

Room

avoidName		MRN	V	°	hr	rr	/	%
DOB	Age	Sex	ROS	FC	HA	VΔ	CP	SoB NV GI GU WT WR
Guardian / PoA / MHD		Insurance	PMH				LMP	OB [G] [P]
ED Course							TBI	Seizure LoC CPAP
bib	p/f		PSH					
Labs			Allergies					
BMP	CBC		Current Meds					
BAL	UDS	COVID	generic	dose	route	frequency		
Preg	UA	EKG						
CC								
HPI								

Substance Use

Tobacco	amount	frequency	last
Alcohol	amount	frequency	last
	withdrawal	seizure	DTs
Cannabis	amount	frequency	ICU

Intravenous

Rehab

Ψ effects

Sober periods

Suicide wish thought plan intent prep attempt

Lifetime

Month

Inquiry frequency duration control deterrents

Firearm possess access

Risk means self-harm activating factors

treatment clinical status family hx

Protect fear/suffer immoral/faith responsible others
why live supportive other engage work/school

Homicide target thought plan intent prep attempt

Social

Living	Spiritual
Education	Sexual
Employment	Fun
Financial	Military
Relationship	Legal
Children	Gambling

MSE stated mood

Cognition

Orient: name city building year month day

Recall 3: food color vehicle clothes now [] > 5 min []

DoW [] MoY [] DLROW [] Serial 7s [93][86][79][72]

PE

Ψ ROS	abnormal +	normal -	Time
Depression	S I G M E C A P S		
Mania	D I G F A S T		
Psychosis	D P IoR AH VH DS DB NS		
Anxiety	R F C I M T S		
Panic	P S SoB CP H NT FoD		
OCD	OT CB LoF		
PTSD	T R A U M A D		
Borderline	I D E S P A I R R T		

ΨΨH

Diagnoses

Past Hosp

Past Meds

Outpatient

Family Hx

Contacts [consent]

SIG-ME-CAPS (Depression)

- **Sleep disturbance**
- loss of **Interest** or anhedonia
- feelings of **Guilt** or worthlessness
- depressed **Mood**
- fatigue or loss of **Energy**
- **Concentration** disturbance
- **Appetite** changes or significant unintentional weight changes
- **Psychomotor retardation**, **Psychomotor agitation**
- recurrent **Suicidal thoughts** or ideation

DIGFAST (Mania)

- **Distractibility**
- Impulsivity or increased high-risk activities
- **Grandiosity** or inflated self esteem
- Flight of ideas or racing thoughts
- increased **Activity** or psychomotor **Agitation**
- **Sleep deficit**
- Talkativeness or pressure to keep talking

D P loR AH VH DS DB NS (Psychosis)

- **Delusions**, **Paranoia**, **Ideas of Reference**
- **Auditory Hallucinations**
- **Visual Hallucinations**
- **Disorganized Speech**
- **Disorganized** or catatonic **Behavior**
- **Negative Symptoms**, diminished emotional expression, avolition

R F C I M T S (Anxiety)

- Restlessness, feeling keyed up or on edge
- being easily **fatigued**
- having difficulty **concentrating** or mind going blank
- **Irritability**
- **Muscle Tension**
- **Sleep disturbance**

P S SoB CP H NT FoD (Panic)

- Palpitations or fast, **Pounding heart**
- **Sweating**
- feeling **short of breath** or smothered
- **Chest Pain** or discomfort
- **Heat sensation**
- **Numbness** or **Tingling**
- Fear of **Dying**

OT CB LoF (OCD), n

- distressful **Obsessive/intrusive/unwanted Thoughts**, urges, images
- Compulsive repetitive **Behaviors** or mental acts unrealistically or excessively intended to prevent/reduce anxiety, requiring one or more hour per day
- causing significant distress or **Loss of Function**

TRAUMA-D (PTSD)

- experiencing or witnessing a **Traumatic index event**
- **Re-experiencing** distressing memories in dreams or flashbacks
- **Avoiding** distressing memories or triggers
- being **unable** to function
- having symptoms for one **Month** or more
- increasing **Arousal** or physiological reactions to triggers
- being **disinterested** in usual activities

IDESPAIRR T (Borderline)

- Identity disturbance or distorted self-image
- Disordered or unstable affect owing to a marked reactivity of mood
- chronic feelings of **emptiness**
- recurrent **Suicidal behavior**, gestures, threats, self-mutilation, cutting
- **Paranoid** ideation, transient, stress-related, severe dissociating from body
- real or imagined **abandonment** with frantic efforts to avoid, rushing to emotional/physical relations
- **Impulsivity** that is self-damaging in multiple areas (spending, sexual, binge eating/drinking, driving, etc.)
- inappropriate or intense **Rage** with difficulty controlling anger
- pattern of unstable and intense interpersonal **Relationships**, alternating extremes of idealization and devaluation of family, friends, partners
- trouble **Trusting** others and irrational fear of what other people are intending

ROS (Review of Systems)

- | | |
|-------|--|
| ➤ FC | Fevers, Chills |
| ➤ HA | HeadAche |
| ➤ VΔ | Vision Changes |
| ➤ CP | Chest Pain |
| ➤ SoB | Shortness of Breath |
| ➤ NV | Nausea/Vomiting |
| ➤ GI | abdominal pain, problems defecating |
| ➤ GU | problems urinating |
| ➤ WT | difficulties Walking, Transferring/Toileting |
| ➤ WR | open Wounds, Rashes |

SAFE-T (Suicide)

Inquiry of thoughts, plans, intent

- Frequency
 - < 1 / week, 1 / week, 2-5 / week, almost daily, > 1 / day
- Duration
 - < few minutes, < 1 hour, 1-4 hours, 4-8 hours, > 8 hours
- Controllability
 - easy, little difficult, some difficult, lots difficult, unable, no attempt
- Deterrents
 - Deterrents: definitely, probably, uncertain, likely not, definitely not
 - does not apply
- Reasons for Ideation
 - Attention, Revenge, or Reaction: completely, mostly, equally
 - does not apply
 - End or Stop Pain: equally, mostly, completely
 - does not apply

Risk Factors

Activating Factors

- Recent loss, negative events (legal, financial, relationship)
- Pending Incarceration or homelessness
- Current or pending isolation or feeling alone

Treatment History

- Previous psychiatric diagnosis and treatments
- Hopeless or dissatisfied with treatment
- Non-compliant with treatment
- Not receiving treatment
- Insomnia

Clinical Status

- Hopelessness
- Major depressive episode
- Mixed affect episode (e.g., bipolar)
- Command hallucinations to hurt self
- Chronic physical pain or acute medical problem (e.g., CNS d/o)
- Highly impulsive behavior
- Substance abuse or dependence
- Agitation or severe anxiety
- Perceived burden on family or others
- Homicidal ideation
- Aggressive behavior towards others
- Refuses or feels unable to agree to safety plan
- Sexual abuse (lifetime)
- Family history of suicide

Access to Lethal Methods

- **Firearm** in home or ease of access

Protective Factors

Internal

- fear of death, dying due to pain, suffering
- identifies reasons for living

External

- belief suicide is immoral, high spirituality
- responsibility to family, others, living with family
- supportive social network, family, friends
- engaged in work or school

Clinical Assessment of Risk

- | | |
|------------|--------------|
| ➤ High | Suicide Risk |
| ➤ Moderate | Suicide Risk |
| ➤ Low | Suicide Risk |