



ST JOHN OF GOD
Richmond Hospital

**MULTIDISCIPLINARY MENTAL HEALTH
RECOVERY AND DISCHARGE PLAN**

TWOMEY

Maree Louise
DOB 17/04/1955 (69Y/F) CAT
PH 0400149881
2 LINDSAY PL
RICHMOND NSW 2753
PVT AHM 48486963
DR THAVAKULASINGAM, DR SIVAR



RM UR 60902 ADM 497043
MC 2195120375/1 (04/2026)
CON 206899431A
ADM DATE 19/08/24
GP MORRIS, DR NAGWA

ALL INFORMATION AVAILABLE IN BLOCK LETTERS

To be completed during the patient stay – My relapse prevention strategies

Things I do to reduce stress

art - painting - TV
cook - or shopping

My early warning / relapse signs are

anger / irritability
not to friends
↓ ADL's

If I am having early warning / relapse signs I will use the following coping strategies

a/a

If I become unwell, I may need help with the following:

☐ Children

☒ Pets

☐ Payment of bills

☐ Contacting work / place of work

☐ Advanced care directive

☐ Power of attorney

☒ Looking after household duties

☐ Other

Comments: Family has her 3x cats

DISCHARGE PLANNING

Anticipated Discharge Date: 15/10/24

Transport arrangements for discharge:

Discharge Destination: Home

NDIS

Outpatient groups / Community Outreach:

Other Community Programs:

My Discharge Plan

My follow up appointments are:

Details / appointment date and other relevant information

☒ GP Name: Dr Morris Appointment date: TBA / /

☒ Psychiatrist Name: Dr Ruby Appointment date: TBA / /

☐ Psychologist Name: Appointment date: / /

☐ Mental Health Worker Name: Appointment date: / /

☐ AOD Counsellor Name: Appointment date: / /

☒ Day program: referred to Behas matilda group Start date: / /

☐ Community Mental Health: Appointment date: / /

☒ Other: Michelle Hookham Appointment date: / /

My discharge medication has been explained by a Pharmacist (completed as per hospital requirement)

Discharge interview conducted ☒ Yes ☐ No

Discharge medication arranged ☐ Yes ☐ No

Medication discussed with me ☐ Yes ☐ No

Follow up phone call has occurred within 7 days post discharge: ☒ Yes ☐ No ☐ N / A if to be seen with 7 days

Date: Time of call: : :

* Refer to progress notes for further details

Completed by Caregiver (name): Nicola Designation: R/L Date: 13/10/24

This plan has been developed in consultation with the patient, the support person/s and caregiver/s

Name	Signature	Date
Patient		
Nominated family / friend / carer		

Nursing Caregiver responsible for discharge: Amin

Designation: RM

Date: 15/10/24

NO WRITING IN MARGINS



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MULTIDISCIPLINARY RECOVERY AND DISCHARGE PLAN (MRP/MCC)

SAFETY PLAN

To be developed / completed with the patient prior to discharge

It is normal to feel both excited and apprehensive about leaving hospital and returning home. It can take time to adjust to a daily routine and face the challenges of this time of transition.

"My Safety Plan" has been developed with my treating team to assist in my discharge transition to home. It should be used in conjunction with my "Mental Health Recovery and Discharge Plan" as a reference point to assist myself and my support network if I am at risk.

When I am feeling at risk, overwhelmed or distressed the skills that will help me are:

- ① Watching challenging games on the computer. ③ cooking.
- ④ listening to music ⑤ watching my shows. Netflix, ABC.
- ⑥ art work with rocks.
- MSE - Mood - euthymic Affect - reactive. No suicidal ideation or self harm thoughts. at time of report.
- To make an appointment with Dr. Ruby. To make appt with GP - Dr Morris. Michelle Hookman has made appts weekly.

If my safety plan is at risk, I can call emergency services on 000.

If I am unable to reduce my distress, I can contact the mental health hotline, hospital or present to my local public hospital accident and emergency department. All services are available 24 hours a day. SJGHC Hospital Contact Number: (02) 4570 6100

24 hour Counselling Services include:

 Mental Health Line 1800 011 511	1800 011 511 www.mentalhealthonline.org.au	 beyondblue	1300 224 636 www.beyondblue.org.au
 Lifeline AUSTRALIA	13 11 14 www.lifeline.org.au	 MensLine australia	1300 789 978 www.mensline.org.au
 NSW GOVERNMENT	 Communities & Justice	 Your Room	Sydney 02 9361 8000 Rural 1800 422 599 www.yourroom.health.nsw.gov.au
 1800RESPECT NATIONAL DOMESTIC VIOLENCE COUNSELLING SERVICE	1800 737 732 www.1800respect.org.au	 One DOOR	1800 319 353 www.onedoor.org.au

A copy of this mental health and recovery plan has been given to the patient and is available for them to use post discharge. Yes ☐

Completed by Caregiver (name): Leanne Pike

Designation: RN

Date: 15/10/24

Patient name: Maree Twomey

Signature: [Signature]

Date: 15/10/24

Discharge Summary (Finalised) - Amended

Patient Details

Maree Louise TWOMEY
Date of birth: 17 Apr 1955 (69y) Female
2 Lindsay Pl, Richmond, NSW 2753
MRN: 60902

Hospital Details

St John of God Richmond Hospital
177 Grose Vale Road, North Richmond NSW 2753
Phone: (02) 4570 6100
Fax: (02) 4571 1552

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Medicines on discharge: (25 items)

Medicine	Dosage	Quantity	Frequency	Status	Change Reason	Notes
Spironolactone	25mg		In the morning	Unchanged	Fluid balance	
Empagliflozin	25mg	Script?	In the morning	Unchanged	Diabetes	Jardiance
Prazosin	2mg		at night	Decreased	Change of dose	nightmare
Pulmicort Turbuhaler	200mcg		2 puffs in the morning	Unchanged		
Lamotrigine	50mg		In the morning	Unchanged	Stable	
Lamotrigine	100mg		At night	Unchanged		
Escitalopram	10mg		In the morning	Unchanged	Stable	
Atorvastatin	40mg		At night	Unchanged	Cholesterol	
Rabeprazole	20mg		In the morning	Unchanged	Reflux	
Colecalciferol	1000iu		In the morning	Unchanged		
Multivitamin + Minerals	Supplement		1 tablet at midday	Unchanged		
Thiamine	100mg		In the morning	Unchanged		
Dulaglutide	1.5mg/0.5ml		1 injection WEEKLY on a Friday	Unchanged		Trulicity this own
Paracetamol	1gram		Three times daily	Unchanged	Two x 500mg	
Systane Eye drops	..		1-2 drops into both eyes three times daily	Unchanged		
Deep Heat	..		Apply to the affected area Twice daily	Unchanged	this own	
Toujeo Solostar Injection	30units		At night subcutaneously	Unchanged		Insulin Chart
Fenofibrate	145mg		in the morning	Unchanged	Cholesterol	
Furosemide Fluid tablets	40mg		in the morning	New	Prescribed for leg/pedal oedema	GP please review further use
Magnesium Complete Forte	one capsule		daily	New	Change from Magnesium aspartate (ran out of supply)	
Gastrostop (Loperamide)	one capsule		for every loose stools (max 8 caps/24 hours)	New Unchanged		
Ondansetron	4-8mg		6-hourly when needed for nausea/vomiting (max dose 16mg/24 hours)	Unchanged	nausea/vomiting	
Tapentadol IR Severe pain	50mg		every 4-6hours when needed for severe pain (max dose 100mg/24 hours)	Unchanged		Supply X 10 tabs
Diazepam (Anxiety)	2.5 mg		daily when needed for	New Severe anxiety	Supply Supply X 10 tabs	AMO approved

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			anxiety (2.5mg/24 hours)			5 mg x 15 tablets to take home and strictly 2.5 mg daily prn only
Novorapid	6-12 units by subcutaneous injection		when needed as supplemental insulin per BGL level	Unchanged		

Ceased medicines

Medicine	Reason for ceasing
Meloxicam	No longer required
Magnesium aspartate	Ran out of supply

Allergies/Adverse reactions

Substance/Agent	Reaction type	Clinical manifestation
Allergy	Not known	codeine, pethadine, morphine, endone, fentanyl, mersyndol, celebrex, tramadol, pregabalin, promethazine, augmentin duo forte

Follow ups

Follow ups	Notes
GP	See own GP within 7 days of discharge. Pls review use of Frusemide
Private Psychiatrist	Follow up review TBA

Recipients

Name	Contact details	Address	Delivery Method
Dr Nagwa MORRIS	02 45776233	South Windsor Medical Centre 508 George Street, South Windsor, NSW 2756	Fax

Administrative details

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