

Swale Community Mental Health Team

Mental Health Department
Memorial Hospital
Bell Road
Sittingbourne
Kent
ME10 4DT

NHS Number: 400 067 0514

Your Ref: JO/rs

Date: 4 Jul 2018

PRIVATE AND CONFIDENTIAL

Dr GI Apostolova
St Georges Medical Centre
55 St Georges Avenue
Sheerness
Kent
ME12 1QU

Direct Line: 01795 418359 / 418350 (9.00 am – 5.00 pm)

Answer phone: 01795 418359 (5.00 pm – 9.00 am)

Fax No: 01795 418317

Out of hours contact your GP and listen for advice

THIS LETTER SERVES AS CARE PLAN DOCUMENTATION

Dear Dr Apostolova

Miss Katrina Margery

NHS Number: 400 067 0514 Date of Birth: 24 May 1967

Primary Address: 1 Wing House, Wing Road, Leysdown-On-Sea, Sheerness, Kent, ME12 4QR

This lady was referred by Dr Ota through Single Point of Access on 22nd May 2018 and I saw her for assessment at Sittingbourne Memorial Hospital on 21st June 2018. Patient attended for assessment accompanied by a friend Wendy and she stated the following:
Patient gave permission to access her summary care record.

Problem started many years ago but got worse in October last year:

- Her sister has MS and has suffered a series of strokes last year. Her sister lives in Scotland.
- One of the patient's best friends died last year.
- Patient lost her hair – "it just fell out".
- Her ex-partner beat her.
- She moved accommodation.
- Last October her benefits were reduced. She is awaiting a date for an appeal hearing.
- She is £8000 in debt.

She has experienced voices inside her head since childhood. "I have always managed to keep them at bay". Voices got worse in October 2017. Patient was born in Renfrewshire, Scotland and moved to Kent 30 years ago. She has been unknown to Mental Health Services until now. She was brought up in children's homes. The children's homes were "horrible". Foster care "did not work" and she was returned to the home, "They just wanted to use me as a slave to do their cleaning". Previously, she was sexually abused by her brother when he visited her at the children's home. Relationships that she has had have been violent – she does not report this as she feels this is the way she should be treated. She is wetting the bed at night. She only feels safe when her friend visits with her dog. "The voices tell me to drink". She has had six cans of Fosters today, prior to attending this assessment at 11.30am. The voices are disparaging and laugh at her.

Mood - "always down and unhappy, miserable". Gets "very angry" towards herself, not others.

20 JUL 2018

Chairman: Andrew Ling

Chief Executive: Helen Greateorex

Trust Headquarters: Farm Villa, Hermitage Lane, Maidstone, Kent, ME16 9PH

Sleep - Poor. Does not sleep in the day. Feels tired "all the time".

Appetite - "poor". Loosing weight, she thinks.

Appearance - Casually dressed 51 year old Caucasian woman, appears older than her years. Anxious, tearful. Smells strongly of alcohol.

Behaviour - Rocking back-and-forth. Some old, healed scars to the underside of her left forearm.

Risk - She says she last cut two weeks ago. States that she has taken overdose, last time being six weeks ago but she did not seek help. Also ten weeks ago, also did not seek help. She has "a little bit" of thoughts of cutting herself today. She stated "I am sick of life; I don't want to be here any more". "I smashed the telly up because I thought they were talking about me, but I know they were not".

Alcohol - "can't remember" how much she drinks. Thinks it is twenty cans of Foster's a day plus vodka. "I drink what they (voices) tell me to drink". Says she never drank alcohol prior to last October.

Drugs - None. No previous.

Physical - Spinal fracture 2009 after she fell over. Arthritis. Surgery on her right arm. "I can't walk".

Collateral from her friend Wendy: Patient was hiding her drinking which has "got out of control" since problems with benefits. Friend has known her for 18 years.

Impression: Primary alcohol dependence. Associated low mood.

We agreed the following plan:

- 1) She will self- refer to Forward Trust if she cannot stop drinking without help.
- 2) Discharged to GP.
- 3) I have not offered her a further appointment.

Yours sincerely

Electronically checked

Julian O'Shea
Community Psychiatric Nurse
Nurse Prescriber
Swale Community Mental Health Team

PRIVATE AND CONFIDENTIAL

cc Miss Katrina Margery
1 Wing House
Wing Road
Leysdown-On-Sea
Sheerness
Kent
ME12 4QR