

Conrad Road



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Dr Padma Kaluarachchi 237888 FT
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Dr Rebecca Micheal 4638958L
Dr Abhishek Karavadra 5104553T
Dr Nivethigha Chellappah 4627914F

02/04/25

Michelle Hookman

Psychologist.

Phone:

Re: Ms Elizabeth Ann Myra Tierney

217 Maquarie Street

South Windsor. 2756

17/09/1963

2276983418

CODE number

Dear Michelle,

Thank you for seeing Elizabeth Tierney for on going management for counselling.

Mental plan done today. Please send her after 6 sessions

CODE for counselling is

Thanks for on going care.

Kind regards,

Dr Padma Kaluarachchi

MBBS, FRACGP, DCH, DFM

237888FT

Dr. Padma Kaluarachchi
FRACGP, MBBS
DCH, DFM (Cey)
Member No: 237888FT

| | | | |
|--|---|----------------------------------|---|
| Patients name | Ms Elizabeth Ann Myra Tierney | Date of Birth | 17/09/1963 |
| Address | 217 Maquarie Street South Windsor 2756 | Phone | 4577 3811 |
| Carer details and/or emergency contact(s) | | Other care plan Eg GPMP / TCA | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| GP Name / Practice | PadmaKaluarachchiConrad Road Family Practice | | |

| | | |
|---|--------------|----------|
| AHP or nurse currently involved in patient care | Date of Plan | 02/04/25 |
|---|--------------|----------|

PRESENTING ISSUE(S) Depression/anxiety

What are the patient's
current mental health
issues

PATIENT HISTORY PH of same, Mother passed away 4 yrs ago[MVA], She is not the same since, no drug, alcohol
Record relevant biological issues, No sexual abuse
psychological and social diagnosed as immune deficient, Financial stress, Issues with her house, cousin is coming to
history of mental disorders live in her place this month
and any relevant
substance abuse or
physical health problems

MEDICATIONS

(attach information if
required)

| | |
|---|--------------------------------|
| Atacand 8mg Tablet | one Daily after meals |
| Ezetimibe 10mg Tablet | one Daily |
| Jardiance 10mg Tablets | one Daily after meals |
| Lantus Solostar 100U/ml Pre-filled pen | 80 units In the evening |
| Metformin 1,000mg Tablet | ONE Twice a day |
| Monofeme 28 150mcg;30mcg Tablet | one Daily after meals |
| Novorapid Flexpen 100U/mL Injection | 8,8,10 units Three times a day |
| Rosuzet Composite pack 10mg;40mg Tablet | one Before bed after meals |
| Symbicort Rapihaler 100/3 100mcg;3mcg | 2 puffs Twice a day |
| Ventolin CFC-Free 100mcg/dose Inhaler | 6 puffs Three times a day |
| Zoloft 100mg Tablet | one Daily after meals |
| Zyrtec 10mg Tablet | one Twice a day after meals |

ALLERGIES Nil known.

ANY OTHER RELEVANT
INFORMATION NIL

RESULTS OF MENTAL
STATE EXAMINATION Very anxious, insight present

Record after patients has
been examined

RISKS AND
CO-MORBIDITIES Not suicidal. very depressed

Note any associated risks
and co-morbidities
including suicidal
tendencies and risk to
others

OUTCOME TOOL USED RESULTS: DASS attached

DIAGNOSIS

*Severe stress
moderate Anxiety/Depression*

DASS 21

Name: Elizabeth Tierney Date: 02/04/2025

Please read each statement and indicate how much the statement applied to you over the past week.

The rating scale is:

0 = Never (Did not apply to me at all)

1 = Sometimes (Applied to some degree, or some of the time)

2 = Often (Applied to a considerable degree, or a good part of time)

3 = Almost Always (Applied to very much, or most of the time)

| | | D | A | S |
|----|---|-----------|-----------|-----------|
| 1 | I found it hard to wind down | | | 2 |
| 2 | I was aware of a dryness of my mouth | | 0 | |
| 3 | I couldn't seem to experience any positive feeling at all | 1 | | |
| 4 | I experienced breathing difficulty | | 0 | |
| 5 | I found it difficult to work up the initiative to do things | 1 | | |
| 6 | I tended to over-react to situations | | | 2 |
| 7 | I experienced trembling | | 1 | |
| 8 | I felt that I was using a lot of nervous energy | | | 3 |
| 9 | I was worried about situations in which I might panic and make a fool of myself | | 1 | |
| 10 | I felt that I had nothing to look forward to | 1 | | |
| 11 | I found myself getting agitated | | | 3 |
| 12 | I found it difficult to relax | | | 2 |
| 13 | I felt down-hearted and blue | 1 | | |
| 14 | I was intolerant of anything that kept me from getting on with what I was doing | | | 2 |
| 15 | I felt I was close to panic | | 1 | |
| 16 | I was unable to become enthusiastic about anything | 1 | | |
| 17 | I felt I wasn't worth much as a person | 2 | | |
| 18 | I felt that I was rather touchy | | | 2 |
| 19 | I was aware of the action of my heart in the absence of physical exertion | | 1 | |
| 20 | I felt scared without any good reason | | 1 | |
| 21 | I felt that life was meaningless | 1 | | |
| | DASS21Total | 8 | 5 | 16 |
| | Rating (from below) | 16 | 10 | 32 |

Moderate Mod. Severe shen