

Myhealth North Richmond

ABN: 47628257938

Correspondence to:
Health Link: myhlthnr

Argus: mh.northrichmond@argus.net.au
E northrichmond.reception@myhealth.net.au

T (02) 9161 8086
F (02) 9161 8087
www.myhealth.net.au/north-richmond/

21/05/2024

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

re. **Ms Kim Rogers**
06/04/1958
31a Bradley Road
North Richmond. 2754
0472595962

Dear Michelle,

re: MHCP review x4 more sessions

Prev Gen Stream PHN approval number NBM 10693 with her MHCP done in Feb 2024

Thank you for seeing Kim Rogers for an opinion and management.

She is a 66r old with anxiety, depression, PTSD and ADHD.

Latest DASS21 Assessment

Depression scored 20 (Moderate)

Anxiety scored 20 (Extremely Severe)

Stress scored 34 (Extremely Severe)

K10 Assessment: Score 29.

She weaned off on the antidepressant, felt unable to think clearly. She was also diagnosed with ADHD on Vyvanse 40 mg daily then increased to 50 mg due to shortage of the 40 mg under Dr. Mallick. She has ceased her Vyvanse since March 2024 due to side effects. Your expert help would be greatly appreciated for her concerns. Kindly send us corr of her progress.

Her current medications are:

Coversyl 5mg Tablet (Perindopril Arginine)
Prolia 60mg/mL Injection (Denosumab)

1 Tablet Daily.
Every 6 months.

Allergies:

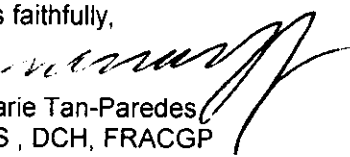
Nil known.

Past Medical History:

Anxiety
Hypertension
Osteoporosis
Vaginal prolapse
ADHD

28/10/2021

Yours faithfully,


Dr Marie Tan-Paredes
MBBS, DCH, FRACGP
2813939B

BOIMHC MENTAL HEALTH 3 STEP PROCESS

PART 2 - PLAN 13.2.24 & REVIEW 24.5.24

Patient Name	Ms Kim Rogers 45713752	Date of Birth	06/04/1958
GP	Dr Marie Tan-Paredes 0291618086	Outcome Tool Used	k10 and DASS 21
Date of Plan	13/02/2024	Date of Review	
Outcome tool result at assessment	DASS 21 D 22 A18 S 34 K10 K10- 33/50	Result at review	Depression scored 20 (Moderate) Anxiety scored 20 (Extremely Severe) Stress scored 34 (Extremely Severe) K10 Assessment: Score 29.

	GOAL	PLAN	REVIEW
Problem/Diagnosis	(eg reduce symptoms, improve functioning)	Action/ Task (eg Refer for Allied Health, or pharmacological treatment, or engagement of family and other supports)	
1.General Anxiety Disorder	Identify the stressors Reduce the symptoms Improve functioning Managing negative thoughts walking daily 15-30 mins gym 2-3 times per week	Attend counselling session with psychologist Review after 3-4 session	Psychologist - Ms.Michelle Hookham GP
2.Depressive Mood /PTSD	Identify the stressors reduce symptoms planning positive activities smiling mind app daily 10 mins breathing exercises , relaxation techniques	Attend counselling session with psychologist Review after 3-4 session	Psychologist - Ms. Michelle Hookham GP
3ADHD	minimise symptoms	attend psychiatrist and psychologist review after 3-4 sessions medications Vyvanse 40 mg daily then increased to 50 mg due to shortage , ceased meds in March due to s/e reg fasting bloods and ECG	psychologist - Michelle Hookham GP psychiatrist DR. Mallick pt has ceased Vyvanse 50 mg in march 2024 due to side effects

For which Access to Allied Health Service is the person being referred? (Multiple responses allowed)	
Diagnostic assessment Yes / Psycho-education Yes / Interpersonal Therapy Yes /	
Cognitive Behavioural Therapy (CBT): Behavioural interventions Yes / Cognitive interventions Yes /	
Relaxation strategies Yes / Skills training Yes /	
Other CBT interventions (please specify):	
Other - please specify:	
If referring for CBT program - Consent form signed by patient	Yes /

Relapse Prevention Plan (If appropriate)

Emergency Care
NSW – 1800 011 511 – Mental Health Line

Patient Education	Yes	Copy of MH plan given to patient	Yes
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Does the patient understand their condition?	yes
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I understand the above Mental Health Plan and agree to the outlined goals/actions	
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Patient Signature: 	Date: 21.5.24
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GP Signature: 	Date: 24.5.24
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Date for Mental Health Review (between 1 - 6 months):	6-12 weeks
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MBS Item Numbers for Review by GP: Level C 2574 surgery and 2575 elsewhere; Level D 2577 surgery and 2578 elsewhere.
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