


# STRATEGIC HEALTH PLAN REVIEW

Patient Name	DOB	Date of Mental Health Plan	GP	OUTCOME TOOL	SCORE
Ms Alison Falzon	24/08/1972	05/03/2024	Dr Poonam Baskaran	DASS 21	D -8, A- 6, S-11

Problem	Goal	Progress on Action & Task
<b>Number</b> Anxiety Disorder with occasional panic attacks	Identify the stressors Reduce the symptoms Improve functioning Managing negative thoughts smiling mind app	Attend counselling session with psychologist CBT
<b>Number</b> Depressive Mood PTSD	identify the stressors reduce symptoms planning postive activities breathing techniques walking dog 30 mins per day	Attend counselling session with psychologist CBT
<b>Number</b>		

## Follow-up/Relapse Prevention Plan

Crisis help line  
Re-inforcing strategies learnt  
Avoiding self isolation

  
Myhealth North Richmond  
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03/07/2024

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

RE: Ms Alison Falzon  
41 Mantle Ave  
North Richmond, 2754

DOB: 24/08/1972

Dear Michelle,

Thank you for seeing Alison Falzon had a MHCP review today. She has hugely benefitted from the sessions as shown by her DAS 21 score today. I here by refer her for an additional 4 sessions.

Her current medications are:

Circadin 2mg Prolonged release tablet  
Saxenda 6mg/mL Pen device

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1 Tablet Before bed.  
Daily 0.6 mg once daily.  
Increased to 3.0 mg daily in increments of 0.6 mg with at  
least one week intervals.  
3 mg Daily.

Allergies:

Cough medicine                      Oedema, Moderate

Past Medical History:

2006                      Hysterectomy, vaginal with AP repair

Yours faithfully,



Dr Poonam Baskaran  
MBBS, DNB (OBGY), DRANZCOG, FRACGP  
518964DK

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

- 0 Did not apply to me at all - NEVER
- 1 Applied to me to some degree, or some of the time - SOMETIMES
- 2 Applied to me to a considerable degree, or a good part of the time - OFTEN
- 3 Applied to me very much, or most of the time - ALMOST ALWAYS

FOR OFFICE USE

		N	S	O	AA	D	A	S
1	I found it hard to wind down	0	1	2	3			3
2	I was aware of dryness of my mouth	0	1	2	3		1	
3	I couldn't seem to experience any positive feeling at all	0	1	2	3	1		
4	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3		0	
5	I found it difficult to work up the initiative to do things	0	1	2	3	1		
6	I tended to over-react to situations	0	1	2	3			1
7	I experienced trembling (eg, in the hands)	0	1	2	3		0	
8	I felt that I was using a lot of nervous energy	0	1	2	3			2
9	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3		2	
10	I felt that I had nothing to look forward to	0	1	2	3	2		
11	I found myself getting agitated	0	1	2	3			1
12	I found it difficult to relax	0	1	2	3			2
13	I felt down-hearted and blue	0	1	2	3	1		
14	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3			1
15	I felt I was close to panic	0	1	2	3		1	
16	I was unable to become enthusiastic about anything	0	1	2	3	1		
17	I felt I wasn't worth much as a person	0	1	2	3	1		
18	I felt that I was rather touchy	0	1	2	3			1
19	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)	0	1	2	3		1	
20	I felt scared without any good reason	0	1	2	3		1	
21	I felt that life was meaningless	0	1	2	3	1		
TOTALS						8	6	9