

SBAR Demo Using SBAR-Follow up

I have one follow up case today

Date of enrollment=7/14/2020

Initial PHQ: 7/13/2020 = 11 Initial GAD: 7/13/2020 = 5

Most recent PHQ: 8/5/2020 = 0 Most recent GAD: 8/5/2020 = 0

Situation: Florence Nightingale is 73 yr old female with a history of Depression who is referred to CoCare to help with mood management. Patient is doing well.

Background:

Psych History: Recent Depression dx, no ED or inpatient admissions since last review

Review of psychotropics: had not been on any. 3 weeks ago-Started on Mirtazapine 15mg at hs

Pertinent medical: no problems with sleep

Review of meds: Discontinued Amitriptyline. Thyroid medication was increased 3 weeks ago. Due for TSH in September.

Participation: Receptive of my calls

Follow up from PCP: He had been in agreement with the PC recommendations and ordered the med changes.

Assessment:

Assessment of response to treatment: Doing well -just recently spent some time in Minnesota. She has been spending time in her 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. She feels mirtazapine has been an improvement over the Amitriptyline.

Response to Brief interventions: Responded well to Behavioral Activation and increasing her activity

Goal setting: She has met her goal of walking 15 minutes/day and is adding one pleasurable activity per day to her schedule.

Confidence/Readiness/Relapse prevention: She is feeling hopeful.

Recommendations:

Thots on next steps:

Review past discussions related to relapse prevention and solidify this plan

I asked her if I could check 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.



Psychiatric consultation recommendations-agree to check with husband regarding his observations as well as concerns re falls and memory. We want to know her improvements are solid and sustainable. If doing well in all areas will consider move towards discharge

TSH draw September 2020, follow up on sleep study

Planning:

Summary of PC recommendations

Contact husband in next week, Florence in 2 weeks

Next SCR 1 month

RRS 7-13-2021