

### **Year 3 Mental Health History**

For revision sessions, the case will involve 2 students working together with you with no tutor present. Paperwork with key points will be at station- 1 student to do consultation, 2nd student to give feedback to 1<sup>st</sup> and invite your feedback in usual way too.

#### **Purpose of the session:**

**Follow up of mental health/ low mood 2 months after starting antidepressant**

#### **MENTAL HEALTH HISTORY**

#### **You the Patient/ Relative:**

- Name- your own
- DOB and age- 5/1/54 aged 70
- Relationship Status- widowed 1 year ago, colon cancer, think may have been a trigger for depression
- Children- 1 adult daughter in Edinburgh
- Occupation and hours- retired teacher, really enjoyed work
- Smoking status- never
- Drinking status- none now however before started meds had been drinking up to ½ bottle of wine each evening
- Family Members and status
  - I. Parents both dead, died in older age, Mother had dementia (your memory is fine, especially now concentration improved) and died aged 80, Dad heart attack and died aged 82.
  - II. Siblings- none, only child
- Regular activities- always fortunate to be fit and enjoy walking. A friend told you that exercise helps mood and has been asking you to go out walking again with them and groups. Is there any truth in this? (there is)
- Regular medications- Fluoxetine 20mg once daily in the morning, started 8 weeks ago. No side effects. You take it as prescribed.
- Allergies – none, Immunisations up to date. Over the counter/ herbal/ recreational drugs- none.
- Accommodation- no stairs, single storey cottage in countryside outside Aberdeen

#### **Today:**

- Where is the patient i.e. department/location- GP
- Sitting in a chair
- ID band no
- Why is patient here today- 2 month follow up after starting antidepressant to review progress

#### **Previous Medical History in date order:**

Depression 3-6 months.

Asthma as a child but no longer uses inhalers

**How would you like the patient to play the role:** i.e. angry, emotional, determined or several ways (please detail)

Emotional when discussing death of spouse. Otherwise, neutral.

**Relevant background in date order:**

Daughter noticed low mood some 2-3 months ago and suggested that you see doctor.

Symptoms of **DEPRESSION** at first presentation to GP 2 months ago-

*Please reveal these if open question asked about symptoms you experienced that made you think you had depression/ what symptoms you initially presented to GP with or similar*

Low mood, tearful, not enjoying anything. No motivation for simple tasks at home.

You usually like TV + radio especially political shows. You lost all interest in them. You used to enjoy being outside in the garden in nature and walking groups but have been self-isolating for 3 months- keeping yourself to yourself.

*Other symptoms you have noticed- only to say if specifically asked*

Insomnia- difficulty getting off to sleep.

Appetite- poor, find it hard to cook for 1, no interest in anything

Concentration- poor, stopped listening to usual radio shows

Risk assessment- no suicidal thoughts, would hate daughter to lose another parent, couldn't do that, however sometimes feels "what's the point"

Other- no anxiety, no flashbacks.

Saw GP 2 months ago. Recognised at that point that mood was low and thought he/she was depressed. GP offered counselling or antidepressants or both but patient wished antidepressants.

Had telephone call 2 weeks after starting the antidepressants and GP happy no side effects of note- asked to make face to face appointment 2 months after starting meds and this is that appointment.

Symptoms NOW, 2 months on antidepressants-

Mood is brighter, last 2 weeks certainly feel a "lift", less unhappy, less tearful. Started listening to radio shows and feels concentration improving too. It may be early days but interest in things seems to be a bit better. Not yet mixing with people like you used to but considering if you should try and get back to groups/ be less socially isolated.

Side effects- none at all

**Patient idea's or Concerns**

Really pleased that noticed a little improvement. Took few weeks to notice anything and improvement really more obvious in past 2 weeks. You are now wondering if you should try and stop antidepressant sooner in case you become addicted to it or similar. Looking back

you do really feel you were quite depressed 2-3 months ago and do think your spouse's death was a trigger.

Any other questions?

Are antidepressants addictive? When I do stop, can I stop it dead or will I have to reduce it gradually?

### **Treatment plan**

You are happy to continue fluoxetine if that is what doctor thinks is needed and evidence showed- you thought you could stop because you felt better (student should know that evidence says you continue for 6 months AFTER you feel better). Re counselling- you were offered this before but really did not want this so had told GP at beginning that you prefer tablets. Could say you find counselling wishy-washy and not your thing. You could say you don't think you'd feel comfortable sharing sensitive details in a group (student should know that one to one counselling is available albeit with a waiting list). You are happy to increase your walking and exercise as you love being outside walking and just this past 2 weeks your motivation to get out walking seems better. (There is evidence that exercise helps depression).

### **Patient Special Instructions**

Hopefully students will use open questions initially and then closed questions to ask specifics such as about insomnia/ appetite etc

Hopefully student will include patient in decision making

For more information please google or see link to: (NHS patient information page i.e. diabetes, hypothyroid etc)

NHS inform Depression

[Depression | NHS inform](#)