

## Example Intake Note with Template

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### Appointment Details

Practitioner

Date / Time

Duration

Location

### Patient

Name

Date of Birth

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### Presenting issues:

Tree feel on her 20XX - loss of consciousness, scalp injury, broken back, fractured ankle - current symptoms neural pain shoulders, back, arms, hypersensitive scalp, loss of libido, irritability/anger, frustration at not being able to do or be as she was prior to the accident.

### Family Background/Educational/ Social/Occupational/Relational/ Forensic History

Intact family, one sister, premature birth but met all developmental milestones, happy schooling, grew up on property, strict parents, dad perfectionistic, mum more laid back, nursing, work, marriage happy, no children.

### Signs/Symptoms/MSE

#### Appearance

Well groomed, appropriate

#### Behaviour

Euthymic, active

#### Speech

Voluble, fast but normal

#### Attitude

Interested, candid, open

#### Mood

Elevated,

#### Affective Expression

Self deprecating, some humour

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**Perceptions**

Insightful, normal

**Thought Process**

Logical, normal

**Thought Form**

Normal

**Cognition**

Normal

**Judgment**

Good

**Insight**

Good

Reliability

GAF

**Risk**

Nil

**Psychometric Assessments****Formulation - Predisposing**

Suffered severe injuries as a result of an accident causing significant physical impairment and requiring on-going rehabilitation. has had difficulty accepting the physical changes and loss of some physical functioning as a result - energy, inability to perform physical tasks such as horse riding, gardening, etc

**Precipitating**

Anger outbursts with friend and confrontation

**Perpetrating**

Maintains a high expectation for doing perfectionistic work, continuing to work at a frantic pace, this leads her to feeling like she is failing and angry at herself that she can no longer perform in the same way she could pre her accident

**Protective**

Good relationship with husband, good close relationships with friends who can and do provide honest feedback into her behaviour.

**Diagnosis**

Provisional DX for Adjustment Disorder - persistent (chronic)

**Treatment Plan**

*Initial homework*

Novopsych assessments for more detail and ongoing monitoring of symptoms

Journaling about her feelings and thoughts about herself; maintaining a record of hours devoted to work (work/life balance)

Hormonal tests

**Goals**

Accept new self - with impairments

Pain management

Develop and maintain better work/self-care/life balance

Attend on-going rehab regularly

Ride e-bike 3 times per week

Garden for 30 minutes 3 times per week

Improve sex drive

Better manage arousal and angry outbursts

Likes being around her cattle, reading at night, walking.

**Preliminary treatment plan**

CBT - understand cognitive model; identify negative thoughts re self; reframe; behavioural activation, mindfulness for pain management

Motivational Interviewing - challenge unhelpful behaviours and work towards improved functioning.