

# 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

18/05/2024

Dr SUKHVINDER VIRK  
096533GB

Michelle Hookam

Dear Michelle ,

**Re: Mrs Sarah-Jane Loftus**  
**08/07/1971**

Thank you for seeing Mrs Sarah-Jane Loftus, age 52 yrs, for an opinion and continued management.  
Smoking Hx: Smokes 10 cigarettes/day.

## **Current Problem:**

PTSD ,depression. For 6 sessions of counselling under medicare.

## **Past History:**

	Bipolar affective disorder
	PTSD
	Vitiligo
	Central obesity
	Obesity, Class 3
15/04/1991	Hypertension
22/07/2005	Depression
25/04/2011	Dental Pain,Poor Dentition - <i>dentures</i>
16/06/2018	Anxiety
24/04/2020	Smoking cessation
15/07/2020	Low back pain
31/05/2021	COPD, Infective exacerbation
31/05/2021	Hypertension
31/05/2021	Hypercholesterolaemia
31/05/2021	Hypercholesterolaemia
31/05/2021	PTSD
31/05/2021	TIA
31/05/2021	TIA
10/2021	Tenosynovitis rt hand
05/05/2022	Gastro-oesophageal reflux disease
10/10/2022	Smoking cessation
26/04/2023	Smoking cessation
22/09/2023	Hashimoto's thyroiditis
22/09/2023	Iron deficiency

22/09/2023 B12 Deficiency  
21/02/2024 Mitral stenosis noderate

**Allergies:**

Pethidine  
Pethidine  
Pethidine  
Bronchospasm, Severe  
Bronchospasm, Severe

**Current Medications:**

Asmol CFC-free Inhaler (with counter) 100mcg	2 Inhalations Four times a day.
Crestor 10mg Tablet	1 Tablet Daily.
Cymbalta 60mg Capsule	1 Capsule Daily.
Ferro -Tab 200mg Tablet	1 Tablet Daily.
Implanon NXT 68mg Implant	1 Implant.
Mirtanza 30mg Tablets	1 Tablet Before bed.
Nebilet 1.25mg Tablet	2 Tablets Daily.
Neo-B12 1mg/mL Injection	3 monthly.
Nicabate P 21mg/24hr Patch	1 Patch Daily.
Omeprazole 20mg Capsule	1 Capsule Daily.
Oroxine 50mcg Tablet	1 Tablet In the morning.
Osteomol 665 Paracetamol 665mg Tablet	2 Tablets Twice a day As directed.
Ozempic 1mg/dose Pen device	0.25 mg weekly x 4 wks then 0.5 mg weekly.
Telmisartan /Amlodipine 80mg; 5mg Tablet	1 Tablet Daily.
Ventolin CFC-Free 100mcg/dose Inhaler	2 Inhalations Four times a day.

I seek your opinion regarding further management.

Thankyou for your care and assistance. I shall await your reply.

Kind Regards,

**Dr SUKHVINDER VIRK**  
**Shop 46, 78 March St**  
**Richmond 2753**

Richmond Marketplace Medical Centre

**PLEASE NOTE: ALL CORRESPONDENCE CAN BE SENT VIA HEALTHLINK EDI**  
**CODE: ricmktmc**

## GP MENTAL HEALTH CARE PLAN

ITEM: 2715

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

**Date:** 18/05/2024

**Patient Name:** Mrs Sarah-Jane Loftus

**Medicare No:** 3227311366

**DOB:** 08/07/1971

PTSD

Depression

### **Mental Status Examination:**

#### **Appearance and General Behaviour**

☒

Normal ☐ Other:

#### **Thinking** (Content/Rate/Disturbances)

☒ Normal ☐ Other:

#### **Sleep** (Initial Insomnia/Early Morning Wakening)

☐ Normal ☒ Insomnia ☐ 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**

PTSD

Depression

#### **Goal:**

- Counselling
- Learning strategies to be able to deal with all psychological issues

### **Provision of Psycho Education:**

- Material regarding Depression; Anxiety & Bipolar

### **Plan for Crisis**

- Life Line Penrith Regional Centre Ph: (02) 131114
- Mental Health Crisis Team Ph: 1800 011 511
- Hawkesbury Hospital Ph: (02) 4560 5555
- Surgery Phone No: (02) 4578 4800
- Surgery Facsimile No: (02) 4578 3300

**Referral to Psychologist/Psychiatrist:**

*Referral to Michelle Hookam*

**Review Date:**

**2 Months**

**Doctor.....**

**Dr SUKHVINDER VIRK**

**096533GB**

**Richmond Marketplace Medical Centre**

**Shop 46, 78 March Street, Richmond 2753**

**Ph: (02) 45784800 fax: (02) 45783300**

**Patient.....**