

Family Health Clinic Gatton

Lockyer Medical Pty Ltd

25-27 Railway Street, Gatton Qld 4343

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Dr AZM Asgar Hossain

459104MX

**Dr Mary Campbell
Dr Mary
23 Albert Street
Rosewood 4340
Tel: 07 54679268
Fax: 07 30366790**

08/11/2023

Re: Ms Julianne Denman

DOB: 14/10/1972

2/63 Hickey Street

Gatton 4343

H: M: 0414433766

Medicare: 4174669451 Ref: 1 Expiry: 04/24

Dear Mary

Thank you for seeing Ms Julianne Denman aged 51 yrs who has symptoms of anxiety/depression. Please find attached mental health treatment plan for six psychology sessions.

I would appreciate your assessment and further management.

I look forward to hearing the outcome of this attendance.

Thank you

Regards

Dr AZM Asgar Hossain

(Please accept referrals sent via Medical Objects or via encrypted email as being electronically signed)

Past History:

	Hypertension
2000	Anxiety
15/06/2020	Left Ankle pain
21/07/2020	Iron deficiency
14/01/2022	Hysterectomy

Allergies: Nil known.

Current Medication:

Referral letter for: Ms Julianne Denman 14/10/1972

Referral from: Dr AZM Asgar Hossain

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This referral is valid for 12 months

Please note that there may be an out of pocket cost to see the specialist for this consultation. Kindly verify at the time of booking your appointment.

Metronidazole 400mg Tablet

Mirtazapine 15mg Tablet

Pristiq 100mg Tablet

Telmisartan /Amlodipine 40mg; 10mg Tablet

take 2gm - once.

1 Tablet In the evening.

1 Tablet Daily.

1 Tablet In the morning.

MENTAL HEALTH CARE PLAN

Patient Name: Ms Julianne Denman	DOB: 14/10/1972	Date: 8th November 2023
Address: 2/63 Hickey Street, Gatton, 4343	Mob: 0414433766	

GP: Dr AZM Asgar Hossain
Address: 25-27 Railway Street, Gatton, QLD, 4343
GP Phone: 5462 2155 **GP Fax:** 5462 2355

Reason for Presentation -
 Symptoms of depression, anxiety and stress

Problem/Diagnosis: DASS 21 Depression scored 24 (Severe) Anxiety scored 20 (Extremely Severe) Stress scored 22 (Moderate)	K10 score: 23 Date: 08/11/2023 Predisposing Factors: Stressors Parents passed away last year Uncle died 2/52 ago, had funeral last week Relationship breakdown in the past couple of months - Julianne has always been in a relationship from a young age Suicidal ideation in 2018 under the care of Ipswich ACT "fell into a hole" Threatened to take her own life on Saturday night - Children and friends received text message - contacted QPS and Julianne was taken to Toowoomba Health Service. Seen by ACT and had a follow up call today. More emotional, anxious, stressed in the last few weeks Feeling on edge Overthinking and overwhelmed Doesn't want to leave home Becoming tired and exhausted due to worry/overthinking Thinking about financial situation if unable to work, feeling vulnerable Confidence: low self esteem, problem with making decisions Motivation/Energy: feels tired, loss of interest, lack of energy, lack of motivation Employed as a receptionist in local business - nil issues though can be stressful due to housing crisis Poor sleep - talking / yelling in her sleep and distressing dreams (started in childhood). Wakes feeling exhausted. Sleep hygiene discussed. Early warning signs and triggers - poor sleep Strengths, skills and passions - music, social club, camping
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Mental Health History or Treatment:
 History of depression and anxiety - engaged with Psychologist.

Past Drug Use/Abuse:
 No PH of drug or alcohol abuse

Family History of Mental Illness:
 Maternal history of anxiety.

Early Childhood / School experience:
 Unhappy childhood
 Father was a disciplinary, but not abusive. Physical abuse and inappropriate touching perpetrated by older brother.
 Estranged from brother for > 10 years. Brother in USA and sister in Ipswich.
 Educational level: Year 10 or below

Mental State Examination:
 Appearance - 51 year old female. Medium stature. Fair complexion. Long dark hair. Nil visible scars or tattoos. Dressed in work uniform. Neatly groomed and appears to be attending to ADL's.

Behaviour - Engaging though anxious. Building rapport. Good eye contact. Nil psychomotor agitation evident.
 Speech - normal rate, tone and flow of speech
 Mood - low
 Affect - teary
 Denies perceptual disturbances
 Coherent and logical thought processes
 Concentration - Difficulty focusing and completing tasks
 Memory - forgetful and poor recall
 Insight and Judgment good, attending and engaging with GP for assistance.
 Alert and orientated to time, person and place.

Risk Assessment

Risk of suicide /DSH - Currently denies thought, plan or intent to take their own life. Suicidal ideation in 2018 under the care of Ipswich ACT. Threatened to take her own life on Saturday night - Children and friends received text message - contacted QPS and Julianne was taken to Toowoomba Health Service.
 Protective Factors - 3 children - 29 (daughter), 26 (daughter) and 21 (son). Daughters live in Ipswich and son lives in Sunshine Coast with his dad. Sister. Employment. Supportive friendships. Christian faith. Medication adherence. Engaging with GP and MHN. Future focused and recovery orientated.
 Risk of vulnerability - life stressors
 Risk of self-neglect - Encouraged to maintain routine, attend ADL's, healthy diet, sleep hygiene and exercise
 Risk of violence / harm to others - nil identified.

Past history:

	Hypertension
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Current Medications:

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Mirtazapine 15mg Tablet	1 Tablet In the evening.
Pristiq 100mg Tablet	1 Tablet Daily.
Telmisartan /Amlodipine 40mg; 10mg Tablet	1 Tablet In the morning.

Allergies: Nil known.

Mental Health Review: 3/12 - 6/12

MENTAL HEALTH & WELL BEING CARE PLAN

Goals:	Action/ Tasks:
Reduce symptoms of depression, anxiety and stress. Improve mood.	Discussed antidepressant medication, Commenced medication
Patient needs:	Required Services:
	Referral to Psychologist

Investigations ordered: at later review

Emergency Care / Relapse Prevention	Key family contact/support:
Lifeline: telephone 13114 - www.lifeline.org.au	

Health Care Providers involved:

Referral letter for: Ms Julianne Denman 14/10/1972 Referral from: Dr AZM Asgar Hossain Page:2

This referral is valid for 12 months

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Psychiatrist - Action / Task	
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Psychologist - Action / Task	Supportive therapy, CBT
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Psychiatrist / Psychologist :	
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Other Health Care Provider:

Self Management: - To see practice nurse re - relaxation, sleep hygiene, printouts etc

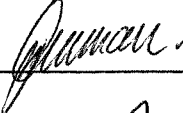
GP: Action/Task - initial assessment & recommendations - manage health care plan

Suggested Review: Review 1 month

Patient agreement for Care Plan to proceed:

My GP has explained the purpose of the Care Plan and I/or as carer give permission to prepare a Care Plan and discuss my medical history and diagnosis with the service providers listed. I have outlined any medical or personal information I wish to be withheld from other Care Plan participants. All information is confidential.

Name: Ms Julianne Denman

Signature: 

GP: Dr AZM Asgar Hossain

Signature: 

Date: 8th November 2023

(Please accept letters sent via Medical Objects or via encrypted email as being electronically signed)