

*** Final Report ***

Document Has Been Revised

MH Discharge Summary

Patient: **DEMIR, Dila Malek**

MRN: 285-03-47

FIN: 23243984

Age: **32 years** Sex: **Female** DOB: **20/01/1993**

Associated Diagnoses: **None**

Author: **Jing, Xuepeng (Trainee Specialist)**

Visit Information

Summary of Care

Dear Colleague,

Thank you for reviewing Ms Dila Demir, a 32-year-old female to be discharged on 12/05/2025 from High Dependency Unit at Professor Marie Bashir Centre at Royal Prince Alfred Hospital. Dila presented to this facility on 08/05/2025 with symptoms consistent with agoraphobia with panic attacks, chronic depression, dependent personality traits and ?avoidant personality disorder. Dila was admitted under the Mental Health Act and was discharged following stabilisation of mental state. Please see below for discharge plan and a detailed summary of this admission.

Background

Dila is a 32-year-old woman living with her partner Zoe in Leichhardt. She is unemployed, receiving job seeker through Centrelink. There is a significant history of childhood trauma. She has limited social supports, not in contact with her family. Dila has a background of depression and anxiety. She is under D& A service in Lanton centre for monthly Buvidal injections (previous use of methamphetamine, GHB, cocaine). She has previously been incarcerated for a kidnapping charge.

Presenting complaint

Dila was brought to ED following concerns raised by her partner to the mental health line relating to depression with increasing level of anxiety, self-neglect, feeling fearful to leave the house, has not been eating or drinking for 3 days, expressing suicidal ideation with plan to starve to death and feels self is dead already. On the initial

assessment, Dila presented as irritable with ambivalence around suicidal ideation. She was then admitted to the ward under the Mental Health Act.

Medical History

Nil significant

Medications prior to presentation

Buvidal Monthly, 160 mg, Subcut, Inj, depot, q4 wk

Progress during admission

Dila was admitted to High Dependency Unit at Professor Marie Bashir Centre. She was made a voluntary patient after the initial review. She was commenced on venlafaxine 37.5mg OD on admission then changed to mirtazapine 30mg OD though she preferred venlafaxine. Dila requested for discharge shortly after the admission due to highly stimulating ward environment and her partner was supportive of the same. She was calm, euthymic and future focussed approaching discharge and she remained pleasant, polite and engaging on the ward. She was eating and drinking well and there were no active risks to self or others at time of discharge. Dila planned to self refer to The Way Back for additional mental health support and was referred to ACS for follow up prior to discharge.

Medications on discharge

Buvidal Monthly, 160 mg, Subcut, Inj, depot, q4 wk

Venlafaxine MR 37.5mg OD PO

PRN diazepam 5mg OD PO

Plan

1. Discharge to home
2. 7-day prescription supplied for regular medication
3. PRN 5mg daily diazepam – 10 tablets supplied, safe script checked
4. Referred to the following services for short-term follow up post discharge from hospital

- Camperdown ACS
 - The Way Back self-referral
5. Services available to clients
- Beyond Blue 1300 224 636
 - Lifeline 13 11 14
 - Suicide Callback Service 1300 659 467
 - Head to Health 1800 595 212
 - Alcohol Anonymous Australia 1300 222 222
 - SMART recovery (02) 9373 5100
 - NDIS 1800 800 110

Kind regards

Dr Xuepeng Jing

Psychiatry Registrar | High Dependency Unit; Professor Marie Bashir Centre

On behalf of Dr. Cas Liber (Psychiatrist)

Health Status

Add and Include Diagnosis

Diagnosis: Agoraphobia with panic attacks, Chronic depression, Dependent personality traits, ?Avoidant personality disorder

MEDICATIONS

Discharge Medications

Medication being taken on discharge

Buvidal Monthly, 160 mg, Subcut, Inj, depot, q4 wk

Venlafaxine MR 37.5mg OD PO

PRN diazepam 5mg OD PO

Result type: MH Discharge/Transfer Summary eMeds

Result date: 12 May 2025 12:36 AEST

Result status: Modified

Result title: MH Discharge Summary

Performed by: Jing, Xuepeng (Trainee Specialist) on 12 May 2025 12:39 AEST

Verified by: Jing, Xuepeng (Trainee Specialist) on 12 May 2025 12:41 AEST

Encounter info: 23243984, RPAH, Inpatient, 07/05/2025 - 12/05/2025