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Dr. R. Kakar Professional Medicine Corporation

4597 14th Avenue
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L3S 3K2

Fax Cover Sheet

To: Dr. JASON LO
Phone: (416) 756-2725
Fax: (416) 756-3898

Date: 2020-Dec-07

From: Dr. Ravi Kakar
Phone: (905) 604-4452
Fax: (905) 604-4205

Number of pages including cover: 7

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Re: MAUREEN MACARAE

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Dr. R. Kakar Professional Medicine Corp.
President Dr. R. Kakar
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Consultant Psychiatrist
4597 14th Avenue
Markham, Ontario, L3S 3K2
Tel: 905-604-4452 Fax: 905-604-4205

2020-Dec-07

Dr. LO
2942 FINCH AVENUE EAST
SCARBOROUGH, ON M1W 2T4

Patient: Ms. MAUREEN MACARAEG
PHN: 3963 214 980GW
Birthdate: 1992-Oct-17

Dear Dr. LO,

The above named patient was referred to me by you, who has been under my care from **October , 2020** .

She was diagnosed with Bipolar affective disorder with anxious distress, mixed features, nonpsychotic in mixed state.

Patient informed our office that she wants to discontinue the treatment.

Therefore, I would like to discharge her to your care for further management of her health.

Her medication summary and visit note are attached herewith for further reference.

I will be more than glad to take care of any of your other patients.

I hope the above information is sufficient, if you have any further questions please contact me at 905-604-4452.

PLEASE INFORM THE PATIENT ACCORDINGLY

Sincerely,



Ravi Kakar, MD
Electronically Reviewed to Expedite Delivery

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Enclosures (4)

Patient: Ms. MAUREEN MACARAEG **Appointment Date:** 2020-Oct-14
Title: Consult Note
Provider: Kakar, Ravi **Referred By:** LO, JASON
PRIVATE AND CONFIDENTIAL. NOT TO BE RELEASED WITHOUT THE PERMISSION OF THE AUTHOR.

Date Seen: 2020-Oct-14

This consultation was done via WhatsApp video conference call due to the COVID-19 situation.

Thank you for referring "**MACARAEG, MAUREEN**" to me, who I have seen for a psychiatric evaluation.

Chief Complaints: This is a 27-year-old single lady working at Costco for seven years as a cashier. She lives at home with her parents and a brother. She was referred by her family doctor complaining of a depressed mood.

Known Allergies: Non-Drug - Allergy - None Known, Non-Drug - Intolerance - None Known, Drug - Allergy - None Known, Drug - Intolerance - None Known

External Medications: DIFFERIN 0.1% CREAM [HS], CLINDOXYL 1 %-5 % GEL [AM]
She takes Aventyl 10 mg at night for headaches prescribed by a specialist at the end of September.

Past Surgeries & Past Medical History: She has headaches but never had any surgery.

Past Psychiatric History: She saw a psychiatrist in grade 12 two times who told her she had severe anxiety. She saw a counsellor a few times a year in Sheridan College but none of these things helped her. She has never been hospitalized for psychiatric problem.

Family History: She is the youngest in the family of five siblings. She has two brothers, 36 and 29. The 36-year-old is single, who got laid off recently but is in good health. The 29-year-old brother lives at home with her and her parents. There is something wrong with his liver. He has a girlfriend and is currently attending school. Her two sisters are 30 and 35 years old. The 35-year-old is divorced with one child and the 30-year-old is single. They are in good health. They work downtown but she does not know what they do. There is no family history of psychiatric problems. Her mother is 67 years old in good health and works downtown. Her father is 61 years old and has something wrong with his liver. He makes cards.

Personal History: She was born in the Philippines as the product of a normal pregnancy and delivery. She had normal developmental milestones. She came to Canada when she was five years old and started school at five years of age and finished grade 12 at 18 years of age. She never failed any grades and got along with teachers. She was an average student with five to ten friends. She never participated in any activities. She went to Sheridan College and did illustration of arts for one year

and then came home. She has been working at Costco as a cashier for seven years. She never dated.

She does not smoke, drink alcohol or abuse prescription or recreational drugs.

Mental Status Examination: A detailed clinical history was followed by Mental Status Examination which showed a 27-year-old lady with fair complexion, long black hair. She was extremely anxious, fidgety and restless, sad facies and poor eye contact, at times tearful. She had stress lines on the forehead. She had average hygiene and grooming and appropriately dressed. Her speech was coherent and goal directed. There was no circumstantiality, tangentiality, derailment or looseness of association. Her speech was filled with dysphoria and anxiety. Her mood was mixed. Her affect was labile and anxious. There was no hallucinations, delusions or depersonalization. There was no formal thought disorder. She was alert and oriented in time, person and place. Her attention and concentration with serial three was fair. Her memory with three objects in one and five minutes was fair. She had average intelligence with fair amount of general information. Her abstraction, comprehension and judgement were fair. She had some insight into her problems. She denied any suicidal or homicidal ideation, intent or plan.

Assessment: Based upon my assessment I have reached the following diagnosis as per DSM V:

Axis I

- Bipolar affective disorder with anxious distress, mixed features, nonpsychotic in mixed state.

Axis II

- Nil.

Axis III

- Headaches.

Axis IV

- Moderate.

Axis V

Plan: Followings are my plans and recommendations for management.

She is currently suffering from Bipolar affective disorder with anxious distress, mixed features, nonpsychotic in mixed state.

I have taken the liberty of ordering bloodwork including Glucose, HBA1C, TSH, Creatinine, Uric Acid, Sodium, Potassium, Chloride, CK, ALT, Alk Phos, Bilirubin, Albumin, Lipid Profile, Vitamin B12, Ferritin, Albumin/Creatinine Ratio Urine, Urinalysis (Chemical) and CBC.

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She will be started on Latuda 20 mg with dinner for bipolar depression and domperidone 10 mg with dinner for the nausea caused by the Latuda. I think that I am starting her on minimum medications to build up the rapport and compliance issues and the patient accepts the treatment. I discussed the treatment strategies and side effects of medications with the patient. The patient understood and agreed to comply. I think there may be a role for lithium to be added to this probably next time. She was given a prescription and follow up appointment to come back and see me in one month. She was told to call my office if she had any problems or needed an earlier

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Prescription Summary

Grouped By: Status

For Patient: MACARAEG, MAUREEN

Medication	Dosage	Duration	Start Date
Active			
External			
CLINDOXYL 1 %-5 % GEL			
AM			
DIFFERIN 0.1% CREAM			
HS			
Recently Active			
domperidone 10 mg Oral Tablet	1 Tablet(s) Every day at bedtime	30 Day(s) starting 2020-Oct-14	10/14/2020
LATUDA 20 MG TABLET	1 Tablet(s) Every day at bedtime	30 Day(s) starting 2020-Oct-14	10/14/2020
