

IAT #2 Care Plan Scenarios

Dean is 25 years old and was laid off from his job as an oilfield worker in September. Since then, he has suffered from fatigue and has a tendency to - in his words - "easily fly off the handle". At the urging of his wife, Anne, he made an appointment with his GP Dr. Berk in December 2015.

Dr. Berk referred Dean to a mental health clinic for assessment. A patient plan was created for Dean and a series of goals was jointly developed by Dean and Dr. Ellen Reilly, PhD.

Header Data

- Patient: Dean
- Author
 - Dr. David Berk
 - Address: 977 South Main St NE, Conyers, GA 30012
 - Phone: (678) 555-6562

Sections

Allergies and Intolerances

- No Known

Smoking Status

- Former smoker

Medications

- Qvar as needed to treat asthma

Problem

- Asthma - diagnosed at 15 years of age
- Fatigue
- Unable to sleep
- Irritability and anger

Procedures

- None

Results

- None

Vital Signs

- December 15, 2015 - Height: 6'2", Weight: 170 pounds, Blood Pressure: 120/75

Immunizations

- Unknown

Assessment and Plan

- Insomnia
 - Reduce alcohol evening alcohol consumption
 - Eliminate "screen time" 1 hour prior to bed
- Anger

- Patient referred to anger management program
- Follow up with Dr. Berk should fatigue symptoms not subside

Goals

- Go to sleep more easily and sleep for at least 7 hours
- Feel more rested during the day
- Identify anger triggers and develop coping skills for dealing with negative emotions
- Try and find work
- Daily 30 minute walk or other forms of exercise