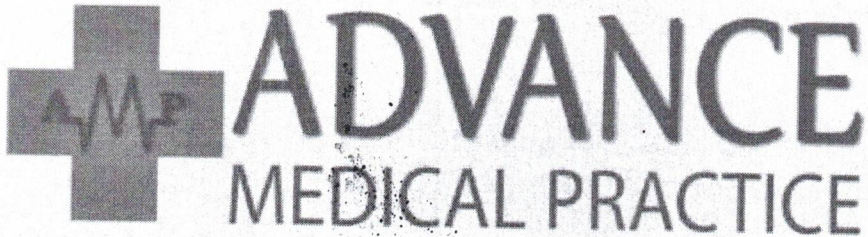


health@michellehookham.
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Shop 26, 227 George Street
Riverview Shopping Centre
Windsor 2756
Ph: 4577 2677
F: 4577 9722
ABN: 86 958 906 367

08/02/2024

Michelle Hookham
Old Hawkesbury Hospital
6 Christie St
Windsor
NSW 2756
Phone: 02 4577 4435

Re. Miss Caitlin Rea
2/61 Rifel Range Road
Bligh Park 2756
31/10/1996 0401 529 433 Nil
2728710366 05/2027

Dear Michelle,

Thank you for seeing Caitlin Rea for an opinion and management. She is a lovely 27 year old female who has seen you previously. I am referring her again under a new GP mental health care plan for a few sessions to assist with management of stress and anxiety. She is currently 8 weeks post partum, nil risk factors at present. I really appreciate your assistance in her care.

Her current medications are:
No regular medications.

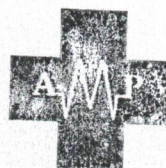
Allergies: Nil known.

Past Medical History:

Asthma
CIN 3
Postnatal depression
PCOS
Supraventricular tachycardia
21/12/2020 Depression

Yours faithfully,

Dr Vinori VIDANAPATHIRANA
MD, BExPhys
5984433L



ADVANCE MEDICAL PRACTICE
Dr Vinori Vidanapagthirana
MD, BExPhys
Provider No. 5984433L
Riverview Shopping Centre
Shop 26, 227 George Street, Windsor 2756
Tel: 02 4577 2677 Fax: 02 4577 9722

GP MENTAL HEALTH CARE PLAN

PATIENT ASSESSMENT

Patients name	Miss Caitlin Rea	Date of Birth	31/10/1996
Address	2/61 Rifel Range Road Bligh Park 2756	Phone	Nil
Carer details and/or emergency contact(s)		Other care plan Eg GPMP / TCA	YES <input type="checkbox"/> NO <input type="checkbox"/>
GP Name / Practice	Advance Medical Practice Windsor		
AHP or nurse currently involved in patient care		Medical Records No.	19926

PRESENTING ISSUE(S) Anxiety
What are the patient's
current mental health
issues Social stress due to court case coming up
Not impacting function

PATIENT HISTORY
Record relevant biological
psychological and social
history of mental disorders
and any relevant
substance abuse or
physical health problems
MEDICATIONS
(attach information if
required) No regular medications at present
- has been on fluoxetine and tempazepam for sleep previously

ALLERGIES Nil known

**ANY OTHER RELEVANT
INFORMATION**

**RESULTS OF MENTAL
STATE EXAMINATION**
Record after patients has
been examined Mood 7/10
Anxiety 8/10
Behaving appropriately
Good insight and judgement
No hallucinations or delusions
No self harming or suicidal ideation
Nil at present.

**RISKS AND
CO-MORBIDITIES**
Note any associated risks
and co-morbidities
including suicidal
tendencies and risk to
others

OUTCOME TOOL USED RESULTS:

DIAGNOSIS Stress / anxiety

PATIENT NEEDS / MAIN ISSUES

Psychology and CBT
Stress coping
Anxiety coping strategies

GOALS

Record the mental health goals agreed to by the patient and GP and any actions the patient will need to take

TREATMENTS

Treatments, actions and support services to achieve patients goals

CRISIS / RELAPSE

If required, note the arrangements for crisis intervention and/or relapse prevention

Mental health crisis numbers 1800 011 511
Contact GP or psychologist

REFERRALS

Note: Referrals to be provided by GP, as required, in up to two groups of six sessions. The need for the second group of sessions to be reviewed after the initial six sessions.

Referral to psychologist
1 x 6 sessions

APPROPRIATE PSYCHO-EDUCATION PROVIDED

YEs

PLAN ADDED TO THE PATIENT'S RECORDS

Yes

COPY (OR PARTS) OF THE PLAN OFFERED TO

Yes

OTHER PROVIDERS

COMPLETING THE PLAN

On completion of the plan, the GP is to record that she/he has discussed with the patient:

- the assessment
- all aspects of the plan and the agreed date for review; and
- offered a copy of the plan to the patient and/or their carer (if agreed by patient)

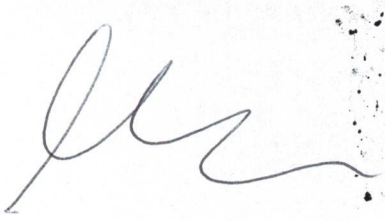
DATE PLAN COMPLETED:


08/02/2024

REVIEW DATE (initial review 4 weeks to 6 months after completion of plan): 10/05/2024

REVIEW COMMENTS (Progress on actions and tasks)

OUTCOME TOOL RESULTS ON REVIEW



 ADVANCE MEDICAL PRACTICE
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