

Writing Task 5 Alison Martin

Time allowed: 40 minutes

Read the case notes below and complete the writing task that follows:

Today's Date

10/02/10

Patient History

Alison Martin

Female

28 year old, teacher.

Patient in your clinic for 10 years

Has 2 children, 4 years old and 10 months old, both pregnancies and deliveries were normal. Husband, 30 yr old, manager of a travel agency. Living with husband's parents.

Has a F/H of schizophrenia, symptoms controlled by Risperidone

Smoking-nil

Alcohol- nil

Use of recreational drugs – nil

09/01/10

Subjective

c/o poor health, tiredness, low grade temperature, unmotivated at work, not enjoying her work. No stress, loss of appetite or weight.

Objective

Appearance- nearly normal

Mood – not depressed

BP- 120/80

Pulse- 80/min

Ab, CVS, RS, CNS- normal

Management

Advised to relax, start regular exercise, and maintain a temperature chart. If not happy follow up visit required

20/01/10

Subjective

Previous symptoms – no change

Has poor concentration and attention to job activities, finding living with husband's parents difficult. Says her mother-in-law thinks she is lazy and is turning her husband against her. Too tired to do much with her children, mother-in-law takes over. Feels anxiety, poor sleep, frequent headaches.

Objective

Mood- mildly depressed
Little eye contact
Speech- normal
Physical examination normal

Tentative diagnosis

Early depression or schizophrenia

Management plan

Relaxation therapy, counselling
Need to talk to the husband at next visit
Prescribed Diazepam 10mg/nocte and paracetamol as required
Review in 2/52

10/02/10

Subjective

Accompanied by husband and he said that she tries to avoid eye contact with other people, ~~reduced speech~~ output, impaired planning, some visual hallucinations and delusions for 5 days

Objective

Mood – depressed
Little eye contact
Speech – disorganised
Behaviour- bizarre
BP 120/80
Pulse- 80
Ab, CVS, RS, CNS- normal

Probable diagnosis

Schizophrenia and associated disorders

Management plan

Refer to psychiatrist for assessment and further management.

Writing Task

You are the GP, Dr Ivan Henjak. Write a referral letter to Psychiatrist, Dr. Peta Cassimatis: 1414 Logan Rd, Mt Gravatt, 4222. In your letter expand the relevant case notes into complete sentences. Do not use note form. The body of your letter should be approximately 200 words. Use correct letter format.

Task 5 Model Letter: Alison Martin

10/02/10

Dr. Peta Cassimatis
1414 Logan Rd,
Mt Gravatt, 4222

Re: Alison Martin

Dear Doctor,

I am writing to refer Mrs. Martin, a 28-year-old married woman, who is presenting with symptoms suggestive of schizophrenia.

Mrs Martin has been a patient at my clinic for the last 10 years and has a family history of schizophrenia. She is a teacher with two children, aged 4 years and 10 months, and lives with her husband's parents.

She first presented at my clinic on 9 January 2010 complaining of tiredness, a lack of motivation at work and a low grade fever. On review after ten days, she did not show any improvement. She displayed symptoms of paranoia and was suffering from poor sleep, anxiety and frequent headaches. In addition, she was mildly depressed with little eye contact. Relaxation therapy and counselling were started and Diazepam 10 mg at night was prescribed based on my provisional diagnosis of early depression or schizophrenia.

+ ** to add multi symptoms.

She presented today accompanied by her husband in a depressed state, showing little eye contact, bizarre behaviour and disorganised speech. Despite my management, her symptoms have continued to worsen with a 5-day history of reduced speech output, impaired planning ability as well as some visual hallucinations and delusions.

In view of the above, I would appreciate your attention to this patient.

Yours sincerely,

Dr. Ivan Henjak

Word Count: 204 words