

Care manager monthly note:

SUBJECTIVE

REASON FOR VISIT

Integrated Behavioral Health (IBH) Care Coordination Monthly Systematic Case Review (SCR)

ASSESSMENT

Florence Nightingale is a 73 y.o. female with a history of Depression who is referred to IBH Care Coordination for help in mood management

Date of enrollment: 7/14/20

PHQ-9 at enrollment: 11

The following patient reported outcomes were completed:

PHQ9 Score	6/15/2020	7/13/2020	8/5/2020
PHQ-9 Total Score (max 27)	6	11	0
GAD7 Score	6/15/2020	7/13/2020	8/5/2020
GAD-7 Total Score (max 21)	5	5	0

Goals unique to Florence Nightingale, RN:

1. Work on establishing a schedule for walking 15 minutes a day
2. Would be open to listening to medication options
3. Identify strategies for maintaining mood despite and resilience

Mental Health hospitalizations since last SCR: 0

Mental Health ED visits since last SCR 0

Current Psychotropic Medications (including date of last dose change:)

Mirtazapine 15 mg

Pharmacological interventions since enrollment (including failed medication trials):

Amitriptyline discontinued

Current Psychotherapy relationship:

N/A

Previous SCR recommendations:

1. She has recently had her thyroid medication increased (this month) and she has been describing sleep issues as primary with fears about falling from amitriptyline (given per records for bowel issues). No other trials. Will need a follow up TSH in the fall.
2. With memory concerns and worries about a fall, amitriptyline is not ideal. Could test out a low dose of mirtazapine to see if she sleeps better without any dizziness but she should still get up carefully.

3. She may be having some challenges related to medical issues and stress. Therapy could look at CBT for insomnia and resilience support.

Updates since last SCR (Medications, non-pharmacologic interventions, progress towards previous recommendations):

Doing well, just recently spent some time in northern Minnesota. Reports has also been spending time in the garden and this has been enjoyable. Continues to spend time talking with sister and friends and finds this helpful. Denies any specific difficulties with her mood. In terms of Mirtazapine, Florence does feel this has been an improvement from the Amitriptyline. I did ask if I could check in with her husband to get his perspective on overall improvement given history of some mild memory concerns, but he was unavailable and so I will check in with him later.