

Richmond Marketplace Medical Centre

Shop 46, Richmond Marketplace
ABN: 28 325 871 904
78 March Street
RICHMOND NSW 2753

Phone: (02) 4578 4800
Fax: (02) 4578 3300

14/04/2025

Ms Michelle Hookham
6 Christie Street
Windsor. 2756
Phone: 45774435

RE: Miss Wendy Grant
7c/46 Mileham Street
Windsor. 2756

DOB: 19/03/1980

Dear Michelle,

Thank you for seeing Wendy Grant for an opinion and management.
h/o anxiety, pt's father died 1yr ago, pt's anxiety worse
Please r/v for 4 sessions

Her current medications are:

Cartia 100mg Tablet	1 Tablet Daily.
Diabex XR 500 500mg Tablet, extended release	2 Tablets In the evening.
Ostelin Vitamin D 1000IU Gel Capsule	1 Capsule Daily.

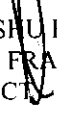
Allergies:

Penicillin	Rash
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Past Medical History:

	Back pain
	Obesity
	Thrombocytosis
02/06/2011	Laryngitis
02/2013	Diabetes
21/06/2013	Hypertension
23/07/2013	Lap band surgery
12/2019	Small Hiatus hernia
06/12/2019	Colonoscopy
06/12/2019	Gastroscopy

Kind Regards



Dr ANSHU PARMAR
MBBS, FRACGP
212636CT

GP MENTAL HEALTH CARE PLAN

ITEM: 2715

From: *Richmond Marketplace Medical Centre*
Shop 46, 78 March Street, Richmond 2753
Ph: (02) 45784800 Fax: (02) 45783300

Date: 20/12/2024

Patient Name: Miss Wendy Grant
Medicare No: 2476573866
DOB: 19/03/1980

Presenting Problem: *Bereavement/anxiety*

Mental Status Examination:

Appearance and General Behaviour

☒ Normal ☐ Other:

Thinking (Content/Rate/Disturbances)

☒ Normal ☐ Other:

Sleep (Initial Insomnia/Early Morning Wakening)

☒ Normal ☐ Insomnia ☐ Excessive

Appetite (Disturbed Eating Patterns)

☒ Normal ☐ Reduced ☐ Overeating

Motivation/Energy

☐ Normal ☒ Not Motivated

Insight

☒ Normal ☐ Other:

Orientation (Time/Place/Person)

☒ Normal ☐ Other:

Suicidal Ideation

☐ Yes ☒ No

Mood (Depressed/Labile)

☒ Normal ☒ depressed-Anxious:

Perception (Hallucinations, etc.)

☒ Normal ☐ Other:

Cognition (Level of Consciousness/Delirium/Intelligence)

☒ Normal ☐ Other:

Attention/Concentration

☒ Normal ☐ reduced:

Memory (Short and Long Term)

☒ Normal ☐ reduced:

Anxiety Symptoms (Physical and Emotional)

☐ Normal ☒ Anxious

Speech (Volume/Rate/Content)

☒ Normal ☐ Other:

Suicidal Intent

☐ Yes ☒ No

Assessment Plan & Discussion

Pt's father died in Jan. 2024

pt finding it hard to cope

family problems

stress with her mother

pt feeling anxious and stressed

needs counselling

Goal:

- Needs someone to talk to
- learn to deal with stress and anxiety

Provision of Psycho Education:

- Material regarding Depression; Anxiety

Plan for Crisis

- Life Line Penrith Regional Centre Ph: (02) 131114
- Mental Health Crisis Team Ph: 1800 011 511

Referral to Psychologist

Review Date: 3mths

Doctor:.....

Dr ANSHU PARMAR

212636CT

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Patient:.....