cognition and sleep.

CLIMB Services Include:

- Screening and interventions
- Active monitoring of treatment effectiveness
- Liaison with other healthcare providers and community partners
- Research
- Patient and caregiver education

*These conditions are currently seen in our neuropsychiatry service. CLIMB will expand its services to include the other listed conditions in the future.

The Patient Journey In CLIMB

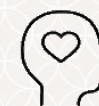


What Are Some Examples of Neuropsychiatric Symptoms?

Neurological conditions are life-changing, and patients can often experience emotional and behavioural changes due to this.

It is normal to feel sad or worried. For some people, these feelings are overwhelming and cannot be easily controlled. Other emotional and/or behavioral symptoms may also occur.

Symptoms may vary and change over time. But generally, patients and their families should look out for the following signs below:



1. Mood:

- Persistent sadness, anxiety, or "empty" mood
- Loss of interest, pleasure, and/or motivation
- Decreased energy, fatigue, feeling "slowed down"
- Increased anger, irritability or frustration
- Persistent fear of negative outcomes
- Feelings of panic or excessive worry



2. Behaviour:

- Sleep disturbances (too much/ little sleep)
- Changes in appetite
- Restlessness
- Lack of emotion or inexpressiveness
- Changes in personality
- Abnormal laughing or crying
- Hallucinations or delusions



3. Cognitive:

- Difficulty concentrating, remembering, making decisions
- Unable to perform tasks as before the injury or illness occurred