

## Prescriber Progress E/M

### Today's Chief Complaint/Reason for Visit:

CC re-evaluation of medications and treatment of schizoaffective disorder bipolar type.

### History of Present Illness:

"Not too good today." Reports 2-3 days of feeling down and depressed with a lot of voices and pressure/stress. No clear triggers. Describes lifelong emotional pain which comes and goes. This drove her to EtOH in past, now she copes by lying still on her bed and connecting to her core self. Sometimes intense Sx pass within 20 min, other times she falls asleep and wakes up with changed perspective. Has been sleeping well at night and also napping more often in day. Feels "everything is in order" and she's continuing to function well in spite of recent bout of distress. Has been journaling, feels grateful for "luxury" of time and not having to work so she can manage MH Sx. Enjoys going outside and walking for errands, has not been to library recently. Limiting news content. Eating well, cooking. 2-3 cups coffee/day. No significant anxiety. Taking 4.5mg Invega/day routinely.

### Mental Status Exam:

Sounds alert, grossly oriented, clear and nonpressured speech, TP organized, reports +AH but no delusions or clear PI elicited, future oriented, not acutely distressed, relaxed, I/J fair.

### Medical Decision Making:

SAD, BP Type 1.

**Complexity of Problem:** Stable Chronic Illness

**Associated signs/systems; other information:** Reports recent bout of increased depression and AH c/w past patterns but functioning and managing Sx fairly well.

last labs on file 3/2022 and Kaiser 2024- no results received

### Plan:

Cont Tx/monitoring to prevent decompensation in self care, decision making, safety and residential functioning. Encouraged trial of up to 6md/day Invega but Pt declines- says she wants to read more about Rx online and will call OAT if wants to try incr dose. C/w RN re: plan, for now, cont Invega 3mg HS + 1.5mg qD

Prozac 20mg qam

F/u lab results done at Kaiser- ordered CBC, CMP, lipids, A1C, as well as PMD Dr. McCleer note, c/w PSC and RN to assist

Supportive counseling

Re-eval 1 mo