Isabel attended in time with mother

**Physical examination:**

BP: 120/87 (lying) , BP: 118/86 (standing) , Pulse: 80

No postural drop, Warm peripheries, Capillary refill: normal

Denying any dizziness, no history of faint, Weight: 49.10, Height 161.70, BMI: 18.78, Weight 4hight: 88.60

Isabel reported that her mood is much better, although she is having bad days, but it’s not as often as before. Sometimes she feels low, a bit less motivated and anxious when she is not doing anything e.g. if not going out on weekends or staying indoors for a long time without any activity. She is going out with friends, but prefers to not go out to places where it is crowded e.g. cinema. She feels better in open and green places, such as parks, or farms. She mentioned ‘’although exams is too far, but I am getting anxious now about it.’’ She went out with her family to the farm and enjoyed that trip.

She is sleeping much better, she reported that ‘’easy to sleep now,’’ she wakes up once or sometimes twice at night. Appetite: Breakfast: beans with toast, yogurt, and fruit lunch: at school, sandwich or sometimes hot foot from school, dinner: fish or pasta also she takes snack school (nuts or strip cheese or fruits). She doesn’t like to eat meat, as she wants to become a vegetarian

She is going to the dance class once a week, also walking about 20mins to the bus stop.

Her hobbies are to read books. She has done a few trips to the different universities, as planning to continue with her study, and have interest in literature agent in publishing.

She denied any suicidal ideas, plans or risks, no risk of self-harming reported.

She is worried about her period; I have discussed the important of physical health for regular monthly period, also I mentioned to her that she would be reviewed in the next few appointments.

She agreed to continue with her diet and try to improve her weight.

I also encouraged her to start to do daily preparation for her study to have less pressure in the exam time.

Isabel is taking her medication regularly, no adverse reaction reported.

Mother agreed with plan.

Plan:

To continue with current medication (Sertraline 200 mgs in the morning daily) prescription written for one month

Follow on 10of November 2014

Encourage her to increase her daily intake