

GP Mental Health Plan (GPMHP)

Patient Demographic Details
Name: Mary-Eliza Mcintosh
DOB: 7/12/1984
Address: 55 Keanes Road , Rosewood, , QLD, 4340
Phone: 0410977713
Medicare Details: No. 4255603166 Index 2 Expiry 3/2026

Patient

Name Mrs Mary-Eliza Mcintosh
Sex Female
DOB 7/12/1984
ATSI Neither Aboriginal nor Torres Strait Islander origin
Address 55 Keanes Road , Rosewood , QLD 4340
Preferred contact number 0410977713

Item Type

GP Mental Health Plan 2715

Patient Allergies

No known allergies(NKA)

Patient Medical History

Status	Condition	Comment	Started	Ended
Ongoing	Dysphoria	Some features of depression but not over depression: Loss of interest in activities (horse riding), mixed insomnia and hypersomnia, fatigue. This is on a background of stress from studies and issues with her long term (10+ years) relationship	1/08/2023	
Ongoing	# distal Ulna, L forearm	internal fixation 18/8/20	2/08/2020	

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Patient Medications

Drug	Dose	Frequency	Admin	Indication	Route	Script Date	Prescribed By
Meloxicam Tablets 15mg	1 (15 mg)	Morning	Regular	Hand pain	Oral	11/07/2023	Dr Andrew Taylor (Kambu Laidley)
Pantoprazole Tablets 20mg	1 (20 mg)	Morning	Short	GI prophylaxis while on NSAID	Oral	1/08/2023	Dr Andrew Taylor (Kambu Laidley)
Temazepam Tablets 10mg	1 (10 mg)	Once daily at night		Sleep	Oral	1/08/2023	Dr Andrew Taylor (Kambu Laidley)

Problems

Problems, Needs or Condition	Goals - Changes to be achieved	Required treatments and services including patient actions	Arrangements for treatments/services
Dysphoria -Recent infidelity from husband -Stress from studies	Wants to participate in hobbies again (horse riding) Re-establish a better sleep patter, would like to wake feeling rested Re-establish good eating pattern (regular healthy meals, not "dopamine hit foods") Wants to feel like she has controll of her life again Complete her university asigmnets and graduate	Referral to psychologist Short term use of temazepam to help with sleep (not to continue past 2 weeks)	Kambu GP Psychologist -

Safety Plan

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Warning signs	Increasingly worsened mood, thoughts of self harm
Relapse prevention strategies	Exercise, eat healthy Attend GP and psychologist Engage with friends
When to be concerned	If you have thoughts of harming yourself, increasing alcohol consumption
Who needs to be contacted / involved	GP Psychologist Lifeline Beyond blue
Contact details	Pt has numbers

Appropriate psycho-education provided	No
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Copy of plan offered to person and / or carer	No
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Consent given to provide copy of this care plan to external providers involved in mental health care	No
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Date GP Mental Health Plan completed 01/08/2023

Review Date

Appointment

Provider Details

Doctor's Name Dr Andrew Taylor (Kambu Laidley)

Practice address 2/235 Patrick St
Laidley, QLD, 4341
Australia

Provider number 5421362W

Phone (07) 5465 3541

Fax (07) 5464 3156

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GP Signature.		Kambu Health Laidley (Kambu Laidley) 2/235 Patrick St, Laidley, QLD 4341
	Dr Andrew Taylor (Kambu Laidley) 01-08-2023	
Patient Signature		