

Anxiety in the emergency medical practice – its psychiatric and somatic origin, comorbidities, behavior and treatment

Silvia Sarakostova¹, Dilyana Pantileeva¹, Dancho Dilkov², Niya Semerdzhieva³, Mariya Chaneva³, Stefka Ivanova⁴, Ventseslava Atanasova⁵, Petar Atanasov², Diana Rangelova⁶

1. Multidisciplinary Emergency Department, University Hospital “N. I. Piragov”, Sofia, Bulgaria

2. Clinic of psychiatry and military psychology, Sofia, Bulgaria

3. Clinic of Internal Medicine, University Hospital “N. I. Piragov”, Sofia, Bulgaria

4. Bulgarian Pharmaceutical Science Society, Sofia, Bulgaria

5. Bulgarian Pharmaceutical Union, Sofia, Bulgaria

6. Department of Educational and Scientific Activity, UNIMATESH “N.I. Piragov”, Sofia 1606, Bulgaria

Corresponding author: Stefka Ivanova (ivanovastefka_pharm@yaboo.com)

Received 4 April 2024 • Accepted 4 April 2024 • Published 16 May 2024

Citation: Sarakostova S, Pantileeva D, Dilkov D, Semerdzhieva N, Chaneva M, Ivanova S, Atanasova V, Atanasov P, Rangelova D (2024) Anxiety in the emergency medical practice – its psychiatric and somatic origin, comorbidities, behavior and treatment. *Pharmacia* 71: 1–7. <https://doi.org/10.3897/pharmacia.71.e124695>

Abstract

Anxiety conditions and disorders are common in the general population, and patients suffering from them often seek the services of emergency departments. Anxiety is a psychopathological symptom that accompanies not only psychiatric conditions, but a wide range of somatic diseases, and a combination of both. The biochemical and pathophysiological mechanisms of psychosomatic interrelationship and comorbidity are complex and multi-layered. Thus, diagnosing the root cause of anxiety is a clinical challenge. Early, and on time, recognition of an anxiety disorder helps to avoid unnecessary investigations, ensures correct treatment and saves hospital resources. Careful use of medications, psychoeducation and referral to a specialist improves patient outcome with this potentially debilitating disease.

In this article, the authors aim to present in a synthesized form the main epidemiological data on the prevalence of anxiety symptoms and disorders, anatomical localization and biochemical mechanisms and relationships in the pathogenesis of anxiety symptoms, as well as to derive the main guidelines for recognizing and differentiating clinicopathological constellations in somatic conditions in emergency medical practice.

Materials and methods. Existing published studies from an international database, related to the subject of the article, have been thoroughly studied.

Results. Anxiety symptoms, in particular panic attacks and disorders, are widespread in primary care and occupy a significant part of the work process, especially at times of peak loads, natural disasters and situations of mass traumatism.

Conclusions. Timely training and good preparation for recognition and adequate assessment of anxiety conditions in primary and emergency medical care significantly shorten the therapeutic route of patients. They receive competent help on time, and the cost of their treatment is significantly reduced.

Discussion. Modern medical science, including psychiatric, offers advanced drug and non-drug methods for the treatment and prevention of anxiety conditions and disorders.

Keywords

Anxiety, panic attack, symptoms, stages, pharmacotherapy

Anxiety Relief Act Practice Usa

G Psacharopoulos



Anxiety Relief Act Practice Usa:

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **Anxiety Relief Act Practice Usa** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

https://socketapi.adit.com/book/virtual-library/index.jsp/bookstagram_picks_in_the_us.pdf

Table of Contents Anxiety Relief Act Practice Usa

1. Understanding the eBook Anxiety Relief Act Practice Usa
 - The Rise of Digital Reading Anxiety Relief Act Practice Usa
 - Advantages of eBooks Over Traditional Books
2. Identifying Anxiety Relief Act Practice Usa
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Anxiety Relief Act Practice Usa
 - User-Friendly Interface
4. Exploring eBook Recommendations from Anxiety Relief Act Practice Usa
 - Personalized Recommendations
 - Anxiety Relief Act Practice Usa User Reviews and Ratings
 - Anxiety Relief Act Practice Usa and Bestseller Lists
5. Accessing Anxiety Relief Act Practice Usa Free and Paid eBooks
 - Anxiety Relief Act Practice Usa Public Domain eBooks
 - Anxiety Relief Act Practice Usa eBook Subscription Services
 - Anxiety Relief Act Practice Usa Budget-Friendly Options
6. Navigating Anxiety Relief Act Practice Usa eBook Formats

- ePub, PDF, MOBI, and More
 - Anxiety Relief Act Practice Usa Compatibility with Devices
 - Anxiety Relief Act Practice Usa Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Anxiety Relief Act Practice Usa
 - Highlighting and Note-Taking Anxiety Relief Act Practice Usa
 - Interactive Elements Anxiety Relief Act Practice Usa
 8. Staying Engaged with Anxiety Relief Act Practice Usa
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Anxiety Relief Act Practice Usa
 9. Balancing eBooks and Physical Books Anxiety Relief Act Practice Usa
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Anxiety Relief Act Practice Usa
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Anxiety Relief Act Practice Usa
 - Setting Reading Goals Anxiety Relief Act Practice Usa
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Anxiety Relief Act Practice Usa
 - Fact-Checking eBook Content of Anxiety Relief Act Practice Usa
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Anxiety Relief Act Practice Usa Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Anxiety Relief Act Practice Usa free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Anxiety Relief Act Practice Usa free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Anxiety Relief Act Practice Usa free PDF files is convenient, its important to note that copyright laws must be respected. Always ensure that the PDF files you download are legally available for free. Many authors and publishers voluntarily provide free PDF versions of their work, but its essential to be cautious and verify the authenticity of the source before downloading Anxiety Relief Act Practice Usa. In conclusion, the internet offers numerous platforms and websites that allow users to download free PDF files legally. Whether its classic literature, research papers, or magazines, there is something for everyone. The platforms mentioned in this article, such as Project Gutenberg, Open Library, Academia.edu, and Issuu, provide access to a vast collection of PDF files. However, users

should always be cautious and verify the legality of the source before downloading Anxiety Relief Act Practice Usa any PDF files. With these platforms, the world of PDF downloads is just a click away.

FAQs About Anxiety Relief Act Practice Usa Books

What is a Anxiety Relief Act Practice Usa PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a Anxiety Relief Act Practice Usa PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. **How do I edit a Anxiety Relief Act Practice Usa PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a Anxiety Relief Act Practice Usa PDF to another file format?** There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobats export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Anxiety Relief Act Practice Usa PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Anxiety Relief Act Practice Usa :

bookstagram picks in the us

viral cozy mystery top

google drive update

pilates at home this month

~~streaming top shows this week warranty~~

spotify compare

~~science experiments prices store hours~~

remote jobs tips

facebook compare login

~~act practice today~~

gaming laptop price

pilates at home ideas

low carb recipes best

stem kits same day delivery install

~~financial aid update~~

Anxiety Relief Act Practice Usa :

study guide 21 fe ft nc el mat301 y1 3 - May 31 2022

web search results for mathematics n3 building and civil technology n3 revised john dillon r194 95 mathematics n3 lecturer guide daniels

mathematics n3 tutorial notes vhembecollege edu za - Apr 10 2023

web jun 1 2023 n3 mathematics august 2021 pdf attachment 408 7 kb 2020 n3 mathematics april 2020 pdf attachment 325 9 kb n3 mathematics april 2020

n3 mathematics study guide future managers - Jul 13 2023

web on this page you will find n3 past papers and study resources for all subjects notes study guides textbooks previous question papers and memos for tvet

n3 mathematics study guide 139 162 214 128 - Jul 01 2022

web n3 mathematics study guide getting the books n3 mathematics study guide now is not type of challenging means you

could not deserted going when books addition or library

[n3 mathematics study guide help environment harvard edu](#) - Mar 29 2022

web chapter 11 3 d geometry and 3 d measurement click on a lesson lesson 1 stacking shapes to make prisms lesson 2 identifying faces of prisms and pyramids lesson 3

pdf mathematics n3 student s book by mjj van rensburg - Jan 07 2023

web mathematics n3 if you are going to be writing your maths n3 this is the best place for you to get resources as you prepare for your final exams mathematics n3 is written three

[n3 mathematics study guide help environment harvard edu](#) - Sep 22 2021

[mathematics n3 study guide help environment harvard edu](#) - Apr 29 2022

web feb 24 2023 n3 mathematics study guide 1 6 downloaded from uniport edu ng on february 24 2023 by guest n3

mathematics study guide if you ally craving such a

study guides maluti tvet college - Sep 03 2022

web mathematics n3 covers most of the topics needed for mathematics n4 you are encouraged to master mathematics n3 to build a solid foundation in preparation for

n3 mathematics past papers memorandums n3 nated - Feb 08 2023

web this book covers the curriculum in its entirety and is aligned to the subject guidelines from the dheth clear explanations examples and detailed illustrations make this an

mathematics n3 ekurhuleni technical college - Nov 05 2022

web 16030143 6 t1010 e a2 t copyright reserved please turn over

nelson education elementary mathematics mathematics 3 - Dec 26 2021

web this n3 mathematics study guide as one of the most committed sellers here will no question be among the best options to review picking up the pace brenda d smith

[search van schaik](#) - Feb 25 2022

web sep 1 2023 class 3 math guide pdf bangladesh as a result students are able to easily master the rules of arithmetic there are also many students who do not have teachers

mathematics n3 online 24 minute lesson - Oct 04 2022

web n3 mathematics study guide unveiling the magic of words a report on n3 mathematics study guide in a world defined by information and interconnectivity the

mathematics n3 tsc edu za - Aug 02 2022

web n3 mathematics 2018 study guide for b arch 2022 2021 10 09 1 b arch is a complete self study guide deal architectural aptitude test 2 the book is divided into 4 parts 3

pdf n3 mathematics by j daniels ebook perlego - Dec 06 2022

web study guides study guides index study guides online lessons study guides misc study guides n6 study guides n5 study guides n4 study guides

n3 mathematics study guide help environment harvard edu - Oct 24 2021

n3 question papers and memorandums with study guides pdf - May 11 2023

web the main aim of mathematics n3 is to make mathematics as accessible as possible to learners in terms of language and content large numbers of graded exercises and

mathematics n3 study guide pdf course hero - Jun 12 2023

web mathematics n3 tutorial notes prepared by r c nemudzivhadi for any query submit it to nemudzivhadi rc vhembecollege edu za trigonometry

class 3 math guide book pdf download all education result - Nov 24 2021

n3 mathematics study guide uniport edu ng - Jan 27 2022

web this n3 mathematics study guide as one of the most energetic sellers here will definitely be in the midst of the best options to review american book publishing record 2002

pdf mathematics n3 student s book by b de wet perlego - Mar 09 2023

web book details table of contents citations about this book a top rated series of textbooks designed to help students reach their highest potential easy to follow with logical

mathematics n3 maths past papers study guides and notes - Aug 14 2023

web may 30 2022 find mathematics n3 previous exam question papers with memorandums for answers 2022 2021 2020 2019 and more prescribed textbooks and study

letters of a sufi master excerpt khanqahe rahe sulook - Feb 16 2023

web letters from a sūfi teacher maniri sharaf al din ahmad ibn yahyá d 1380 free download borrow and streaming internet archive letters from a sūfi teacher by

letters of a sufi master the shayikh ad darqawi f copy - Apr 06 2022

web letters of a sufi master the shaykh ad darqawi pdf the secret of the alphabet letters letters of a sufi master 9780900588006 lisan al din language of faith letters from

letters of a sufi master the shaykh ad darqawi - Jun 20 2023

web fifteen letters abd al qadir al jilani 2019 05 27 this book consists of 45 discourses that were given by shaikh abd al qadir al jilani in his school in baghdad these discourses

letters of a sufi master the shayikh ad darqawi f book - Aug 22 2023

web letters of a sufi master the shayikh ad darqawi f the difficult journey jun 19 2021 the mystical teachings of al shadhili nov 05 2022 islam to the modern mind feb 13

loading interface goodreads - Jul 09 2022

web mar 22 2023 letters of a sufi master the shayikh ad darqawi f 1 7 downloaded from uniport edu ng on march 22 2023 by guest letters of a sufi master the shayikh ad

letters of a sufi master the shayikh ad darqawi f - May 19 2023

web this precious translation of selections from the letters of shaikh ad darqawi the founder of a major branch of the shadhiliyyah order in north africa in the 13th 19th century

letters of a sufi master the shayikh ad darqawi f copy - Sep 11 2022

web this letters of a sufi master the shayikh ad darqawi f that can be your partner letters of a sufi master the shayikh ad darqawi f downloaded from ol wise edu jo

letters of a sufi master the shayikh ad darqawi f frithjof schuon - Jan 03 2022

web feb 22 2023 letters of a sufi master the shayikh ad darqawi f eventually you will certainly discover a extra experience and completion by spending more cash

letters of a sufi master the shayikh ad darqawi f ol wise edu - Aug 10 2022

web discover and share books you love on goodreads

letters of a sufi master the shayikh ad darqawi f hsain ilahiane - Feb 04 2022

web research in any way in the middle of them is this letters of a sufi master the shayikh ad darqawi f that can be your partner the meaning of man 'ali al jamal 1977 classical

letters of a sufi master the shaykh ad darqawi - Apr 18 2023

web letters of a sufi master the shayikh ad darqawi f sufism mysticism in afghanistan and its impact on islamic culture aug 12 2022 historical dictionary of sufism aug 20

letters of a sufi master the shayikh ad darqawi f copy - Jun 08 2022

web may 28 2023 you could purchase guide letters of a sufi master the shayikh ad darqawi f or acquire it as soon as feasible you could speedily download this letters of a sufi

letters of a sufi master the shayikh ad darqawi f cyrus ali - Dec 02 2021

web may 5 2023 master the shayikh ad darqawi f but end up in infectious downloads rather than reading a good book with a cup of coffee in the afternoon instead they cope with

letters of a sufi master the shayikh ad darqawi fons vitae by - Mar 05 2022

web master whose teachings and personal example continue to influence lives around the world is examined from his early attraction to sufi poetry and visit to the tomb of the

letters from a sûfi teacher archive org - Jan 15 2023

web letters from a sufi teacher shaikh sharfuddin maneri or makhdum ul mulk letters from a sûfi teacher letters of a sufi master the shayikh ad darqawi f downloaded from

free letters of a sufi master the shayikh ad darqawi f - Jul 21 2023

web letters of a sufi master the shayikh ad darqawi f archive wars aug 18 2021 a study of the saudi arabian monarchy s efforts to construct and disseminate a historical

letters of a sufi master the shayikh ad darqawi f pdf wrbb neu - Oct 12 2022

web the letters of khwāja ‘ubayd allāh ahrār and his associates the new encyclopedia of islam letters of a sufi master the shayikh ad darqawi f downloaded from

letters of a sufi master the shayikh ad darqawi f - Mar 17 2023

web dec 30 2018 homepage tasawwuf letters of a sufi master excerpt december 30 2018 2951 views

letters of a sufi master the shayikh ad darqawi f pdf - Nov 13 2022

web 2 letters of a sufi master the shayikh ad darqawi f 2022 04 05 another and what is required of two different people might be completely different even though both have

letters of a sufi master the shayikh ad darqawi f uniport edu - Nov 01 2021

letters of a sufi master the shayikh ad darqawi f 2022 - Dec 14 2022

web letters of a sufi master the shayikh ad darqawi f 3 3 emphasize the teaching stories and spiritual fables also included are seventeen personal letters in which rumi offers

letters of a sufi master the shayikh ad darqawi f uniport edu - May 07 2022

web may 24 2023 letters of a sufi master the shayikh ad darqawi f 1 7 downloaded from uniport edu ng on may 24 2023 by guest letters of a sufi master the shayikh ad

2024 non school leavers general information application form - Feb 22 2023

web 2024 non school leavers application notice the university of papua new guinea upng wishes to inform prospective applicants that the online applicant portal for

divine word university - Nov 21 2022

web may 18 2023 applicants are invited from non school leaver candidates who wish to enroll re enroll into the undergraduate programs offered by the png university of

[non school leavers applications for png universities](#) - Mar 26 2023

web interested applicants school leavers and non school leavers and field serving teachers must contact the institution directly to enquire about the requirements and how to apply

apply online application for non png education news - May 16 2022

web aug 30 2022 İŞkur typ okul başvuruları pek çok vatandaş tarafından yakından takip ediliyor İŞkur typ başvuruları 2022 2023 eğitim yılının başlamasına çok az bir süre

2021 2022 İŞkur typ kapsamında görevlendirilen temizlik - Feb 10 2022

web aug 17 2022 typ başvurusu ne zaman sorusunun yanıtı adayların gündemine geldi İŞkur typ başvuruları 2022 2023 eğitim yılının başlamasına kısa bir süre kala merak

2024 non school leavers online application form - Oct 21 2022

web sep 2 2023 2024 non school leavers application notice the university of papua new guinea upng wishes to inform prospective applicants that the upng

upng calls for non schools leavers for 2024 enrolments - Aug 19 2022

web non school leavers who want to apply to the lae school of nursing for 2024 the application is now online png insight understands that in the past the nursing

2024 application forms non school leavers pdf scribd - May 28 2023

web non school leavers application form for admission to an pau ac pg undergraduate degree in 2024 date received reviewed by school application status

png university of natural resources environment - Jun 28 2023

web non school leavers application form 2024 please complete the application form in full any omission will invalidate this application attach a recent photograph of

fillable online upng non school leavers application form - Aug 31 2023

web png non school leavers application form 2015 free pdf e book download png non school leavers application form 2015 download or read online e book png non

the university of papua new guinea facebook - Apr 14 2022

web feb 10 2022 2021 2022 İŞkur typ kapsamında görevlendirilen temizlik personeli ve gerekli evraklar listesi t c millî eğitim bakanlığı müdürlük

non school leaver applications for enrollment in 2024 now - Sep 19 2022

web the non school leavers who applied straight to st barnabas school of nursing must check the college for the non school leavers acceptance list 2024 as for the grade 12

meb adana yÜreĞir İlÇe millî eĞitim müDÜrlÜĞÜ - Nov 09 2021

lae school of nursing application 2024 and admission info - Jun 16 2022

web the new link to 2022 non school leavers online application form is available on the upng website to apply use the link below ensure to read the instruction carefully

non school leavers form 2015 rdoforum gov ie - Jan 12 2022

web author gÜlay created date 02 27 2022 22 43 00 last modified by ruhan tok

university of papua new guinea 2024 non school leavers - Jan 24 2023

web may 24 2014 1 school leavers students who go through formal school usually apply to the college through the school leaver forms students must put first choice on the

non school leaver forms for western pacific university - Apr 26 2023

web the application process for school leavers is through the noas national online selection system run by the department of higher education research science and

typ başvurusu ne zaman başladı mı İŞkur meb hürriyet - Dec 11 2021

web 2024 non school leavers application notice the university of papua new guinea upng wishes to inform prospective applicants that the online applicant portal for

İŞkur typ baŞvurulari nasıl yapılır meb okullara hürriyet - Mar 14 2022

web feb 5 2022 2 non school leavers form 2015 2022 02 05 their spatial relations exploring where and why artists choose to locate is the first step in describing an art

2024 non school leavers application notice university of - Oct 09 2021

holy trinity teachers college papua new guinea - Dec 23 2022

web these include school leavers non school leavers and degree applicants the school leaver category of applicants are current grade 12 students enrolled in secondary and

study at st barnabas school of nursing alotau png png - Jul 18 2022

web apply online application for non school leavers university of technology png png university of technology apply online non school leaver application forms apply

2024 non school leavers application notice - Jul 30 2023

web all applicants for postgraduate diploma and honors are required to pay a non refundable application fee of k 20 00 into upng general account no 1000583572 bsp