

Blue Skies Reporting

Patient Name: Sarina Armstrong
Member ID: 4825y235-0
Date: 11/01/2022 - 12/01/2022

Mood

At risk for depression.

28 days logged:

- 15 days reported as “Sad”
- 9 days reported as “A Little Sad”
- 4 days reported as “Happy”

- Happy

A Little Sad

Mostly Happy

Sad



Medications

- Sertaline
- 25mg daily, taken once in the morning with food
 - Tracked administration: **26 / 31 days**
- Coumadin
- 2.5mg twice daily, taken in the morning and evening after meals
 - Tracked administration: **56 / 62 doses**

Problems	Not at all	Several days	More than half the days	Nearly everyday
Sad				
I’m not generally satisfied with my life.		✓		
I’m unhappy most of the time.		✓		
I feel like my situation is hopeless.			✓	
Lonely				
I feel like my life is empty.	✓			
I feel worthless, or like a burden.	✓			
I don’t have anyone to spend time with.	✓			
Scared				
I’m afraid that something bad will happen.		✓		
I often feel helpless.			✓	
I stay at home rather than go out.			✓	
Tired				
It’s hard for me to sleep.		✓		
It’s hard to get out of bed in the morning.		✓		
It’s hard for me to eat my meals.	✓			
I’ve dropped a hobby or an interest.	✓			
Frustrated				
I often get irritated at people or things.	✓			
I feel others are better off than me.	✓			
I have problems with my memory.	✓			

Activities

Map My Walk

- Tracked 14 walks for a total of 16.8 miles

Tai Chi

- Completed 8 exercises for a total of 160 minutes

Sudoku

- Finished 20 puzzles at level: medium
- Finished 4 puzzles at level: hard

Values

	Date Entered:
My Hobbies	11/03/2022
Being Social	5/18/2022
Being Active	12/04/2021