

Scenario

I am assigned to take care of Ms. Emily Johnson, who was admitted to Sentinel Hospital for a relapsed manic episode of bipolar disorder. The patient was treated with pharmacotherapy and planned to be discharged with telehealth services. My goal is to select the appropriate telehealth equipment and provide information to Ms. Johnson. In addition, I plan to perform a virtual office visit for a follow-up on her care.

Health Record

History and Physical	
<i>General Information</i>	
Name	Emily Johnson
Age	27 years
Sex	Female
DOB	February 1
Height	5'4"
Weight	160 lbs. (BMI 27.5; overweight)

Occupation	Graduate student
Religion	Catholic
Address	1234 Mountain Road, Sentinel City, Colorado, 80231
History of Present Illness	
<p>A 27-year-old female patient was admitted to the short-term inpatient crisis unit at Sentinel Hospital two weeks ago for bipolar symptoms with manic episodes. Symptoms included decreased sleep, racing thoughts, constant speaking, rapid speech, and hallucinations. Before hospitalization, the patient had hardly slept, and her family reported hearing her laughing and talking to herself at night. She had taken aripiprazole in the past, which was effective, but the patient stopped taking the medication because she thought she would feel better without it. In the hospital, aripiprazole was resumed with lithium, and the manic symptoms improved significantly, although some mild residual hypomanic symptoms remained. At the visit, the patient is cooperative and has appropriate eye contact. Her speech is slightly rapid. She denies hallucinations and any suicide plans or ideations.</p>	
Medical Diagnosis	
<ul style="list-style-type: none"> • Bipolar I disorder with a manic episode, relapse • Psychoaffective disorder 	
Past Medical History	
Previous diagnoses	Bipolar disorder, psychoaffective disorder, anxiety disorder, insomnia.
Previous injuries or trauma	Patient denies any history of trauma or abuse.
Previous surgeries or hospitalizations	Appendectomy 5 years ago.
Social History	
Education level	Bachelor's degree
Marital status	Single
Tobacco use	Never smoked
Alcohol use	No alcohol use
Drug use	No illicit drug use
Family History of Disease	
<p>Patient's older sister and maternal aunt have bipolar disorder. The patient is currently living with her parents and two younger sisters.</p>	

Assessment

Vital signs	98.6°F, 110/75, 80, 16
Review of Body Systems	
HEENT	No hearing loss
Pulmonary	No cough or shortness of breath
Cardiovascular	No chest pain; unknown history of cardiovascular disease

Endocrine	No history of diabetes
Gastrointestinal	No nausea, vomiting, or abdominal pain
Genitourinary	No dysuria
Gynecological	Not applicable
Neurologic	Alert and oriented to time, place, and person
Hematopoietic	Unknown history of anemia
Musculoskeletal	Mild pain on bilateral knee joints and lower back
Skin	No lesion or rash
Medication	
Allergies	No known allergies
Immunizations	Influenza current
Current medications	Aripiprazole, lithium
Herbal or OTC medications	None
Pharmacy	Hometown Pharmacy, 555 Aspen Drive, Sentinel City
Lab and Diagnostic Tests	
<i>Today's Results</i>	
TSH	1.0
CBC	WBC 8.5, Hgb 11.5, Hct 38.7, MCV 83, Plt 290
BMP	Sodium 142, Potassium 4.0, Chloride 104, CO2 26, BUN 7, Creatinine 0.86, Glucose 96
LFTs	WNL
HIV	Negative
Drug/alcohol screen	Negative
Head CT	No acute intracranial pathology
EKG	Normal sinus rhythm
EEG	No evidence of epilepsy
Mood Disorder Questionnaire (MDQ) score	Positive (at hospital admission)
Mini-Mental State Exam (MMSE) score	30 indicating normal cognition
Patient Health Questionnaire-9 (PHQ-9) score	4 indicating none/minimal depression