

Patient Name: Sallie Mae
Patient DOB: 06/29/1970

Date of Service: 04/16/2023
Appointment Time 11:00am-12:00pm

Example 99214 + 90836 E/M with Psychotherapy - Last updated 12/09/2025

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 55-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.

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Tests:

Sallie completed the assessments on 4/15/2025, reviewed today prior to appointment time. The patient's score on PHQ-9 was 9 suggestive of mild depression. The patient's score on GAD-7 was 7 suggestive of mild anxiety.

MSE:

Orientation: Alert & Oriented x3

Appearance: neatly dressed, appears stated age Speech: Normal

Perception: Normal

Thought content: logical

Insight/judgment: Normal

Cognition: Normal

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

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

Assessment:

F41.1 Generalized Anxiety Disorder:

Sallie presents with recurrent episodes of major depressive disorder, currently experiencing a mild - moderate exacerbation.

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

Sallie has a chronic history of post-traumatic stress disorder, now exacerbated by recent stressors.

Plan:

1. Due to recent stressors exacerbating Sallie's symptoms, I am making the following changes to her medications:

- 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:

Recommend Sallie seek treatment with a trauma therapist to address PTSD symptoms and facilitate emotional processing of traumatic experiences.

3. Follow-up and next steps:

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- Schedule bi-weekly follow-up appointments to monitor response to treatment, adjust medication as necessary, and evaluate progress in psychotherapy.
- 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.

Psychotherapy: 11:18am - 12:00pm

Behavior(s) addressed: Sallie has been experiencing an increase in her level of 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 endeavor to engage in at least one social activity per week to foster social support and reduce feelings of isolation.

Progress: Sallie is progressing well.

Electronically signed by,

Jane Smith, PMHNP-BC

Jane Smith, PMHNP-BC 4/17/2023

Rationale information is not required in your note; it is provided 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, 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