



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/ICD Code: MDD, Hashimoto's
Present at Session	
<input checked="" type="checkbox"/> Client Present <input type="checkbox"/> Client No showed/Cancelled <input type="checkbox"/> Others Present, List name(s) and relationship to client:	
Significant Changes in Client's Condition	
<input type="checkbox"/> No significant change from last visit <input checked="" type="checkbox"/> Mood/Affect Sad, flat affect <input type="checkbox"/> Thought Process/Orientation <input type="checkbox"/> Behavior/Functioning <input checked="" type="checkbox"/> Substance Use Ongoing alcohol use <input type="checkbox"/> Physical Health Issues <input type="checkbox"/> Other, Explain:	
Danger to:	
<input type="checkbox"/> Self <input type="checkbox"/> Others <input type="checkbox"/> Property <input checked="" type="checkbox"/> None <input type="checkbox"/> Ideation <input type="checkbox"/> Plan <input type="checkbox"/> Intent <input type="checkbox"/> Means <input type="checkbox"/> Attempt	
Specifics Regarding Risk Assessment	
(Include safety planning, reports made, etc.) No current risk factors, denies current SI	
Evaluation Management (Include required number of elements based 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. 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 noted or reported

Medical Decision Making:

Continue current medication regime, no significant side effects reported. Discussed risks of using alcohol while on anti-depressants.

Lab Tests:

- Ordered
- Reviewed

Describe:

None needed at this time.

Psychotherapy:

Time spent on psychotherapy services **only: 30 Minutes**

Add-on CPT code: 90833

Interventions (Check each topic discussed and describe below):

- | | |
|---|---|
| <input type="checkbox"/> Diagnostic results/impressions and/or recommended studies | <input type="checkbox"/> Importance of compliance with chosen treatment options |
| <input type="checkbox"/> Risks and benefits of treatment options | <input checked="" type="checkbox"/> Risk factor reduction |
| <input checked="" type="checkbox"/> Instruction for management/treatment and/or follow-up | <input checked="" type="checkbox"/> Patient/family/caregiver education |
| <input type="checkbox"/> Prognosis | <input type="checkbox"/> Other, please explain |

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.

Recommendations and/or 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.

Follow-up Appointment: Return in 2 weeks

Provider Information

Provider Signature & Credentials (if signature illegible, include printed name):

Dr. Caring Psychiatrist, MD

Date of Signature:

9/20/21