Medication Management with Psychotherapy Progress Note

Client Name: Last, First		Date of Service: 9/20/21			
Length of Session: 25 min	E/M Code: 99214	Diagnosis: MDD, Hashimoto's			
Present at session (if others present, list name(s) and relationship to client):					
☑ Client Present ☐ Others Present: ☑ Client No Showed/Cancelled					
Significant Changes in Client's Condition					
☐ No significant change from last visit		Sad flat affact			
		Sad, flat affect			
☐ Behavior/Functioning					
☑ Substance Use		Ongoing alcohol use			
☐ Physical Health Issues		Chigoling alcohol asc			
□ Other					
DANGER to:					
☐ Self ☐ Others ☐ Property ☒ No	ne □ Ideation □ Plan	☐ Intent ☐ Means ☐ Attempt			
Specifics regarding risk assessme	nt (include safety planning, rep	ports made, etc.):			
No current risk factors, denies current SI					
Evaluation Management: (include red	quired number of elements bas	ed on E/M billed):			
History:					
Client reports depressive symptoms starting when he was 13 years old. Client reports that his symptoms have often impaired his ability to maintain work, relationships, and care for himself. Client reports alcohol use for past 15 years. Client reports recent stressors with upcoming holidays and feeling lonely as family lives far away.					
Examination: Client reported medication compliance 95% of the time. Client was educated on need to remain compliant with medication as prescribed and was given overview of risks of noncompliance. Provider reviewed potential side-effects of medication to include Effexor. Client reported moderate improvement in mood and energy levels. Reports cutting down alcohol use to 3-4 times/week to inebriation. Client reports no issues with his Hashimoto's illness.					
Current Medication(s)/Medication Change(s): Effexor 225mg Synthroid 50mcg					
☐ Refills ☑ No side effects or adverse reactions n	oted or reported				

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Medical Decision Making:				
Continue current medication regime, no significant side effects reported. Discussed risks of using alcohol while on anti-depressants				
while on anti-depressants				
Lab Tests:				
☐ Ordered ☐ Reviewed Describe:				
None currently				
,				
Psychotherapy:				
Time spent on psychotherapy services only:	30			
Add-on CPT code	90833			
Intervention(s): (check each topic discussed and	describe b	elow):		
☐ Diagnostic results/impressions and/or recommended studies		☐ Importance of compliance with chosen treatment options		
☐ Risks and benefits of treatment options		☑ Risk Factor Reduction		
☑ Instruction for management/treatment and/or follow-up		☑ Patient/Family/Caregiver Education		
☐ Prognosis		Other: psychoeducation, stress management		
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Description:				
Continued to address client's self-defeating beliefs. Practiced identifying the thoughts and beliefs that result in negative feelings. Modeled problem-solving skills to address triggers. Provided psychoeducation around the risks of drinking while taking antidepressants and impact EOTH has on depressive symptoms.				
Additional Information (response to intervention, recommendations/referrals:)				
Client was responsive to practicing problem solving skills and considered some social activities to help decrease loneliness during holiday season. Client confirmed med compliance and agreed to attend one AA meeting per week.				

Optum Public Sector San Diego Funding for services is provided by the County of San Diego Health & Human Services Agency

Follow-up Appointment: Return in 2 weeks

Provider Signature & Credentials (if signature illegible, include printed name):	Date of Signature:
Dr. Caring Psychiatrist, MD	4/27/2022