patient name & DOB

vitals T BP HR RR O2

MSE PERSON PLACE YEAR MONTH DATE

HPI

PSYCH HX

dx

meds

prior hospitalizations

psychiatrist/therapist

suicide attempts

self harm

family psych hx

ABUSE HX

substance

physical

sexual

frequency/amount

attempts to quit

longest period of sobriety

SOCIAL HX

living arrangements

occupation

highest edu

relationship/children

legal

jail

prison

pending charges

PMH meds

allergies

ROS

Psychosis
Hallucinations/illusions
Delusions
Self-reference:
-People talking about you
-People watching you
-Messages from media
Thought blocking/insertion
Disorganization: speech
Disorganization: behavior

Borderline
Fear rejection
Unstable relationships
Chronic emptiness
Low self esteem
Intense anger/outburst
Self-harming behavior
Labile mood/impulsivity

Antisocial PD
Forensic history:
-arrests/imprisonment
Aggressiveness/violence
Lack of empathy/remorse
Lack of concern for safety
-Self vs others
Childhood conduct d/o

Social phobia
Performance situations:
Fear of embarrassment
Fear of humiliation
Criticism

Generalized Anxiety
Excess worry
Restless/edgy
Easily fatigued
Muscle tension
Sleep
Concentration

Panic Attacks
Trembling
Palpitations
Nausea/Vomiting
Choking/chest pain
Sweating
Fear of dying
Anticipatory anxiety
Avoidance
Agoraphobia

OCD
Intrusive persistent thoughts
Recognized as
excessive/irrational
Repetitive behaviors
-Washing/cleaning
-Counting/checking
-Organizing/praying

PTSD
Experienced/witnessed event
Persistent re-experiencing
Dreams/flashbacks
Avoidance behavior
Hyper-arousal:
-Increased vigilance/startle

Depression (SIGECAPS)
Low mood for >2 weeks
Sleep
Interest
Guilt/worthlessness
Energy
Concentration
Appetite/weight
Psychomotor slowing
Suicide:
Hopelessness/plan/access

Mania (GIDDINESS)
Grandiose
Increased (goal directed)
activity
Decreased judgment
Distractible
Irritability
Need less sleep
Elevated mood
Speedy talking
Speedy thoughts

Eating Disorders
Binging/purging/restricting
Amenorrhea
Perception of body
image/weight

Body dysmorphic disorder
Excess concern with
appearance
Avoidance behavior

a&p