



Patientrac Outpatient Center
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PROGRESS NOTE WITH PSYCHOTHERAPY

PATIENT NAME	James Newpatient, Sr	MEDICAL RECORD NO.	4800
SOCIAL SECURITY	999-99-9999	SECONDARY MRN	0
DATE OF BIRTH	September 01 , 1966	PROVIDER NAME	Louis Test, M.D.
		VISIT DATE	April 10 , 2012

IDENTIFICATION This is a 45 year old white divorced male who resides in Miami, Florida. He is currently living alone.

CHIEF COMPLAINT Mr. Newpatient presents to our office for follow up from initial evaluation.

CURRENT HISTORY Mr. Newpatient has lost his job since the last visit. He quit because employer became aware of his visit. Currently looking for a new job with another competitor in Greenville, NC. He reports Cymbalta is helping but complaints about being sleepy.

ANXIETY: He reports a recent history of anxiety when in relationships.

AGITATION: He denied agitation.

APPETITE: He denied appetite change.

BEHAVIOR: James' behavior is reported as threatening others, duration is reported as > 6 months; inappropriate sexual behavior, duration is reported as > 6 months; intimidates others, duration is reported as > 6 months; has used a weapon that can causing physical harm, duration is reported as > 6 months; had been physically cruel to people, duration is reported as > 6 months and lies to obtain goods or favors, duration is reported as > 6 months.

COMPULSIVE BEHAVIOR: He denied compulsive behaviors.

CONCENTRATION: He denied disturbance of concentration.

DELUSIONS: He denied delusions.

ENERGY: He denied any energy change.

HALLUCINATIONS: He denied any kind of hallucinations.

HARM TO SELF: He denied any self mutilating behaviors.

HOMICIDE: He denied any homicidal thoughts, intent or plan.

MEMORY: He denied memory problems.

MOOD: James presents with a history of a manic mood type. His associated symptoms include irritable mood. He reports the duration has been for improving for last 2 weeks. His symptoms are of a moderate rated intensity level.

OBSESSIVE THOUGHTS: He reported obsessive behaviors.

SLEEP: He denied any sleep change.

STRESSORS: James' current stressors include interaction with legal system, his primary support group and occupational. The stress level of these stressors is reported as of moderate intensity. He identifies specific issues, which include he has problems maintaining employment.

SUICIDE: He denied suicidal thoughts, intent or plan.

CURRENT MEDICATIONS

Mr. Newpatient's current medications are:
CYMBALTA CAPSULE 30 Quantity 1 **CYMBALTA CAPSULE 30 MG QD** for 30 Days. Prescribed by Louis Test, M.D. for depressed mood.
XANAX TABLET .5 Quantity 1 **XANAX TABLET .5 MG QD** for 30 Days. Prescribed by Primary Care Provider.

PAST HISTORY OF MEDICATIONS

Mr. Newpatient's previous psychotropic medications are:
LEXAPRO TABLET 20 Quantity 1 **LEXAPRO TABLET 20 MG QD** for 30 Days. Prescribed by Primary Care Provider for depressed mood.

ALLERGIES

He reports he has No Known Drug Allergies.

MEDICAL REVIEW OF SYSTEMS

A review of Breast, Cardiovascular, Constitutional, Endocrine, ENT, Eyes, Gastrointestinal, Genitourinary, Hematologic Lymphatic, Integumentary, Musculoskeletal, Neurological, Pain, Respiratory medical systems was otherwise non-contributory.

VITALS

HEIGHT 6 feet 2 inches
WEIGHT 208 lbs. Previous weight on 01/18/2012: 206 lbs.
GIRTH 40 inches
BODY MASS INDEX 26.59
BODY SURFACE AREA 2.26
IDEAL WEIGHT CALC 175.92
OBESITY TYPE Overweight
BLOOD PRESSURE 122/96 Location - Right Arm and Position - standing
HEART RATE 56 beat per minute. Location - Right Arm

MENTAL STATUS

Mr. Newpatient is a 45 year old white male.
PATIENT APPEARS: appears to be at stated age.
REMARKABLE FEATURES: none.
ALERTNESS: alert.
APPEARANCE: casually dressed, well groomed.
NUTRITIONAL STATUS: well nourished.
HABITUS: average height.
ORIENTATION: person(name), place, situation, time.
EYE CONTACT: good.
SPEECH: intact.
VOICE: appropriate volume.
ATTITUDE AND BEHAVIOR: appropriate, engaging, combative.
CONATION: exhibited as normal.
ABNORMAL MOVEMENT: There are no abnormal movements noted on exam.
MOOD: euthymic, anxious.
AFFECT: mildly constricted.
THOUGHT PROCESS: goal directed, tangential.
ASSOCIATIONS: intact.
THOUGHT CONTENT: preoccupations, logical.
HALLUCINATION: He is not experiencing hallucinations.
DELUSIONS: He is not experiencing delusions.
INTELLIGENCE LEVEL: low normal.

INSIGHT: good.
JUDGMENT: good.
NAMING: intact.
REPETITION: intact.
FUND OF KNOWLEDGE: good.
PROVERB INTERPRETATION: accurate.
SIMILARITIES: intact.
SUICIDAL IDEATION: Mr. Newpatient denies the presence of suicidal ideation.
HOMICIDAL IDEATION: Mr. Newpatient denies the presence of homicidal ideation.

DIAGNOSIS

AXIS I: 309.81-Posttraumatic Stress Disorder; 309.0-Adjustment Disorder with Depressed Mood.
AXIS II: Diagnosis Deferred on Axis II - 799.9.
AXIS III: No contributory medical diagnosis.
AXIS IV: James' current stressors include interaction with legal system, primary support group and occupational. The stress level of these stressors is reported as of moderate intensity. He identifies specific issues, which include has problems maintaining employment.
AXIS V: CURRENT GAF 61; HIGHEST PAST YEAR GAF: 61.

PSYCHOTHERAPY

Mr. Newpatient's psychotherapy consist of:
difficulty setting healthy boundaries. Our objectives in therapy is: decreasing anxiety, improve communication skills, better anger control and eliminating self-destructive behaviors.

PLAN AND RECOMMENDATIONS

MEDICATION ORDERS

MODIFY MEDICATIONS Mr. Newpatient's medication changes are:
* Discontinue .5 MG XANAX Quantity 1 XANAX TABLET .5 MG QD for 30 Days. Ordered by Louis Test, M.D.
ACTIVE MEDICATIONS.
Patient is instructed to continue the following medications as directed:
* 30 MG CYMBALTA CAPSULE Quantity 1 CYMBALTA CAPSULE 30 MG QD for 30 Days. Ordered by Louis Test, M.D. for depressed mood.

LABORATORY-TESTS

FOLLOW-UP

1 month follow-up. Office E/M Visit with Psychotherapy(45 minutes).

PHYSICIAN SIGNATURE

Louis Test, M.D.