

The Hawkesbury Family Practice
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Dr Meeta Mahale Prov:5675665L

Dr Alaina Ifthar Prov:5522297B

20/05/2024

Michelle Hookham
6 Christie Street
Windsor 2756
Phone: 45774435
Fax:

Dear Michelle Hookham,

Re: Dean Luscombe

Thank you for seeing Dean, a 16 yrs old for counselling and appropriate therapy under Medicare item 2700-2717. Please refer to a copy of the completed Mental Health Treatment Plan, with the consent of the patient. I look forward to receiving your written report regarding this patient upon completion of the sessions.

Yours sincerely,

Dr Hanqing Cai



GP MENTAL HEALTH TREATMENT PLAN (Item 2715 if new/2712 if review)

Patient name	Dean Luscombe		Date of birth	11/10/2007
Address	91 Keda Circuit North Richmond 2754		Phone	0412 196 308
Carer details and/or emergency contact(s)			Medicare number	
		2884897751		
Referring GP	Dr Hanqing Cai 5783336J			
Allied Health Provider currently involved in patient care, if applicable	Michelle Hookham, Psychologist			
Presenting issue(s) What are the patient's current mental health issues?	Anxiety symptoms: nervous with palpitation/chest discomfort/shortness of breath Decreased appetite over past 5 days ECG and chest-Xray unremarkable in Nepean Hospital ED			
Patient history Record relevant biological, physiological, social history including any family history of mental disorders, any relevant substance abuse, physical health problems or sexual abuse issues	No significant past medical history. Lives with father. Year 11 student. No substance abuse. Mother and older sister are both on antidepressant.			
Medications (attached information if required)	No long term medications			
Allergies	Nil known.			
Other relevant information				
Risks and co-morbidities Note any suicidal ideation or intent, plans, means and or risks to others. Note protective factors preventing risks including family support and any agreed safety plans.	no suicidal thoughts no hallucination			
Outcome tool used	K 10	Results / Score	22	
Diagnosis	anxiety			

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MENTAL STATE EXAMINATION

Appearance

<input type="checkbox"/>	Untidy	<input checked="" type="checkbox"/>	Casual	<input type="checkbox"/>	Well Groomed
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Behaviour (eye contact, facial expression, body language)

<input checked="" type="checkbox"/>	Engaged	<input type="checkbox"/>	Disturbed
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Speech (rate, quantity, tone, volume, fluency, rhythm)

<input checked="" type="checkbox"/>	Clear	<input type="checkbox"/>	Disturbed
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Mood (patient's internal state)

<input checked="" type="checkbox"/>	Normal	<input type="checkbox"/>	Low	<input type="checkbox"/>	High
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Affect (clinician's observation)

<input type="checkbox"/>	Reactive	<input checked="" type="checkbox"/>	Flat	<input type="checkbox"/>	Congruent
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Thought (form, content)

<input checked="" type="checkbox"/>	Clear	<input type="checkbox"/>	Disturbed
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Perception (hallucinations)

<input checked="" type="checkbox"/>	Clear	<input type="checkbox"/>	Disturbed
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Cognition

<input checked="" type="checkbox"/>	Not assessed	<input type="checkbox"/>	MMSE score
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Insight

<input checked="" type="checkbox"/>	Present	<input type="checkbox"/>	Absent
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Judgement (ability to make rational decisions)

<input checked="" type="checkbox"/>	Clear	<input type="checkbox"/>	Disturbed
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Other factors:

Sleep

<input checked="" type="checkbox"/>	Normal	<input type="checkbox"/>	Disturbed
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Appetite

<input type="checkbox"/>	Normal	<input type="checkbox"/>	Increased	<input checked="" type="checkbox"/>	Decreased
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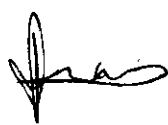
Final comments

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PATIENT PLAN			
Patient Needs/ Main Issues/ Problems	Goals Record the mental health goals agreed by the patient and GP and any actions the patient will need to take	Treatments Treatments, actions and support services to achieve patients goals	Referral to whom: Note: referrals to be provided in up to 2 groups of 6 and 4 sessions. The need for the second group of sessions is to be reviewed after the initial 6 sessions.
anxiety symptoms	reduce anxiety	CBT	X Better Access (MEDICARE)
			Patients cannot use their private health to cover the allied health gap fee, however gap costs to the patient count toward the patient's Medicare Safety Net.

Appropriate psycho-education provided (please mark with "X")			Plan added to patient's record (please mark with "X")			Copy (or parts) of the plan offered to other providers (please mark with "X")			
Yes	X	No	Yes	X	No	Yes	X	No	N / A

FINALISING THE PLAN			
Date plan completed	20/05/2024	Review date	3 months
I confirm that I am the treating General Practitioner, who has gained consent to create this plan today and review at the agreed date. I have provided the patient with a copy and offered to share this with her carer and/or allied health professionals involved.		GP Signature: 	
I confirm that I am the patient who has created this plan with Dr Hanqing Cai today. I give my consent to share this plan and clinical notes with herself, Nepean Medicare Local Mental Health Team and my treating Psychologist/s.		Patient Signature: 	

LUSCOMBE, DEAN
91 KEDA CIRCUIT, FORT RICHMOND. 2754
Phone: 0412196399
Birthdate: 11/10/2007 Sex: M Medicare Number: 2884897751
Your Reference: Lab Reference: 24-12960920-CRP-0
Laboratory: 4Cytel Pathology
Addressee: Dr HANQING CAI Referred by: Dr HANQING CAI

Name of Test: C-Reactive Protein
Requested: 20/05/2024 Collected: 20/05/2024 Reported: 21/05/2024
00:17

Clinical Notes: chest discomfort and palpitations since 16/5/2024
Pathologist: A/Prof P. Stewart

C-Reactive Protein (Serum)

Coll Date:	20/05/24		
Coll Time:	14:05		
Lab Number:	12960920		
C-Reactive Prot.	< 0.5	(< 5.0)	mg/L
Tests to follow: TFT, FE, ECG			

LUSCOMBE, DEAN
91 KEDA CIRCUIT, 10214 RICHMOND. 2754
Phone: 0412196108
Birthdate: 11/10/2004 Sex: M Medicare Number: 2884897751
Your Reference: Lab Reference: 24-12960920-THM-0
Laboratory: 4Cyté Pathology
Addressee: Dr HANQING CAI Referred by: Dr HANQING CAI

Name of Test: THYROID
Requested: 20/05/2024 Collected: 20/05/2024 Reported: 21/05/2024
01:05

Clinical Notes: chest discomfort and palpitations since 16/5/2024
Pathologist: A/Prof P. Stewart

Thyroid (Serum)

Coll Date: 20/05/24
Coll Time: 14:05
Lab Number: 12960920

TSH 1.52 (0.47-4.00) mIU/L

Euthyroid.

Tests to follow: FT3,FT4

LUSCOMBE, DEAN
91 KEDA CIRCUIT, NORTH RICHMOND. 2754
Phone: 0412196300
Birthdate: 11/10/2003 Sex: M Medicare Number: 2884897751
Your Reference: Lab Reference: 24-12960920-HPM-0
Laboratory: 4Cytel Pathology
Addressee: Dr HANQING CAI Referred by: Dr HANQING CAI

Name of Test: Full Blood Count
Requested: 20/05/2024 Collected: 20/05/2024 Reported: 21/05/2024
01:49

Clinical Notes: chest discomfort and palpitations since 16/5/2024

Full Blood Count (Whole Blood)

Coll Date:	20/05/24		
Coll Time:	14:05		
Lab Number:	12960920		
HAEMOGLOBIN	151	(130-170)	g/L
RBC	4.8	(4.5-5.8)	10 ¹² /L
HCT	0.43	(0.32-0.50)	
MCV	89.5	(80.0-100.0)	fL
MCH	32	(26-32)	pg
MCHC	352	(300-360)	g/L
RDW	12.9	(< 15.1)	%
WCC	4.6	(4.0-11.5)	
Neutrophils	3.2	(2.0-8.5)	
Lymphocytes	1.0	(1.0-4.0)	
Monocytes	0.3	(0.2-1.0)	
Eosinophils	0.1	(< 0.8)	
Basophils	0.0	(< 0.2)	
PLATELETS	261	(150-450)	10 ⁹ /L
MPV	7.6	(6.5-14.0)	fL

FBC parameters normal.

Tests to follow: All Tests now completed

LUSCOMBE, DEAN
91 KEDA CIRCUIT, NORTH RICHMOND. 2754
Phone: 0412196008
Birthdate: 11/10/2007 Sex: M Medicare Number: 2884897751
Your Reference: Lab Reference: 14-12960920-FEM-0
Laboratory: 4Cyte Pathology
Addressee: Dr HANQING CAI Referred by: Dr HANQING CAI

Name of Test: Iron Studies
Requested: 20/05/2024 Collected: 20/05/2024 Reported: 21/05/2024
02:01

Clinical Notes: chest discomfort and palpitations since 16/5/2024

Iron Studies (Serum)

Coll Date: 20/05/24
Coll Time: 14:05
Lab Number: 12960920

Ferritin	56	(30-300)	ug/L
Iron	17	(11-30)	umol/L
Transferrin	2.4	(2.0-3.6)	g/L
Transferrin Sat.	28	(20-50)	%

Tests to follow: All tests now completed

LUSCOMBE, DEAN
91 KEDA CIRCUIT, ROSETH RICHMOND. 2754
Phone: 0412196388
Birthdate: 11/10/2007 Sex: M Medicare Number: 2884897751
Your Reference: Lab Reference: 14-12960920-RCM-0
Laboratory: 4Cytb Pathology
Addressee: Dr HANQING CAI Referred by: Dr HANQING CAI

Name of Test: Biochemistry, Serum
Requested: 20/05/2024 Collected: 20/05/2024 Reported: 21/05/2024
00:17

Clinical Notes: chest discomfort and palpitations since 16/5/2024
Pathologist: A/Prof P. Stewart

Biochemistry (Serum)

Coll Date: 20/05/24
Coll Time: 14:05
Lab Number: 12960920

Sodium	138	(133-144)	mmol/L
Potassium	4.6	(3.5-5.3)	mmol/L
Chloride	107	(97-110)	mmol/L
Bicarbonate	29	(20-32)	mmol/L
Anion Gap	7 L	(8-19)	mmol/L
Urea	5.6	(3.2-8.2)	mmol/L
Creatinine	88	(50-100)	umol/L
Total Protein	72	(60-80)	g/L
Globulin	27	(23-39)	g/L
Albumin	45	(34-50)	g/L
Bilirubin	16	(< 21)	umol/L
Alk. Phosphatase	113	(80-380)	U/L
Gamma GT	13	(< 51)	U/L
ALT	9	(< 40)	U/L
AST	14	(< 35)	U/L
Calcium	2.45	(2.20-2.65)	mmol/L
Adj. Calcium	2.35	(2.20-2.65)	mmol/L
Phosphate	1.31	(0.80-1.85)	mmol/L
Magnesium	0.74	(0.65-1.10)	mmol/L

Tests to follow: TFT, FE, ECG