4. HIGH SEVERITY CASE

MH-29845-DOC

MAX SUPER SPECIALITY HOSPITAL

Department of Psychiatry and Mental Health

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Patient ID: MH-29845

Name: Sonalika Rawat

DOB: 15/09/1988 (36 years)

Gender: Female

Contact: +91 9876543210

ASSESSMENT SUMMARY

Emergency Contact: Armaan Rawat - +91 9876123456

Primary Care Physician: Dr. Anil Sharma

Insurance: ICICI Prudential, #HP78392015

Date of Assessment: 8 April, 2025

Clinician: Dr. Priya Malhotra, MD, Psychiatry

Sonalika presented for her scheduled follow-up appointment reporting significant deterioration in mood and anxiety symptoms. She describes severe sleep disturbance with frequent middle-of-night awakening and early morning insomnia. Energy levels are severely depleted, impacting all areas of functioning. Her self-reported questionnaire data indicates severe anxiety with persistent depressed mood. Patient reluctantly acknowledges passive suicidal ideation with occasional thoughts of "not waking up" but denies specific plan or intent.

KEY MENTAL HEALTH PARAMETERS

MENTAL HEALTH INDICATORS

Parameter	Score/Rating	Clinical Notes
Mood	2/10	Persistent severe depression with minimal variation
Anxiety	Severe	Near-constant worry, panic attacks 2-3× weekly
Sleep Quality	2/10	Significant disruption, averaging 3-4 hours nightly
Energy Levels	2/10	Severe fatigue impacting all daily functions
Physical Symptoms	Significant	Daily headaches, GI distress, muscle tension
Concentration	2/10	Unable to maintain focus, impacting work performance
Self-Care	3/10	Significant decline in hygiene and self-care
Interests	2/10	Complete withdrawal from almost all activities
Intrusive Thoughts	4/10	Frequent ruminations about failure and worthlessness
Optimism	2/10	Very limited positive future outlook
Social Support	4/10	Relying exclusively on immediate family
Self-Harm Risk	Passive-Moderate	Frequent thoughts without specific plan

ADDITIONAL CLINICAL DATA

Stress Factors:

Patient reports severe workplace stressors including performance review concerns and possible demotion. Financial stress significant due to decreased work hours. Home environment supportive but strained by patient's worsening condition.

Coping Strategies:

Patient has abandoned most structured coping mechanisms. Reports daily alcohol consumption to "manage anxiety" (2-3 drinks nightly). Physical activity nearly absent. Social withdrawal nearly complete.

Discussion About Professional Support:

Patient expresses limited hope in treatment efficacy but acknowledges need for intervention. Agrees to medication adjustment and increased therapy frequency. Willing to consider short-term medical leave but concerned about workplace stigma and financial impact.

ASSESSMENT & RECOMMENDATIONS

Clinical Impression

Patient presents with symptoms consistent with Severe Major Depressive Disorder (F33.2) with anxiety features. Current PHQ-9 score of 22 indicates severe depression. GAD-7 score of 18 indicates severe anxiety. Significant functional impairment evident across multiple domains.

Treatment Recommendations

- Increase Escitalopram to 20mg daily
- Add Mirtazapine 15mg at bedtime for sleep and augmentation
- Increase therapy to twice weekly sessions initially
- Medical leave recommendation for 3 weeks
- Alcohol cessation plan with monitoring
- Consider partial hospitalization program if no improvement within 1 week
- Family therapy session to address support needs
- Specific safety planning

Safety Plan

Comprehensive safety plan developed with patient and spouse. Removal of all potential means of self-harm. 24-hour support person schedule established. Crisis contact information reviewed and programmed into phone. Agreement to contact emergency services if thoughts intensify.

FOLLOW-UP PLAN

Next Appointment: 15 April, 2025 at 10:30 AM (1 week)

Medication Review: At next appointment with possible phone check in 3 days

PHQ-9/GAD-7 Reassessment: Weekly

Care Coordination: Immediate communication with PCP regarding condition and medication changes

Electronically Signed:

Dr. Priya Malhotra, MD

Senior Consultant Psychiatrist

License #: DMC/R/12345

Digitally signed on 08/04/2025 11:32 AM IST