

Scenario #6 (CCD)

Patient: GORDON

Practitioner: KATHERINE COLE @ Family Health Clinic

Health Concerns

- Can't Sleep
- Tired all the time
- Teary
- Easily "flies off the handle"

Patient History

- Mild asthmatic
- Not sleeping well
- Doesn't go out much - often feels lonely
- Has a few extra drinks to get to sleep
- Married for 20 years, 3 teenage children at home
- 12 months ago retrenched from a supervisory position at a steel works factory, has been unable to find work since
- Mother and father both well
- Struggling financially

Medications

- Ventolin (for Asthma)

Allergies

- Nil

Problems

- Moderate Depression (reactive)
- Risk of continued alcohol abuse

Goals

- Get to sleep more easily and reduce time awake during night
- Keep things under control more easily
- Join a fitness club
- Get active
- Try and find work

Plan of Treatment

- Introduce daily activity by scheduling a daily 30-minute walk preferable with someone (wife, neighbour, eldest son)
- Join a local squash club
- Reduce daily alcohol intake especially in evenings, aim for at least 2 alcohol free days a week
- Provided with information regarding symptoms and management of depression
- Work with local psychologist about management of stress and depression
- Name and contact details of Better Access psychologist provided
- Prescribe anti-depressants, if needed after consultation with psychologist
- Provided with information regarding healthy eating and how to improve sleep
- Follow up with patient for review of the plan in 4 weeks and 6 months