

Balance! Springwood  
Family Practice

16 Ferguson Road  
Springwood 2777  
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21/02/2024

Mrs Renee Jenkins  
455 Great Western Hwy  
Faulconbridge. 2776  
Phone:

**RE: Miss Alice Bauerhuit**  
**49 Heather Rd**  
**Winmalee. 2777**

DOB: 01/06/2005

Dear Renee,

Thank you for seeing Alice Bauerhuit for an opinion and management for her chronic severe anxiety and depression

Her current medications are:

Microlut 30mcg Tablet  
Propranolol 40mg Tablet

1 Tablet Daily.  
0.5 tablet po bd for migraine prevention and tachycardia.

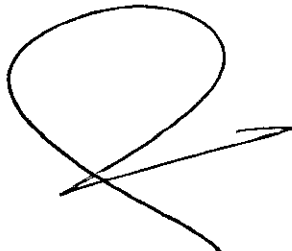
Allergies:  
Nil known.

Past Medical History:

28/07/2022	Contraception, OCP
29/09/2022	Anxiety/Depression
12/11/2022	Vitamin B12 Deficiency
13/11/2022	Glandular fever
15/11/2022	Coeliac disease susceptible genotype
24/11/2022	Helicobacter pylori breath test negative

Vit B12 = 177

Yours faithfully,



DAY RAFOKA  
15 FERGUSON ROAD  
SPRINGWOOD NSW 2777  
PHONE 02 4751 1233  
FAX 02 4751 0550

**CHRONIC DISEASE MANAGEMENT**  
**GP Management Plan: MBS Item 721**

**Patient's Name:** Miss Alice Bauerhuit

**Contact Details:**

49 Heather Rd  
Winmalee 2777

**Home Phone:**

**Work Phone:**

**Mobile Phone:** 0450 437 527

**Details of Patient's Usual GP:**

Dr Oday Rafoka  
16 Ferguson Road  
Springwood 2777

**Date of Birth:** 01/06/2005

**Medicare No.:**

2427319194

*#5*  
*Elizabeth Bauerhuit #2*

**Details of Patient's Carer (if applicable):**

*Dr Oday Rafoka*  
*6373941F*

**If the patient has a previous or existing care plan, when was it prepared and what were the outcomes?**

On: / / By:

**Other notes or comments relevant to the patient's care planning:**

**Medications:**

Microlut 30mcg Tablet  
Propranolol 40mg Tablet

1 Tablet Daily.  
0.5 tablet po bd for migraine prevention and  
tachycardia.

**Allergies:**

Nil known.

**I have explained the steps and costs involved, and the patient has agreed to proceed with the service:**

.....(GP's Signature & Date)

Patient's Name: Miss Alice Bauerhuit

## GP MANAGEMENT PLAN

### Patient problems / needs / relevant conditions

Menstrual irregularity  
Anxiety/Depression  
Coeliac disease susceptible genotype  
PCOS  
Endometrial polyp

### Goals - changes to be achieved.

Improve general health  
Improve knowledge of condition  
Improve nutrition  
Maintain function  
Manage pain  
Prevent complications  
Improve weight

### Required treatments and services.

Task	Provider	Due
Review of menorrhagia ?PCOS	Dr Maree Wallwork	19/06/2024
Regular review	G.P.	19/06/2024
— Yearly blood test	G.P.	19/06/2024
— Psychology therapy to start	Patient	19/06/2024
— Healthy diet and exercise	G.P.	19/06/2024
— Seek help if any suicidal thoughts /plans	Patient	19/06/2024
— Iron tablets 3 times a week	Patient	19/06/2024

### Arrangements for treatments/services.

Provider	Phone	Fax
Dr Maree Wallwork	4721 1555	4721 3479

Copy of GPMP offered to patient? Yes

Copy / relevant parts of the GPMP supplied to other providers? No

GPMP added to the patient's records? Yes

Date service was completed: 19/06/2024

Review Date: 20/12/2024

Patients name	Miss Alice Bauerhuit	Date of Birth	01/06/2005
Address	49 Heather Rd Winmalee 2777	Phone	
Carer details and/or emergency contact(s) GP Name / Practice	OdayRafoka6373941FBalance ! Springwood Family Practice Pty Ltd	Other care plan Eg GPMP / TCA	YES <input type="checkbox"/> NO <input type="checkbox"/>
AHP or nurse currently involved in patient care		Medical Records No.	

PRESENTING ISSUE(S) here for repeat prescription and MHCP

What are the patient's  
current mental health  
issues

she is known of anxiety for many years  
dealing with it herself  
works as a nurse  
not suicidal  
mother/family aware  
father passed away few months ago in US  
got into a bad relationship with partner, seperated a week after father passed away  
studying nursing  
anxiety is bad when stressed and few times a week panic attacks  
has a boy friend who is supportive  
does self harm sometimes

she is confident she can manage it herself and does not like the idea of being on  
antidepressant  
she eats well  
drinking 2-3 glasses in the weekend  
started smoking cig

panic attacks: gets sob, palpitations, shaky , nausea

mother was worried about propranolol, since father passed away but she is restarting it as  
migraine is worse and was helping her a lot

PATIENT HISTORY  
Record relevant biological  
psychological and social  
history of mental disorders  
and any relevant  
substance abuse or  
physical health problems

Anxiety and depression

#### MEDICATIONS

(attach information if  
required)

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Propranolol 40mg Tablet

1 Tablet Daily.  
0.5 tablet po bd for migraine prevention and  
tachycardia.

#### ALLERGIES

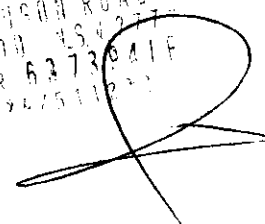
Nil known.

#### ANY OTHER RELEVANT INFORMATION

RESULTS OF MENTAL  
STATE EXAMINATION  
Record after patients has  
been examined

Looks anxious at times  
anxiety gesture at times  
normal facies  
not suicidal  
normal thought  
normal behaviour  
normal speech tone and speed  
engaging well  
maintaining eyes contact sometimes/interrupted  
no mania

DUAT 15 FERGUSON ROAD  
SPRINGWOOD NSW 2777  
PHONE 6373 9416  
CD29475112



no agitation  
no hallucinations or delusions.

RISKS AND  
COMORBIDITIES  
Identify any associated risks  
Identify co-morbidities  
Including suicidal  
tendencies and risk to  
others

ASSESSMENT TOOL USED

RESULTS:  
DASS21 Assessment  
Depression scored 22 (Severe)  
Anxiety scored 38 (Extremely Severe)  
Stress scored 28 (Severe)

DIAGNOSIS

severe anxiety and severe depression

## PATIENT NEEDS / MAIN ISSUES

### GOALS

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

- 1- to work through the grief reaction
- 2- improve her anxiety, sleep and functioning
- 3- avoid panic attacks
- 4- develop the toolsdevelop with her anxiety and panic attacks

### TREATMENTS

Treatments, actions and support services to achieve patients goals

psychology therapy  
continue propranolol  
exercise and relaxation

### CRISIS / RELAPSE

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

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### 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.

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 s/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:

21/02/2024

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

REVIEW COMMENTS (Progress on actions and tasks) review after 6 psychology sessions

OUTCOME TOOL RESULTS ON REVIEW