

**Patient Name: Sallie Mae**

**Patient DOB: 06/29/1945**

**Date of Service: 04/16/2023**

**Start time: 11:00am**

**Stop time: 12:00pm**

Example 99214 + 90836 E/M with Psychotherapy

**Place of Service:** Patient was located at their home at 123 Main St Anywhere US 12345

Provider was located at their office: 456 Storybook Ln Hollywood CA 96852

This session was provided via a HIPAA compliant interactive audio/video platform.

The patient consented to this telemedicine encounter.

## Subjective

**Chief Complaint:** Follow-up consultation for a 77-year-old female, presenting with exacerbation of symptoms related to her chronic mental health conditions.

**History of Present Illness:** Sallie reports a recent escalation in symptoms associated with both depression and post-traumatic stress disorder (PTSD). She describes increased feelings of sadness, hopelessness, and intrusive thoughts related to traumatic experiences. Sleep disturbances, including nightmares and insomnia, have intensified, impacting his overall functioning and ability to maintain daily routines. Sallie acknowledges heightened irritability and difficulty concentrating at work, further exacerbating her distress

**Psychosocial History:** Married, 2 children at home, works in office, college graduate, parent good relationship

**Behavioral Health/Psychiatric History:** therapy previously, no hospitalizations

**Medical History:** High BP, knee surgery

**Current Medications:** prazosin 1 mg at bedtime, sertraline 100 mg 1xday

**Allergies:** NKA

## Objective:

**Exam:** Vital signs stable. Patient displays signs of psychomotor agitation and hyperarousal. Mood observed as consistently low, with increased anxiety evident during the examination.

**Substance Abuse Assessment:** 2-3 drinks alcohol/month, nonsmoker, no recreational drug use

**Risk Assessment:** No SI/HI, overall risk is low.

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**ROS:**

Constitutional: denies unexplained weight loss or weight gain, fever, night sweats

HEENT: denies

Cardiovascular: denies

Respiratory: denies

Neurological: denies

Psychiatric: depression

Gastro: denies

Musculoskeletal: denies

**Tests:** The patient's score on PHQ-9 was 9 suggestive of mild depression The patient's score on IES-R was 47 suggestive of severe distress The patient's score on GAD-7 was 7 suggestive of mild anxiety

**MSE:**

- Orientation: Alert & Orientedx3
- Appearance: neatly dressed, appears stated age Speech: Normal
- Perception: Normal
- Thought content: logical
- Insight/judgment: Normal
- Cognition: Normal

**Assessment:**

F33.2 Major depressive disorder, recurrent, with exacerbation:

Sallie presents with recurrent episodes of major depressive disorder, currently experiencing an exacerbation. Her symptoms meet the DSM-5 criteria for Major Depressive Disorder, as follows:

- Depressed Mood: Increased feelings of sadness and hopelessness.
- Anhedonia: Diminished interest or pleasure in activities.
- Sleep Disturbances: Insomnia.
- Psychomotor Changes: No specific details provided.
- Fatigue or Loss of Energy: Impact on overall functioning and daily routines.
- Feelings of Worthlessness or Excessive Guilt: Not explicitly stated, but feelings of hopelessness imply negative self-perception.
- Diminished Ability to Think or Concentrate: Difficulty concentrating at work.

F43.12 Post-traumatic stress disorder, chronic, exacerbated by recent stressors

**Patient Name: Sallie Mae Date of Service: 04/16/2023 Patient DOB: 06/29/1945 Appointment Time 11:00am-12:00pm**

Sallie has a chronic history of post-traumatic stress disorder, now exacerbated by recent stressors. Her symptoms meet the DSM-5 criteria for PTSD, as follows:

- Intrusion Symptoms: Intrusive thoughts related to traumatic experiences and nightmares.
- Avoidance: Not explicitly mentioned, but can be inferred from difficulty concentrating and heightened distress.
- Negative Alterations in Cognition and Mood: Increased feelings of sadness, hopelessness, and irritability.
- Alterations in Arousal and Reactivity: Heightened irritability, difficulty concentrating, and insomnia.

## **Plan:**

### **1. Adjustment Of Medication Regimen:**

- Increase dosage of sertraline from 100 mg to 150 mg daily for enhanced management of depressive symptoms.
- Initiate low-dose prazosin (1 mg at bedtime) to target PTSD-related nightmares and improve sleep quality.

### **2. Referral for intensive psychotherapy:**

Implement weekly sessions of prolonged exposure therapy (PET) to address PTSD symptoms and facilitate emotional processing of traumatic experiences.

### **3. Safety monitoring: Personalized safety plan was developed to address potential suicidal ideation or self-harm behaviors.**

### **4. Follow-up and next steps:**

- Schedule bi-weekly follow-up appointments to monitor response to treatment, adjust medication as necessary, and evaluate progress in psychotherapy.
- Collaborate with patient to establish a social goal:
  - Sallie will endeavor to engage in at least one social activity per week to foster social support and reduce feelings of isolation.
- Sallie has been advised to adhere to her medication regimen and of the risks/side effects of the medications. Sallie will call the office during office hours to report side effects.
- In case of emergency, please go to your nearest Emergency Room or call 911/988.

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**Psychotherapy:** 42 minutes

**Behavior(s) addressed:** sadness, hopelessness, and intrusive thoughts related to traumatic experiences

**Interventions used:** supportive therapy and utilized CBT techniques to reframe cognitive distortions

**Response:** Fair, minor reduction in sadness and intrusive thoughts

**Goal/Plan:** Sallie will decrease frequency and intensity of intrusive thoughts and episodes of sadness by utilizing coping strategies, referral to PET therapist for more in-depth work on trauma-related issues. Sallie is making moderate progress towards these goals.

Electronically signed by,

*Jane Smith, PMHNP-BC*

Jane Smith, PMHNP-BC 4/17/2023

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Rationale Information should not have to be in your note,  
for educational purposes only.

Rationale and How the CPT Codes Were Selected:

**Number and Complexity of Problems Addressed:** 2 Chronic illnesses with exacerbation

**Data Reviewed/Analyzed:** PHQ-9, IES-R, GAD-7

**Risk: Moderate:** Prescription drug management

**Rationale:** The client displays **High** number & complexity of problems with two chronic illnesses with exacerbation, **Low** amount of data reviewed, and **Moderate** risk for prescription management. A total of 42 minutes of psychotherapy was provided during the session.

**Level of MDM: Moderate CPT Codes Selected: 99214 + 90836**