

Richmond Marketplace Medical Centre

Shop 46, Richmond Marketplace
ABN: 28 325 871 904
78 March Street
RICHMOND NSW 2753

Phone: (02) 4578 4800
Fax: (02) 4578 3300

16/11/2023

Psychologist Michelle Hookham

Phone:

RE: Miss Finley Joan Adam
45 Hughes Avenue
Hobartville. 2753

DOB: 19/01/2009

Dear Michelle,

Thank you for seeing Finley Adam for an opinion and management.
h/o anxiety, worries a lot about other people, stress at school
needs counselling

Her current medications are: nil

Allergies:
Nil known.

Past Medical History:

21/01/2023 Dermatitis

Kind Regards

Dr ANSHU PARMAR
M.B.B.S. FRACGP
212636CT

10 20-3 24

GP MENTAL HEALTH CARE PLAN

ITEM: 2715[>20 min]--2717[>40 min]---or--Review 2712

From: **Richmond Marketplace Medical Centre**
Shop 46, 78 March Street, Richmond 2753
Ph: (02) 45784800 Fax: (02) 45783300

Date: 16/11/2023

Patient Name: Miss Finley Joan Adam

Medicare No: 2543521197

DOB: 19/01/2009

— #4 — Messg = #1

Presenting Problem: Anxiety/stress

Mental Status Examination:

Appearance and General Behaviour

☒ Normal ☐ Other:

Thinking (Content/Rate/Disturbances)

☒ Normal ☐ Other:

Sleep (Initial Insomnia/Early Morning Wakening)

☐ Normal ☒ Disturbed ☐ Excessive

Appetite (Disturbed Eating Patterns)

☒ Normal ☐ Reduced ☐ Overeating

Motivation/Energy

☐ Normal ☒ Not Motivated

Insight

☒ Normal ☐ Other:

Orientation (Time/Place/Person)

☒ Normal ☐ Other:

Suicidal Ideation

☐ Yes ☒ No

Mood (Depressed/Labile)

☐ Normal ☒ depressed-Anxious:

Perception (Hallucinations, etc.)

☒ Normal ☐ Other:

Cognition (Level of Consciousness/Delirium/Intelligence)

☒ Normal ☐ Other:

Attention/Concentration

☒ Normal ☐ reduced:

Memory (Short and Long Term)

☒ Normal ☐ reduced:

Anxiety Symptoms (Physical and Emotional)

☐ Normal ☒ Anxious

Speech (Volume/Rate/Content)

☒ Normal ☐ Other:

Suicidal Intent

☐ Yes ☒ No

Assessment Plan & Discussion

h/o anxiety
social anxiety
worries about her appearance/what people think about her
Disturbed sleep
needs counselling

Goal:

- To stop worrying about people
- Improve eating habits/diet

Provision of Psycho Education:

- Material regarding Anxiety

Plan for Crisis

- Life Line Penrith Regional Centre Ph: (02) 131114
- Mental Health Crisis Team Ph: 1800 011 511

Referral to Psychologist

Review Date: 3mths

Doctor.....

Dr ANSHU PARMAR

212636CT

**Richmond Marketplace Medical Centre
Shop 46, 78 March Street, Richmond 2753
Ph: (02) 45784800 fax: (02) 45783300**

Patient:.....