

## **Chief Complaint**

Jane Doe is a 50 year old female. Her reason for visit is "I am having hot flashes and think I am going through the change."

## **History of Present Illness**

### **#1. "menopause":**

**Quality:** She reported: Possibly menopausal. Menopause and vaginal symptoms.

**Duration:** She reported: Last menstrual period more than a year ago.

## **Past, Family, and Social History**

### **Past Medical History**

She denied: Personal injury or major illness.

### **Pregnancy History**

She denied: Pregnancy within the last two years.

### **Social History**

History of: Within the last six months son or daughter leaving home and vacation. Within the last two years large religious celebration.

### **Activities for Daily Living**

History of: No normal activities. Not quite so much enjoyment.

### **Medication History**

She reported: Never used tobacco.

## **Review of Systems**

### **Constitutional**

She reported: Fatigue. Weight gain in last year, 6-10 pounds (3-5 kg) in recent months, and due to lack of exercise. Nocturnal hot flashes.

She denied: Weight loss.

### **Cardiovascular**

She reported: Palpitations.

She denied: Bilateral edema to the knees.

### **Gastrointestinal**

She reported: Within the last six months change in eating habits.

### **Defecatory Dysfunction**

She reported: Constipation.

### **Genitourinary**

#### **Irritative Voiding Symptoms**

She reported: Dysuria.

#### **Sexual Function**

She reported: Within the last six months sexual difficulties. Decreased libido.

### **Musculoskeletal**

She reported: Rheumatalgia recurring.

### **Neurological**

She reported: Insomnia. Within the last six months change in sleeping habits. Headaches weekly. Mentation changes.

### **Psychiatric**

She reported: Very severe dyssomnia, somatic symptoms, and skin autonomic symptoms. Mild respiratory symptoms, gastrointestinal autonomic symptoms, and muscular autonomic symptoms. Severe anxiety, stress, and cardiac autonomic symptoms. Depressed more than a week. Depression. Sometimes eating as much as before. Moderate concentration difficulty, anhedonia, difficulty sitting quietly, and genitourinary autonomic symptoms. Not enjoying

interaction with opposite sex, feeling best in the morning, thinking normally, living a full life, hopeful, and feeling useful. Little of the time calm and happy. Often palpitations and restless. Most of the time nervous, sad, dyssomnia, depressed, constipated, irritable, fatigued, and crying. Psychiatric symptoms. Indecisive.

She denied: Sometimes suicidal thoughts. Another significant event. Irrational fears.

## Risk Factors

### Patient Issues

She reported: Desires help with weight problem. Willing to attend a group session to lose weight.

## Self-assessment Scales

### Title: **Mental Health Inventory Screening Test (MHI-5)**

Description: Short 5 item version of the 18 item Mental Health Inventory for detecting affective disorders. No level of severity is revealed because of the brevity of the scale.

Patient Score: **18 - Failed mental health screen**

Scoring Key and Interpretation:

0 - 17 : Passed mental health screen  
18 - 30 : Failed mental health screen

Reference: *Berwick, DM; Murphy, JM; Goldman, PA; "Performance of a Five-Item Mental Health Screening Test"; Med Care 1991; 29,2:169-176*

### Title: **Rahe Holmes Stress Scale**

Description: This 43-item scale is used to quantify the amount of life stress. This classic self-assessment was developed by Thomas Holmes, Professor of Psychiatry and Behavioral Sciences at University of Washington.

Patient Score: **121 - Very Little Life Change - Good Health**

Scoring Key and Interpretation:

0 - 149 : Very Little Life Change - Good Health  
150 - 199 : Mild Life Change - Risk of Colds, Flus, Occasional Depression  
200 - 249 : Moderate Life Change - Depression  
250 - 299 : Serious Life Change - Risk of Lowered Resistance to Disease  
300 - 1508 : Major Life Change - Risk of Major Illness Within 1 Year

Reference: *Holmes, T.H., Rahe, R.H. The Social Adjustment Rating Scale. Journal of Psychosomatic Research. 1967;11:213-218.*