



Patientrac Outpatient Center
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INITIAL PSYCHIATRIC EVALUATION - OFFICE

PATIENT NAME	James Newpatient, Sr	MEDICAL RECORD NO.	4800
SOCIAL SECURITY	999-99-9999	SECONDARY MRN	0
DATE OF BIRTH	September 01 , 1966	PROVIDER NAME	Louis Test, M.D.
		VISIT DATE	January 18 , 2012

IDENTIFICATION This is a 45 year old white divorced male who resides in Raleigh, North Carolina. He is currently living alone.

CHIEF COMPLAINT Mr. Newpatient presents to our office for evaluation for depression and post traumatic stress.

CURRENT HISTORY Mr. Newpatient was interviewed with his self, whose reliability is considered fair.

ANXIETY: He denied any anxiety symptoms.

AGITATION: He denied agitation.

APPETITE: He denied appetite change.

BEHAVIOR: James's behavior is reported as threatening others, duration is reported as > 6 months, inappropriate sexual behavior, duration is reported as > 6 months, intimidates others, duration is reported as > 6 months, has used a weapon that can causing physical harm, duration is reported as > 6 months, had been physically cruel to people, duration is reported as > 6 months, lies to obtain goods or favors, duration is reported as > 6 months.

COMPULSIVE BEHAVIOR: He denied compulsive behaviors.

CONCENTRATION: He denied disturbance of concentration.

DELUSIONS: He denied delusions.

ENERGY: He denied any energy change.

HALLUCINATIONS: He denied any kind of hallucinations.

HARM TO SELF: He denied any self mutilating behaviors .

HOMICIDE: He denied any homicidal thoughts,intent or plan.

MEMORY: He denied memory problems.

MOOD: James presents with a history of a manic mood type. His associated symptoms include irritable mood, talking more or faster than usual and religiosity. He reports the duration has been for > 6 months. His symptoms are of a moderate rated intensity level.

OBSESSIVE THOUGHTS: James presents with a present history of a sexual obsession type. His associated symptoms include forbidden or perverse sexual thoughts, images or impulses and sexual behavior towards others (aggressive). His symptoms are of a moderate rated intensity level.

SLEEP: He denied any sleep change.

STRESSORS: James's current stressors include interaction with legal system, social environment and occupational. The stress level of these stressors is reported as of moderate intensity. He identifies specific issues, which include has problems maintaining employment.

SUICIDE: He denied suicidal thoughts, intent or plan.

PTSD SCALE

POST TRAUMATIC STRESS DISORDER CHECKLIST (MILITARY VERSION)

James states "a little bit" of avoidance of activities or situations because they remind him of a stressful military experience.

James experiences "quite a bit" of avoidance of thinking about or talking about a stressful military experience or avoid having feelings related to it.

James experiences "moderate" being "super alert" or "watchful on guard".

James experiences "a little bit" of feelings as if his future will somehow be cut short.

James experiences "quite a bit" of feelings of distant or cut off from other people.

James experiences "quite a bit" of feelings of emotionally numb or being unable to have loving feelings for those close to him.

James experiences "moderate" feelings of being irritable or having angry outbursts.

James experiences "extreme" feelings of very upset when something reminded him of a stressful military experience.

James experiences "quite a bit" of difficulty concentrating.

James experiences "moderate" physical reactions (e.g., heart pounding, trouble breathing, or sweating) when something reminded him of a stressful military experience.

James experiences "a little bit" of loss of interest in things that he used to enjoy.

James experiences "moderate" incidences of repeated, disturbing dreams of a stressful military experience.

James experiences "moderate" incidences of repeated, disturbing memories, thoughts, or images of a stressful military experience.

James experiences "quite a bit" of suddenly acting or feeling as if a stressful military experience were happening again (as if he was reliving it).

James does not experience trouble falling or staying asleep.

James does not have trouble remembering important parts of a stressful military experience.

PTSD NUMERIC RATING 48 Rating supports Military Version (PCL-M) criteria for Post Traumatic Stress Disorder.

PSYCHIATRIC HISTORY

INPATIENT MENTAL HEALTH TREATMENT HISTORY:

Mr. Newpatient denies previous psychiatric hospitalization.

OUTPATIENT MENTAL HEALTH TREATMENT HISTORY:

March 10, 1993 until June 19, 1997, James was being treated at the Offices of USN Cherry Point Hospital for PTSD, which is located in Greenville, NC.

HISTORY OF HARM TO SELF OR OTHERS:

Mr. Newpatient denies a history of harm to self and denies a history of harm or injury to others.

CURRENT MEDICATIONS

He is not currently taking prescription medications.

PAST HISTORY OF MEDICATIONS

Mr. Newpatient's previous psychotropic medications are:

LEXAPRO TABLET 20 Quantity 1 LEXAPRO TABLET 20 MG QD for 30 Days Prescribed by Primary Care Provider for Depressed mood.

MEDICAL HISTORY

He denies any pertinent past medical history.

SURGICAL HISTORY

He denies any pertinent surgical history.

ALLERGIES

He reports he has No Known Drug Allergies.

SOCIAL HISTORY

James reports being divorced. He has been divorced for over five years. He is residing in a house. He is currently living alone.

Mr. Newpatient reports having no children.

His religious preference is Christian.

His sexual orientation is heterosexual.

James denies a history of sexual, physical or emotional abuse.

He reports military service with the Navy. His highest reported rank was Lieutenant. He was discharged with an honorable discharge.

His current employment status is unemployed.

He reports his education as having completed college: BS degree. He obtained a degree/designation of Engineering.

He reports cigarettes tobacco use. His usage is 2 packs per day. Total pack years is calculated as 30 pack/years.

CRIMINAL HISTORY

James reports criminal history which includes:

On or about July 13, 1994 he was arrested for the offense of "Anonymous or Threatening Letters or Notes" pursuant to section N.C. Gen. Stat. §§ 14- 394. On or about July 19, 1995 his charges were adjudicated. James reports the disposition of this case was Plead to Lesser Charges. James reports the sentence/penalty ordered on this case was 1,000 fine with 1 year probation.

On or about December 10, 1996 he was arrested for the offense of "Driving in excess of 80 mph. Driving to elude arrest." pursuant to section N.C. Gen. Stat. §§ 20-141.

N.C. Gen. Stat. §§ 20-141.5. On or about August 20, 1997 his charges were adjudicated. James reports the disposition of this case was Nolo Contendere. James reports the sentence/penalty ordered on this case was probation with agreement to outpatient psychiatric treatment.

SUBSTANCE HISTORY

James reports history of problems related to alcohol use.

An Alcohol and Substance Abuse Screening Evaluation Revealed:

Reports drinking approximately 40 drinks each week.

Reports history of daily use of alcohol. Reports the amount of daily usage as 8 drinks; over a period of 6 hours.

Reports having an experience of not remembering what happened by the next morning.

He has not attempted to cut down on the amount of drinking.

He becomes annoyed when others discuss his substance use.

He denies any remorse regarding his substance use.

Reports a history of drinking alcohol in the morning.

He reports a criminal history of driving under influence of alcohol.

He denies alcohol use has caused problems at work, school, and home.

He is unable to drink just one drink.

Drinking pattern includes drinking before going to a function where there will be no alcohol served.

He has not sought professional help or received treatment for alcohol, drug or eating problems.

He reports his Alcohol details as:

* Beer reported started at approximate age 16. He reports he drinks approximately 1 case per week. He reports the longest period of time without drinking was 2 weeks.

* Wine reported started at approximate age 23. He reports he drinks approximately 1 glass per day per week. He reports the longest period of time without drinking was 2 weeks.

FAMILY PSYCHIATRIC HISTORY

He denies any family psychiatric history.

He denies any family homicidal history.
He does not report family suicidal history.

FAMILY MEDICAL

He denies any pertinent family medical history.

MENTAL STATUS

Mr. Newpatient is a 45 year old white male.
PATIENT APPEARS: appears to be at stated age.
REMARKABLE FEATURES: none.
ALERTNESS: alert.
APPEARANCE: casually dressed, well groomed.
NUTRITIONAL STATUS: well nourished.
HABITUS: average height.
ORIENTATION: person(name), place, situation, time.
EYE CONTACT: good.
SPEECH: intact.
VOICE: appropriate volume.
ATTITUDE AND BEHAVIOR: appropriate, engagable, combative.
CONATION: exhibited as normal.
ABNORMAL MOVEMENT: There are no abnormal movements noted on exam.
MOOD: euthymic, anxious, little depressed.
AFFECT: anxious, mildly constricted.
THOUGHT PROCESS: goal directed, tangential.
ASSOCIATIONS: intact.
THOUGHT CONTENT: preoccupations, logical.
HALLUCINATION: He is not experiencing hallucinations.
DELUSIONS: He is not experiencing delusions.
INTELLIGENCE LEVEL: low normal.
INSIGHT: good.
JUDGMENT: good.
NAMING: intact.
REPETITION: intact.
FUND OF KNOWLEDGE: good.
PROVERB INTERPRETATION: accurate.
SIMILARITIES: intact.
SUICIDAL IDEATION: Mr. Newpatient denies the presence of suicidal ideation.
HOMICIDAL IDEATION: Mr. Newpatient denies the presence of homicidal ideation.

VITALS

HEIGHT	6 feet 2 inches
WEIGHT	206 lbs.
GIRTH	38 inches
BODY MASS INDEX	26.33
BODY SURFACE AREA	2.25
IDEAL WEIGHT CALC	175.92
OBESITY TYPE	Overweight
BLOOD PRESSURE	122/96 Location - Right Arm and Position - sitting

MEDICAL REVIEW OF SYSTEMS

HEART RATE 58 beat per minute. Location - Right Arm
A review of Breast, Cardiovascular, Constitutional, Endocrine, ENT, Eyes, Gastrointestinal, Genitourinary, Hematologic Lymphatic, Integumentary, Musculoskeletal, Neurological, Pain, Respiratory medical systems was otherwise non-contributory.

DIAGNOSIS

AXIS I: 309.81 - Posttraumatic Stress Disorder.
AXIS II: Diagnosis Deferred on Axis II - 799.9.
AXIS III: No contributory medical diagnosis.
AXIS IV: James' current stressors include interaction with legal system, social environment and occupational. The stress level of these stressors is reported as of moderate intensity. He identifies specific issues, which include has problems maintaining employment.
AXIS V: CURRENT GAF 61; HIGHEST PAST YEAR GAF: 61.

PLAN AND RECOMMENDATIONS

TREATMENT PLAN

TREATMENT PLAN REVIEW
PROBLEM NUMBER: * 1 **BEHAVIOR** C=Problem to be addressed in follow-up care
*** INTERVENTIONS:**
INDIVIDUAL PSYCHOTHERAPY: Once per week.
PROBLEM NUMBER: * 2 **MOOD** C=Problem to be addressed in follow-up care plan.
*** INTERVENTIONS:**
INDIVIDUAL PSYCHOTHERAPY: Once per week.

MEDICATION ORDERS

PRESCRIPTIONS
Mr. Newpatient prescription orders are:
* Initial .5 MG XANAX TABLET 1 QD for 30 Days Dispense: 30 Refills: 0 DX: Anxiety.
* Initial 30 MG CYMBALTA CAPSULE 1 QD for 30 Days Dispense: 30 Refills: 0.

EDUCATION

The importance of behavioral interventions reviewed.
We discussed creating a structure for him/herself.
We discussed doing a reality check of his/her thinking.
Alcohol abuse counselling performed.
Psychoeducation provided about ETOH cessations.
Advised and counseled to stop smoking.
Psychoeducation provided about healthy living style.

INSTRUCTIONS

Chart anxiety/mood.

FOLLOW-UP

3 Month Subsequent E&M Care, Brief

PHYSICIAN SIGNATURE

Louis Test, M.D.