

NHS Lothian - Clinical Documentation Search Report



Surname:	Forename:	UHPI:	Sex:	DoB:	CHI:
Scott	Justin	700143029W	Male	09/06/1970	0906701473

Report created on 02/06/2026 15:55:07 : Searching between 04/06/2016 and 02/06/2026 + Searching All Episodes + Include Generic Care Providers + Note Types: A&E Notes , Care Plan Summary , Clerking , Consultant Review , eReferral , Inpatient Discharge Summary , Operation Note , Outpatient Clinic Letter , Progress Notes , Significant Information , Specialty Review , Ward Round + Specialties: CDPS SE Edin - DLC , CDPS South , Edinburgh Drug and Alcohol Services SE , SMD South - O/P + Care Provider: All, Last Updated by: All

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 30/03/2026 16:01
Last Updated User: Dr Duncan WA Stewart
Note:

Did not attend appointment today but see below, given his script is now in primary care I would expect this. I will wait until script from us finished before discharging from SE Hub.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 25/03/2026 15:40
Last Updated User: Dr Duncan WA Stewart
Note:

E-mail correspondence with The Southern Medical Group, Dr Delaney. They are happy to take over the prescription for diazepam 20mg per day from the 1/5/26. I phoned Justin and told him this , he is happy with this as he finds attending SSC difficult.

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 20/03/2026 14:08
Last Updated User: Dr Duncan WA Stewart
Note:

Consultant review in SE recovery HUB. Seen on 18/3/26. He attended 2 hours after the arranged appointment.

Worsening anxiety and agoraphobia will the reduction of diazepam, now down to 10mg per day. He

finds the low dose intolerable. He denies any opiate use but has bought illicit diazepam over the past few days. He thinks a further reduction is unrealistic. He denies any alcohol or opiate use.

At interview he was euthymic and well.

Plan- script cancelled at the chemist and long term benzo risks discussed, he feels comfortable and states given he has been prescribed benzodiazepines from the age of 14 he will need an increased dose and ongoing prescribing. He struggles to attend the HU here.

I gave him a prescription today for diaepam 20mg per day , twice weekly collection from Gilmerton pharmacy to start 20/3/26 until 30/4/26. I took a drug screen today and once back I will refer to primary care for ongoing management if indeed opiate free.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 16/03/2026 12:54

Last Updated User: Dr Duncan WA Stewart

Note:

I received a phone call today from Mr Scott. He was angry that his diazepam is being reduced. I explained I need to see him face to face. We have arranged a review this week in Spittal Street in the afternoon at his request.

He feels he is struggling to come off diazepam due to him having been taking it regularly for a number of years. He describes anxiety symptoms and a reluctance to leave his house.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 10/03/2026 16:02

Last Updated User: Dr Duncan WA Stewart

Note:

Mr Scott had left a message at the HUB, he was swearing and unhappy about his reducing diazepam prescription. He has a pending appointment and I need him to attend.

Episode ID: O0011681421

Note Type: Outpatient Clinic Letter

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 10/02/2026 13:34

Last Updated User: Dr Duncan WA Stewart

Note:

Mr Justin Williams did not attend today for a scheduled outpatient review. He is coming off the prescribed diazepam , down 5mg every 2 weeks dispensed three times weekly from Gilmerton

Pharmacy. He had come off his opiate replacement prescription last year. Unfortunately engagement with me has been a problem. I'm sure he will collect his prescription from the HUB and I would hope to see him then.

I left a prescription for collection for diazepam 15mg reducing every 2 weeks by 5mg to run until 5/4/26. I'll offer another review appointment with me on 3/4/26 at 11.00am.

regards

Dr DWA Stewart
Cons Addiction Psych
Edinburgh SE

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 10/02/2026 13:32
Last Updated User: Dr Duncan WA Stewart
Note:

He did not attend today for sheduled aoutpatient review. He is coming off the prescribed diazepam , down 5mg every 2 weeks dispensed three times weekly from Gilmerton Pharmacy. He had come off his opiate replacement prescription last year. Unfortunately engagement with me has been a problem. I'm sure he will collect his prescription from the HUB and I would hope to see him then.

I left a prescription for collection for diazepam 15mg reducing every 2 weeks by 5mg to run until 5/4/26. I'll offer another review appointment with me on 3/4/26 at 11.00am.

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 23/01/2026 12:55
Last Updated User: Dr Duncan WA Stewart
Note:

Did not attend today for scheduled appoinment. He had phoned and spoke to reception asking where his prescrip[tion] was.

I have left prescrtiption for collection for diazepam 25mg to start 26/1/26 reducing 5mg every 2/52. Script runs until 23/2/26.

Given an appointment to see me before this finishes.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 19/12/2025 11:22

Last Updated User: Dr Duncan WA Stewart

Note:

I had a long discussion with the pharmacist about the holiday prescription. Although the 5mg tabs were on the holiday script gilmerton pharmacy did not feel able to dispense off this. They dispensed the correct number of 2mg diazepam for the holiday script at a dose of 8mg per day, but not the 5mg tabs. I agreed and conveyed to Justin I can do a script for 96 x 5mg tabs dispensed all today, that will give him a daily dose of 28mg per day to take away. I was reassured by speaking to the chemist the total dispensed dose will equate to 28mg per day. He has missed 2 days of 20mg diazepam only as he is now flying out tomorrow, the 19/12/25.

No prescription has been lost , just the wording was a problem. All organised now.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 15/12/2025 11:54

Last Updated User: Dr Duncan WA Stewart

Note:

Next script for after holiday left for collection from SSC reception, SE HUB. To start 12/1/25 to run until 25/1/26. P/U 3 x weekly (M,W Th) from Gilmerton pharmacy for diazepam reduced to 26mg per day.

Next appointment with me for drug test on Friday 23/1/26.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr David N Miles

Created Date/Time: 28/11/2025 16:07

Last Updated User: David Miles

Note:

He'd given note to friend, [REDACTED] to collect his prescriptions from 3/12-2wks then 4wk holiday on from 17/12-next due 14/1/26

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 25/11/2025 14:46

Last Updated User: Dr Duncan WA Stewart

Note:

Telephone contact today.

He tells me he remains off opiates. He feels the better for this. Sldom leaving his house but has arranged to fly to see his mother as usaul over Christmas. Leaves 18/12 until 9/11/25.

I have started reducing diazepam, next script due on 3/12/25 down to 28mg per day.

prescriptions left for collection to start 3/12/25 p/u 3 x weekly from Gilmertin Pharmacy to run until 16/12/25. Holiday script left for collection to start 17/12/25 until 11/1/26 , pick up all on 17/12/25.

Episode ID: O0011681421

Note Type: Outpatient Clinic Letter

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 04/11/2025 13:51

Last Updated User: Dr Duncan WA Stewart

Note:

Telephone contact today with Mr Justin Scott.

He has come off methadone and he denies taking any opiates. I have known for a long time he struggles to get out the house duie to his anxiety. Many of his symptoms could be seen as complex trauma. He struggles to leave his house without support. Although he feels low in mood he denies any suicidal thoughts or plans.

When I spoke with him today he stated he doesn't want a methdone prescription but he would be keen to stay on diazepam. I said this would be OK in the short term but going forward I would be reducing this. He acknowledged this.

I have left a prescription for collection for diazepam 30mg per day to start 5/11/25 to run until 2/12/25, Monday, Wed and Friday pick up. I will contact him again before the 2/12.

regards

Dr DWA Stewart
Consultant Addiction Psychaitrist
Edinburgh SE

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 04/11/2025 13:49

Last Updated User: Dr Duncan WA Stewart

Note:

Telephone contact today.

He has come off methadone and he denies taking any opiates. I have known for a long time he struggles to get out the house. Many of his symptoms could be seen as complex trauma. He struggles to leave his house without support.

When I spoke with him today he stated he doesn't want a methdone prescription but he would be keen to stay on diazepam. I said this would be OK in the short term but going forward I would be reducing this. He acknowledged this.

I have left a prescription for collection for diazepam 30mg per day to start 5/11/25 to run until 2/12/25, Monday, Wed and Friday pick up. I will contact nhim again before the 2/12.

Above prescriptions collected by proxy by M McCann. Letter provided.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 03/11/2025 14:30

Last Updated User: Cameron S McColl

Note:

Retrospective entry. Mr Scott's script dated 15/10 - 21/10, 22/10 - 28/10, 29/10 - 4/11, and 22/10 - 4/11 was collected by proxy on 16/10/25.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 29/10/2025 16:28

Last Updated User: Dr Duncan WA Stewart

Note:

I spoke with Justin. A friend has been picking up his diazepam he tells me, he hasn't been collecting his methadone. He feels 'really down' but nil suicidal. I've arranged to phone him again next week.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 29/10/2025 16:19

Last Updated User: Dr Duncan WA Stewart

Note:

Justin phoned. I called off police safe and well now we know he is alive.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 29/10/2025 15:54

Last Updated User: Dr Duncan WA Stewart

Note:

Outreach tried to access his home but no answer. His phone is just dead when I try to phone him.

I have contacted the police on 101 and reported him as a missing person, they gave me an incident number [REDACTED] 29/10/2025.

They know to contact the HUB if he is found.

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 28/10/2025 15:06
Last Updated User: Dr Duncan WA Stewart
Note:

Phone call today from his chemist, Gilemrtion Pharmacy. They have not seen Justin for a week now. I have requested an outreach. Phone number not working.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr David N Miles
Created Date/Time: 15/10/2025 15:02
Last Updated User: David Miles
Note:

His Methadone is due today but diazepam due in 1wk but I note the ongoing issues with him testing negative for Methadone. I've printed 3wks methadone & 2wks diazepam so they're both due Wed 5/11. Spoke to him & apologised but said he'd need to collect. Said he attended 7/10/25

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 29/09/2025 16:13
Last Updated User: Dr Duncan WA Stewart
Note:

Attended again today.

Euthymic and well. Has been attending chemist daily.

Given prescription today for methadone 50mg per day dispensed under supervision three times weekly from Gilmerton pharmacy to start 29/9 to run until 7/10. To come and see me again on 7/10.

Also given a prescription to continue on diazepam 30mg per day to start 8/10/25 to run until 21/10.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 22/09/2025 16:32

Last Updated User: Dr Duncan WA Stewart

Note:

Seen today, attended at 16.10.

At interview, feels well. Taking extra methadone to a total dose of 70mg he tells me.

Given a prescription to increase to 40mg daily supervised dispensed to start 22/9 to run until 28/9. To see me again on 29/9.

Also given prescription to continue on diazepam 30mg to start 24/9 until 7/10/25.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 16/09/2025 15:53

Last Updated User: Dr Duncan WA Stewart

Note:

Attended today at 15.00.

Prescription given for 6 days of methadone 30mg daily supervised dispensed to start 16/9/25 and told to come back and see me on Monday for next script.

He tells me he is taking about 70mg of illicit methadone on top of his script.

Episode ID: O0011681421

Note Type: Outpatient Clinic Letter

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 09/09/2025 15:42

Last Updated User: Dr Duncan WA Stewart

Note:

Attended for review today on 9/9/25. Appointment was on 8/9/25. I saw him in Spittal Street treatment centre.

His last drug test was negative for methadone. Positive for diazepam. I challenged him about this and he was at a loss to explain this. He insisted he needs methadone. Past drug tests have been positive for methadone.

He appeared well, he was initially reactiv but later became argumentative. I understand he has been removed from his GP list for non attendance.

Plan- given prescription today for methadone 20mg daily supervised dispensed through Gilmerton

pharmacy to start 9/9/25 for 6 days until he comes back to see me in SSC.

Dr DWA Stewart
Consultant Addiction Psychiatrist
NHS Lothian

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 09/09/2025 15:41

Last Updated User: Dr Duncan WA Stewart

Note:

Attended for review today on 9/9/25. Appointment was on 8/9/25. I saw him in Spittal Street treatment centre.

His last drug test was negative for methadone. Positive for diazepam. I challenged him about this and he was at a loss to explain this. He insisted he needs methadone. Past drug tests have been positive for methadone.

He appeared well, he was initially reactive but later became argumentative. I understand he has been removed from his GP list for non attendance.

Plan- given prescription today for methadone 20mg daily supervised dispensed through Gilmerton pharmacy to start 9/9/25 for 6 days until he comes back to see me in SSC.

Episode ID: O0011681421

Note Type: Outpatient Clinic Letter

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 30/07/2025 14:56

Last Updated User: Dr Duncan WA Stewart

Note:

Reviewed Mr Justin Scott today in Spittal Street.

He denies any illicit drug use and he denies taking alcohol. He struggles to get out much. He has been advised he will be taken off his GP list for non attendance.

At interview he was bright, euthymic and reactive. I had no concerns.

I gave him a prescription to remain on methadone 110mg per day three times weekly pick up and diazepam 30mg per day three times weekly pick up from Gilmerton Pharmacy, he no longer takes them to Gracemount. To start 30/7 to run until 9/9/25. To see me next on 8/9/25 at 14.00.

I took an oral fluid swab to drug test today.

regards

Dr DWA Stewart
Consultant Addiction Psychiatrist
Edinburgh SE

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 30/07/2025 14:55
Last Updated User: Dr Duncan WA Stewart

Note:

Reviewed today in Spittal Street.

He denies any illicit drug use and he denies taking alcohol. He struggles to get out much. He has been advised he will be taken off his GP list for non attendance.

At interview he was bright, euthymic and reactive. I had no concerns.

I gave him a prescription to remain on methadone 110mg per day three times weekly pick up and diazepam 30mg per day three times weekly pick up from Gilmerton Pharmacy, he no longer takes them to Gracemount. They start 30/7 to run until 9/9/25. To see me next on 8/9/25 at 14.00.

I took an oral fluid swab to drug test today

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 28/07/2025 10:29
Last Updated User: Dr Duncan WA Stewart

Note:

I contacted M and D Green in Gracemount today and they tell me he hasn't taken a script to them since 8/4/25. I need to see him to discuss this with him.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 07/07/2025 15:42
Last Updated User: Cameron S McColl

Note:

Retrospective entry. Mr Scott collected his script dated 16/7 - 29/7 and 2/7 - 15/7 on 1/7/25.

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 23/06/2025 10:15
Last Updated User: Dr Duncan WA Stewart
Note:

Script printed and left for collection at SE HUB reception.

Methadone 110mg per day three times weekly dispensed and diazepam 30mg per day three times weekly dispensed, both to start 02/07/25 to run until 29/07/25. Appointment to see me next 28/7/25 at 14.00.

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 20/05/2025 14:07
Last Updated User: Dr Duncan WA Stewart
Note:

Consultant Reveiw in Sputtal Street.

Some concerns about access to benefits and the system cahnging. He feels 'depressed' but he was reactive and euthymic as ever. He wants the frequency of dispensing to reduce from three times weekly but he states he would test positive for cocaine if I tested him today.

I have arranged to see him in 2 weeks to provide a clean sample.

Given scripts today for methadone 110mg per day three times weekly dispensed and diazepam 30mg per day, same collection schedule. To start 21/5/25 to run until 1/7/25. Dispensed through M and D Green in Gracemount.

Episode ID: O0011681421
Note Type: Outpatient Clinic Letter
Appointment Date/Time: 22/02/2018 15:00
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 01/04/2025 14:51
Last Updated User: Dr Duncan WA Stewart
Note:

I saw Justin Scott today in the SPittal Street teratment centre.

He uses snorted cocaine occasionally and he smokes cannabis but otherwise he reamins stable.

He appeared euthymic and well. He has a past history of trauma that causes him anxiety and low mood at points but he felt well when I saw him today.

He remains on a replacment prescription of methadone 110mg per day and diazepam 30mg per day. I provided a prescription today for this medication to start 9/4/25 to run until 20/5/25. I will see him again on 20/5/25 at 13.00.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 01/04/2025 14:50

Last Updated User: Dr Duncan WA Stewart

Note:

I saw Justin Scott today in the SPittal Street teratment centre.

He uses snorted cocaine occasionally and he smokes cannabis but otherwise he reamins stable.

He appeared euthymic and well. He has a past history of trauma that causes him anxiety and low mood at points but he felt well when I saw him today.

He remains on a replacment prescription of methadone 110mg per day and diazepam 30mg per day. I provided a prescription today for this medication to start 9/4/25 to run until 20/5/25. I will see him again on 20/5/25 at 13.00.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 04/03/2025 13:34

Last Updated User: Dr Duncan WA Stewart

Note:

Left a message today to say he 'is in court' and will not be able to attend, he will send a friend.

Script printed and left for collection for methadone110mg per day three times weekly dispensed and diazepam 30mg per day three times weekly dispensed from Gordons pharmacist to start 12/3/25 until 8/4/25, next appointment with me on 1/4/25.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 19/02/2025 14:09

Last Updated User: Cameron S McColl

Note:

Retrospective entry. Mr Scott collected his script dated 11/2, 12/2 - 25/2 and 26/2 - 11/3 on 11/2/25.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 29/01/2025 14:51

Last Updated User: Bethany Anderson

Note:

Retrospective entry. Mr Scott collected his script dated 27/01-09/02 on 27/01/25.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 27/01/2025 14:09

Last Updated User: Dr Duncan WA Stewart

Note:

Telephone call from 'a friend' saying Justin is 'under the weather'. She tells me he won't make his appointment today.

Prescription left to start 27/1/25 to run until 09/02/2025 , methadone 110mg per day , three times weekly dispensed. Also, diazepam 30mg per day three times weekly dispensed.

Next appointment with me on 11/02/25 at 11.00am. He will require a oral drug screen at next appointment.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 16/12/2024 16:34

Last Updated User: Dr Duncan WA Stewart

Note:

Seen today in my office, he attended 30mins late for appointment.

He is disgruntled he is attending the chemist three times weekly. I explained this was due to the repeated positive tests for cocaine He showed travel documentation today for holiday to see his Mother in Fuerteventura.

I cancelled script at chemist from 19/12/24, through Gordons chemist and provided a script and letter of carriage, dispense all on 20/12/24 to run until 12/1/25. He is on methadone 120mg per day diazepam 30mg .

I gave him a script for his return to start 13/1/25 for 2 weeks , three times weekly dispensed through Gordons chemist on Captains road to take once he returns from his holiday.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 25/11/2024 12:18

Last Updated User: Dr Duncan WA Stewart

Note:

Did not attend for appointment today. No contact made.

I need to see him to review and to take a drug test before I issue next prescription.

He has a prescription running until 26/11/24.

Episode ID: O0011681421**Note Type:** Progress Notes**Appointment Date/Time:****Specialty / Care Provider:** Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart**Created Date/Time:** 05/11/2024 14:19**Last Updated User:** Cameron S McColl**Note:**

Retrospective entry. Mr Scott's script dated 30/10 - 12/11 and 13/11 - 26/11 was collected by proxy on 29/10/24.

Episode ID: O0011681421**Note Type:** Consultant Review**Appointment Date/Time:****Specialty / Care Provider:** Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart**Created Date/Time:** 29/10/2024 14:49**Last Updated User:** Dr Duncan WA Stewart**Note:**

Phoned to say he was unable to attend today.

Script here to start 30/10/24 to run until 26/11/24 . Once weekly p/u 110mg daily methadone from Gordons chemist.

To see me next on 26/11/24 at 14.00.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 18/10/2024 14:04

Last Updated User: Cameron S McColl

Note:

Script generated 18/10/2024 Signed by Dr Stewart Medication: Methadone 110mgs and Diazepam 30mgs dispensed: weekly Chemist : Gordons Gracemount Start date: 13/11/2024 Next due : 27/11/2024 To be collected from SSC.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 18/10/2024 14:02

Last Updated User: Cameron S McColl

Note:

Script generated 18/10/2024 Signed by Dr Stewart Medication: Methadone 110mgs and Diazepam 30mgs dispensed: weekly Chemist : Gordons Gracemount Start date: 30/10/2024 Next due : 13/11/2024 To be collected from SSC.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 17/09/2024 15:56
Last Updated User: Dr Duncan WA Stewart

Note:

Consultant Review in SE HUB.

No change. He talks of anxiety and has been started on fluoxetine by his GP, dose now has increased to 40mg per day over the past few days. Compliance variable he would say but he feels it has been of benefit.

He is still very worries about his benefits claim but thiks this is in hand. He is happy to no longer be in a relationship which he did not enjoy. He describes anxiety symptoms and some irritability resolving with fluoxetine.

Other than cannabis he denies any dependant drug use. He speaks of occasional snorted cocaine but low level and recreational.

At interview he was reactive, euthymic and well.

Plan- leave on current doses of methadone 110mg per day and diazepam 30mg per day. Scripts given to start 18/9/24 to run until 29/10/24. Next appointment with me on 29/10/24 at 13.00.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 20/08/2024 13:58
Last Updated User: Dr Duncan WA Stewart

Note:

Hedid not attend his appointment with me on 19/8/24. He phoned toay on 20/8/24, advised to collect his prescription which I have left at reception.

Scrip starts 21/8/24 to run until 17/9/24 , once weekly pick up of methadone 110mg per day and diazepam 30mg per day.

Dispensed through Gordons chemist in Gracemount.

Next appointment with me on 17/9/24 at 13.00.

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 08/07/2024 15:18
Last Updated User: Dr Duncan WA Stewart

Note:

Consultant review in Spittal Street today.

Upset as has been sent a benefit form he does not feel he should fill in. He enjoyed his holiday with his son and his sons friends in Germany for the football.

He denies any problematic drug use.

Euthymic and well at interview. Ill tempered but not hostile.

Plan- I'll refer to Chai benefits . Script given for methadone 110mg per day once weekly dispense and diazepam 30mg once weekly dispensed.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 10/06/2024 15:49

Last Updated User: Dr Duncan WA Stewart

Note:

Seen today in Spittal Street treatment centre.

He showed me travel documents. He has been bought a trip to Germany to watch the European football championship with his son by way of a present. He plans to fly out to Dusseldorf on Wed.

At interview he appeared reactive, euthymic and well.

I provided him with a prescription to pick up his medication on 11/6/24 to cover him from 12/6 until 23/6/24. He remains on methadone 110mg per day and diazepam 30mg per day. I gave him a script to pick up his meds on Monday 24/6 to cover until 25/6 and then I gave him a 2 week script to run until 9/7/24 once weekly pick up from Gordons chemist.

He has an appointment to see me on Monday 8/7/24 .

Episode ID: O0011681421

Note Type: Outpatient Clinic Letter

Appointment Date/Time:

Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 27/05/2024 15:25

Last Updated User: Dr Duncan WA Stewart

Note:

Consultant Psychiatry review in Spittal Street treatment centre today with Justin Scott.

He appeared euthymic and well today.

He remains on pregabalin for his referred pain from primary care at a dose of 450mg per day. He receives a prescription from myself for methadone 110mg per day and diazepam 30mg per day.

I provided scripts today for the above to start 5/6/24 to run until 16/7/24, once weekly dispensed from Gordons chemist in Gracemount. His next appointment with me will be on Monday 8/7/24 at 14.00.

regards

Dr DWA Stewart

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 27/05/2024 15:22
Last Updated User: Dr Duncan WA Stewart
Note:

Consultant Psychiatry review in Spittal Street treatment centre today with Justin Scott.

He appeared euthymic and well today. He describes some concerns but broadly he is well.

He remains on pregabalin for his referred pain from primary care at a dose of 450mg per day. He receives a prescription from myself for methadone 110mg per day and diazepam 30mg per day.

I provided scripts today for the above to start 5/6/24 to run until 16/7/24, once weekly dispensed from Gordons chemist in Gracemount. His next appointment with me will be on Monday 8/7/24 at 14.00.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 23/05/2024 15:31
Last Updated User: Bethany Anderson
Note:

Mr Scott collected his script today dated 22/05/24-04/06/24.

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 20/05/2024 13:37
Last Updated User: Dr Duncan WA Stewart
Note:

Phoned to cancel his appointment with me today.

He denies any acute concerns but he wants to see me 'soon'. Would not be drawn on why.

He needs a script from 22/5.

I have left a script for collection with an appointment to see me on 27/5 at 13.00.

Script left for once weekly pick up on methadone 110mg per day and diazepam 30mg per day to start 22/5 until 4/6/24. To see me next 27/5.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 11/04/2024 14:15
Last Updated User: Bethany Anderson
Note:

Retrospective entry for 10/04/24. Mr Scott collected his script dated 10/04-23/04, 24/04-07/05 and 08/05-21/05.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 02/04/2024 12:24
Last Updated User: Dr Duncan WA Stewart
Note:

Did not attend today for scheduled appointment.

I have left prescriptions fr collection at the SE HUB reception for methadone 110mg per day once weekly dispensed to start 10/4/24 to run until 21/5/24. Also diazepam 30mg per day weekly dispensed some time frames . Dispensed through Gordons Chemist in Gracemount.

Next appointment with me left for Monday 20th May at 14.00.

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 13/03/2024 12:36
Last Updated User: Dr Duncan WA Stewart
Note:

Collected script today for methadone 110mg per day once weekly dispensed and diazepam 30mg per day from Gordons in Gracemount script to start 13/3/24 to run until 9/4/24 incl. Next appointment with me on 2/4/24 at 11.00AM

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart

Created Date/Time: 04/03/2024 09:38
Last Updated User: Dr Duncan WA Stewart
Note:

Script left at SSC SE HUB reception for Methadone 110mg per day and diazepam 30mg per day once weekly pick up from Gordons chemist in Gracemount to start 13/3/24.

Next appointment with me on 18/3/24 at 11.00am.

Episode ID: O0011681421
Note Type: Outpatient Clinic Letter
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 05/02/2024 15:33
Last Updated User: Dr Duncan WA Stewart
Note:

Consultant Psychiatry Review today in Spittal Street Treatment centre.

He was tanned after his recent holiday. I found him to be bright reactive , euthymic and well. No suicidal thoughts mentioned although, as ever, he feels 'a bit down' after returning to the winter weather here in Scotland.

I had no concerns about him today and I took another mouth swab by way of a drug test.

I provided him with his next prescription for methadone 110mg once weekly pick up and diazepam 30mg per day once weekly pick up through Gordons Pharmacy to start 14/2 to run until 12/3/24. I will see again in 2 months unless there are concerns.

He is keen for his gabapentin to be changed to pregabalin and I have no concerns about this if he maintains stability on his rescription.

regards

Dr DW Stewart
Consultant Addiction Psychiatrist
NHS Lothian
SE Edinburgh

Episode ID: O0011681421
Note Type: Consultant Review
Appointment Date/Time:
Specialty / Care Provider: Edinburgh Drug and Alcohol Services SE / Dr Duncan WA Stewart
Created Date/Time: 05/02/2024 15:31
Last Updated User: Dr Duncan WA Stewart
Note:

Consultant Psychiatry Review today in Spittal Street Treatment centre.

He was tanned after his recent holiday. Bright reactive , euthymic and well. No suicidal thoughts mentioned although, as ever, he feels 'a bit down' after returning to the winter weather here in Scotland.

I had no concerns about him today and I took another mouth swab by way of a drug test.

I provided him with his next prescription for methadone 110mg once weekly pick up and diazepam 30mg per day once weekly pick up through Gordons Pharmacy to start 14/2 to run until 12/3/24. I will see again in 2 months unless there are concerns.

He is keen for his gabapentin to be changed to pregabalin and I have no concerns about this if he maintains stability on his rescription.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart

Created Date/Time: 18/01/2024 09:49

Last Updated User: Bethany Anderson

Note:

Retrospective entry. Mr Scott collected his script dated 17/01/24-30/01/24 and 31/01/24-13/02/24 on 16/01/24.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart

Created Date/Time: 08/01/2024 11:46

Last Updated User: Dr Duncan WA Stewart

Note:

Script left at SE HUB and appointment sent out. To see me next on 5/2/24 at 13.00.

Script left for methadone 110mg per day and diazepam 30mg per day once weekly pick up to start 17/1/24 to run until 13/2/24 incl dispensed through Gordons Chemist on Gracemount drive.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart

Created Date/Time: 04/12/2023 16:09

Last Updated User: Dr Duncan WA Stewart

Note:

Consultant Psychiatry review in Spittal Street.

He denies any illicit drug use other than cannabis. He remains on methadone 110mg per day and diazepam 30mg per day.

He showed me details of flights today to go and see his mother near fuertventura over the festive period.

He was euthymic, relaxed and well at interview.

I provided scripts to start 8/12/23 until 19/12/23 and then he will collect 4 weeks worth of medication on the 19/12/23 to cover him until he returns on 16/1/23. I provided a letter of carriage for him to take.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 17/11/2023 10:40
Last Updated User: Adele Burns
Note:

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart
Created Date/Time: 09/11/2023 15:22
Last Updated User: Bethany Anderson
Note:

Mr Scott collected his script today dated 10/11/23-07/12/23.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart
Created Date/Time: 07/11/2023 15:54
Last Updated User: Dr Duncan WA Stewart
Note:

Script printed and left for collection. He had phone requesting scripts after not attending last appointment

Scripts left for collection for methadone 110mg per day once weekly dispense to start 10/11/23 to run until 7/12/23 inclusive. Also on diazepam 30mg per day.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart
Created Date/Time: 10/10/2023 13:44
Last Updated User: Dr Duncan WA Stewart

Note:

Episode ID: O0011681421
Note Type: Outpatient Clinic Letter
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart
Created Date/Time: 10/10/2023 13:43
Last Updated User: Dr Duncan WA Stewart

Note:

Consultant review in Spittal Street treatment centre today.

He enjoyed his recent holiday. He is still thinking of when to start his reductions of methadone and diazepam.

He remains on methadone 110mg per day weekly dispensed through Gordons Pharmacy in Gracemount along with Diazepam 30mg per day dispensed weekly.

He denies any illicit drug use other than cannabis.

At interview he appeared euthymic and well.

Plan- given a prescription today to start 13/10/23 for above meds until 9/11/23. I will leave his next prescription for collection at the South East HUB and catch up with him again in due course.

regards

Dr DWA Stewart
Consultant Addiction Psychiatrist
Edinburgh SE

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Sharleen Thomson
Created Date/Time: 28/09/2023 15:01
Last Updated User: Sharleen Thomson

Note:

Justin does not require BBV screening, in conversation with him he feels he has not been at any kind of risk.

He will be removed from the list.

Sharleen Thomson
[REDACTED]

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart

Created Date/Time: 11/09/2023 14:31
Last Updated User: Dr Duncan WA Stewart
Note:

Attended today for a face to face review.

He was euthymic and well. Ongoing cannabis use but denies any other illicit drug use.

I had no concerns today. He spoke briefly of his past trauma. He acknowledges he will need to address this and start reducing his methadone and diazepam in due course.

He intends to go on Holiday to Turkey later this month with his ex wife. He showed me the travel documents.

I provided him with a script to start 11/9 to run until 16/9 , once weekly pick up for methadone 110mg per day and diazepam 30mg per day. I provided a holiday script to start 17/9 until Thurs 28/9/23 dispense all on Sat 16/9 . I provided a letter of carriage to cover this time.

Also given a prescription to start Friday 29/9/23 for 2 weeks, once weekly dispense through Gordons chemist. Next appointment with me posted out, scheduled for Monday 10/10/23.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart
Created Date/Time: 22/08/2023 09:46
Last Updated User: Dr Duncan WA Stewart
Note:

He phoned to apologise for not attending today. I will send another appointment. His scripts are left for collection at reception.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 11/07/2023 09:28
Last Updated User: Adele Burns
Note:

Script generated 11/07/2023 Signed by Dr Miles Medication: Methadone 110mgs and Diazepam 30mgs dispensed: weekly Chemist : Gordons Gracemount Start date: 14/08/2023 for 2 weeks. Next due : 28/08/2023 To be collected from SSC.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 04/07/2023 10:40

Last Updated User: Adele Burns

Note:

Script generated 04/07/2023 Signed by Dr Miles Medication: Methadone 110mgs and Diazepam 30mgs dispensed: weekly Chemist : Gordons Gracemount Start date: 31/07/2023 for 2 weeks. Next due : 14/08/2023 To be collected from SSC.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart

Created Date/Time: 27/06/2023 16:17

Last Updated User: Dr Duncan WA Stewart

Note:

I saw Mr Scott today.

He denies taking cocaine despite his last two tests being cocaine positive. He spoke of past childhood trauma, he feels this has resurfaced again of late. He is unsure why.

He dislikes human company and continues to live a very restricted existence. He describes no pleasures or interests.

Plan- given prescription today to run from 17/7 to 30/7/23 for once weekly pick up of methadone 110mg per day and diazepam 30mg per day, dispensed from Flemings Pharmacy. I will arrange to key work him from here for a period.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 20/06/2023 15:40

Last Updated User: Adele Burns

Note:

Script generated 20/06/2023 Signed by Dr Miles Medication: Methadone 110mgs and Diazepam 30mgs dispensed: weekly Chemist : Gordons Gracemount Start date: 17/07/2023 for 2 weeks. Next due : 31/07/2023 To be collected from SSC.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Sharleen Thomson

Created Date/Time: 09/06/2023 14:24

Last Updated User: Sharleen Thomson

Note:

Justin cancelled his appointment- he said he only wants to see Dr Syewart re his mental health.
Sharleen Thomson
[REDACTED]

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 06/06/2023 11:43

Last Updated User: Adele Burns

Note:

Script generated 06/06/2023 Signed by Dr Miles Medication: Methadone 110mgs and Diazepam 30mgs dispensed: weekly Chemist : Gordons Gracemount Start date: 03/07/2023 for 2 weeks. Next due : 17/07/2023 To be collected from SSC.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 23/05/2023 10:55

Last Updated User: Adele Burns

Note:

Script generated 23/05/2023 Signed by Dr Miles Medication: Methadone 110mgs and Diazepam 30mgs dispensed: weekly Chemist : Gordons Gracemount Start date: 19/06/2023 for 2 weeks. Next due : 03/07/2023 To be collected from SSC.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 09/05/2023 11:50

Last Updated User: Adele Burns

Note:

Script generated 09/05/2023 Signed by Dr Miles Medication: Methadone 110mgs and Diazepam 30mgs dispensed: weekly Chemist : Gordons Gracemount Start date: 05/06/2023 for 2 weeks. Next due : 19/06/2023 To be collected from SSC.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 05/05/2023 12:34

Last Updated User: Adele Burns

Note:

Justin attended his appointment on time this afternoon. I discussed his last tox result which was positive for cocaine. Justin denied this and stated that if he had smoked cocaine he would have said. I suggested that if he had shared a joint with a friend this could have potentially been mixed with cocaine. He denied any of his friends doing this. Another tox was obtained today which Justin wasn't happy with and thought that he only needed to provide a tox twice a year. I advised him that the minimum is 4 times a year.

Justin reported that his mum is over for a few months from Spain which he is pleased about. He reports that he is not in the right frame of mind to consider reducing his methadone and realises that if he wants to move forward in life he is going to need to make positive changes regarding his lifestyle and acquaintances.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 25/04/2023 12:17

Last Updated User: Adele Burns

Note:

Script generated 25/04/2023 Signed by Dr Miles Medication: Methadone 110mgs and Diazepam 30mgs dispensed: weekly Chemist : Gordons Gracemount Start date: 22/05/2023 for 2 weeks. Next due : 05/06/2023 To be collected from SSC.

Episode ID: O0011681421

Note Type: Outpatient Clinic Letter

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 14/04/2023 14:10

Last Updated User: Adele Burns

Note:

Dear Doctor Anderson,

I am writing to provide you with a clinical update on Justin Scott.

PRESCRIPTION 110ml Methadone and 30mg diazepam daily
DISPENSED Weekly collection
PHARMACY Gordon's Pharmacy Gracemount

MEDICATION ACCORDING TO ECS ON TRAK

RECENT SMD POLY PHARMACY GUIDANCE REQUEST THAT ANY NEW PSYCHOACTIVE MEDICATIONS ARE DISCUSSED WITH SMD PRIOR TO INITIATION.

SUBSTANCE USE / PRESENTATION

Justin reports that he continues to smoke cannabis every day. During our appointments we discussed what could help in ceasing his ongoing use and agreed that having more structure and exploring some

hobbies would be helpful. Justin reported that he does nothing with his days but was thinking about maybe volunteering to do some charity work. However, he feels that this is too soon and he appears to be reluctant to move forward with this. I intend discussing the possibility of attending psychosocial groups in the interim.

SELF-CARE AND NUTRITION

Justin takes good care of his appearance. There are no concerns over his dietary intake as he reports eating well and does not appear malnourished.

RELATIONSHIPS

Justin is not in a relationship at present. He reports having regular phone contact with his mother and sister.

PHYSICAL HEALTH AND WELLBEING.

No concerns raised.

MENTAL HEALTH AND EMOTIONAL WELL-BEING

No concerns raised.

OCCUPYING TIME AND ACHIEVING GOALS

Justin confirmed that he manages to fill his days doing chores and watching the television. When discussing his goals he appeared to be reluctant to identify any confirming that he is happy with his life at present.

HOUSING AND INDEPENDENT LIVING:

Justin lives alone. He reported no current concerns about housing situation.

OFFENDING

No offending reported.

MONEY MATTERS

No concerns raised.

CHILDREN

No children.

PLAN

I will continue to monitor Justin's ORT.

I will monitor Justin's mood.

If you have any questions or concerns, please do not hesitate to contact me.

Adele Burns Addiction Treatment & Recovery Care

South East Edinburgh Locality

The Spittal Street Centre

22-24 Spittal Street

Edinburgh

EH3 9DU



Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 11/04/2023 13:53

Last Updated User: Adele Burns

Note:

Script generated 11/04/2023 Signed by Dr Miles Medication: Methadone 110mgs/daily and Diazepam 30mgs/daily dispensed: Weekly Chemist : Gordons Gracemount Start date: 08/05/23 Next due : 22/05/23 To be collected from SSC.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 29/03/2023 14:28
Last Updated User: Adele Burns
Note:

Script generated 29/03/2023 Signed by Dr Miles Medication: Methadone 110mgs/daily and Diazepam 30mgs/daily dispensed: weekly Chemist : Gordons Gracemount. Start date: 24/04/2023 for 2 weeks. Next due : 08/05/2023 To be collected from SSC.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 24/03/2023 10:24
Last Updated User: Adele Burns
Note:

Script generated 24/03/23 Signed by Dr Miles Medication: Methadone 110mgs/daily and Diazepam 30mgs/daily dispensed: 1x weekly Chemist : Gordons, Gracemount. Start date: 10/04/23 for 2 weeks. Next due : 24/04/23 To be collected from SSC.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 01/03/2023 14:57
Last Updated User: Adele Burns
Note:

Script generated 01/03/2023 Signed by Dr Miles Medication: Methadone 110mgs/daily and 30mg diazepam dispensed: Weekly Chemist : Gordons Gracemount. Start date: 27/03/2023 for 2 weeks. Next due : 10/04/2023 To be collected from SSC.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 23/02/2023 13:46
Last Updated User: Adele Burns

Note:

Justin attended his appointment today. He reports that he is not in the right 'head space' to be thinking about volunteering just now and is fine just going about his business and keeping himself to himself.

Justin provided a tox test and was pleased that his prescriptions have gone back to weekly collection. We agreed another appointment in 8 weeks but Justin has my number if anything else comes up between time.

Justin was provided his methadone and diazepam prescriptions and is aware that he will need to come back in 4 weeks to collect his next 4 weeks.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 22/02/2023 13:57

Last Updated User: Adele Burns

Note:

Justin failed to attend his appointment this afternoon therefore, I phoned him and he confirmed that he confirmed that he was unaware of this. Another appointment has been rescheduled for tomorrows at pm.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 14/02/2023 14:29

Last Updated User: Adele Burns

Note:

Script generated 14/02/2023 Signed by Dr Miles Medication: Methadone 110mgs/daily and 30mg diazepam dispensed: weekly Chemist : Gordons pharmacy, Gracemount. Start date: 13/03/2023 for 2 weeks. Next due : 27/03/2023 To be collected from SSC.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 01/02/2023 11:38

Last Updated User: Adele Burns

Note:

Script generated 31/01/2023 Signed by Dr Miles Medication: Methadone 110mgs/daily 30mg diazepam dispensed: 2xweekly Chemist : gordons gracemount. Start date: 27/02/2023 for 2 weeks. Next due : 13/03/2023 To be collected from SSC.

Episode ID: O0011681421
Note Type: Outpatient Clinic Letter
Appointment Date/Time: 22/02/2023 12:00
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 24/01/2023 16:09
Last Updated User: Adele Burns

Note:

Dear Doctor Anderson,

I am writing to provide you with a clinical update on Justin Scott.

PRESCRIPTION 110ml Methadone and 30mg diazepam daily
DISPENSED 2x weekly collection
PHARMACY Gordon's Pharmacy Gracemount

MEDICATION ACCORDING TO ECS ON TRAK

RECENT SMD POLY PHARMACY GUIDANCE REQUEST THAT ANY NEW PSYCHOACTIVE MEDICATIONS ARE DISCUSSED WITH SMD PRIOR TO INITIATION.

SUBSTANCE USE / PRESENTATION

Justin reports that he continues to smoke cannabis every day. During our appointments we discussed what could help in ceasing his ongoing use and agreed that having more structure and exploring some hobbies would be helpful. Justin reported that he does nothing with his days but was thinking about maybe volunteering to do some charity work.

SELF-CARE AND NUTRITION

Justin takes good care of his appearance. There are no concerns over his dietary intake as he reports eating well and does not appear malnourished.

RELATIONSHIPS

Justin is not in a relationship at present. He reports having regular phone contact with his mother and sister.

PHYSICAL HEALTH AND WELLBEING.

No concerns raised.

MENTAL HEALTH AND EMOTIONAL WELL-BEING

No concerns raised.

OCCUPYING TIME AND ACHIEVING GOALS

Justin is not interested in attending groups but did confirm that he has thought about volunteering to do charity work to provide structure to his everyday life. We agreed to discuss this further at our next appointment.

HOUSING AND INDEPENDENT LIVING: Justin lives alone. He reported no current concerns about housing situation.

OFFENDING

No offending reported.

MONEY MATTERS

No concerns raised.

CHILDREN

No children.

PLAN

Justin is considering volunteering to do charity work. We agreed to explore this further during our next appointment.

I will monitor Justin's mood.

If you have any questions or concerns, please do not hesitate to contact me.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns

Created Date/Time: 24/01/2023 14:28

Last Updated User: Adele Burns

Note:

Face to face at SSC

PRESENTATION: Although Justin was clean, appropriately dressed he was very laid back during his appointment today although he was not intoxicated. He came over as having little energy and that answering every question appeared to be an effort. He reported that he enjoyed his holiday in Fuerteventura over the festive period reporting that he was spoilt by his mum and her husband having his meals prepared, laundry done and he had no worries and was able to relax. He confirmed that he was back to reality and appeared to be quite low in mood.

RECOVERY: Justin reported that he does nothing with his days but was thinking about maybe volunteering to do some charity work. He is not interested in attending any groups or courses. He reports that he smokes cannabis regularly everyday. Possibly the reason why everything appeared to be an effort and quite possibly exacerbating his low mood with returning from Fuerteventura.

HARM REDUCTION: Justin refused to take a naloxone kit and signed the opt out form.

PRESCRIPTION: Prescribed 110mg methadone and 30mg diazepam which he collects twice weekly from Gordons, Gracemount.

REFERRALS: /

NEW RISKS: None

CARE PLAN AND GOALS:

Justin is considering volunteering to do charity work. We agreed to explore this further during our next appointment.

I will monitor Justin's mood.

NEXT CONTACT IS: 22/02/2023 at 12pm

8/CORE 10 review completed score 22. next review 01/24

THN expires 01/24

Consent to share information annual review completed next review due 01/24

BBV risk assessment annual review completed next review due 01/24

Childcare information form annual review completed next review due 01/24

Driving information annual review completed next review due 01/24

Texting SoP consent annual review completed next review due 01/24

Level 1 risk assessment review completed next review due 01/24

GPL due 01/24

Clinical tests review due - Not appropriate currently

GBV done

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 19/01/2023 12:26
Last Updated User: Adele Burns
Note:

Script generated 18/01/2023 Signed by Dr Miles Medication: Methadone 110mgs/daily & 30mg diazepam/daily dispensed: twice weekly Chemist : Gordons Gracemount. Start date: 13/02/2023 for 2 weeks. Next due : 27/02/2023 To be collected from SSC.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 04/01/2023 13:37
Last Updated User: Adele Burns
Note:

Script generated 04.01.2023 Signed by Dr Miles Medication: Methadone 110mgs/daily and Diazepam 30mg/daily dispensed: 2x weekly Chemist : Gordons pharmacy, Gracemount Start date: 30.01.2023 for 2 weeks. Next due : 13.02.2023 To be collected from SSC.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 14/12/2022 15:27
Last Updated User: Adele Burns
Note:

Justin attended to collect his prescription.

Oral tox obtained.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Adele Burns
Created Date/Time: 14/12/2022 09:27
Last Updated User: Adele Burns
Note:

110mg methadone and 30mg diazepam script from 16/12/22 cancelled at Gordons pharmacy.

The following prescriptions to be provided allowing the dispensing of methadone and diazepam script for holiday period while usstiin visits his mum in Spain.

Script generated 13/12/2022 Signed by Dr Miles Medication: Methadone 110mgs/daily and diazepam 30mg/daily dispensed: for period from 16/12/2022 Chemist : Gordons, Gracemount. Start date: 16.12.22 for 4 weeks. Next due : 16.01.2023 To be collected from SSC.

Further script to be provided for Justin's return back home;

Script generated 13.12.2022 Signed by Dr Miles Medication: Methadone 110mgs/daily and diazepam 30mg/daily dispensed: 2x weekly Chemist : Gordons, Gracemount. Start date: 16.01.2023 for 2 weeks. Next due : 30.01.2023 To be collected from SSC.

Letter of carriage will also be provided to allow Justin to carry his methadone and diazepam on the flight.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Andrew Bain

Created Date/Time: 02/12/2022 09:30

Last Updated User: Andrew Bain

Note:

Face to Face Spittal Street Retros[ective Entry from 14/10/22

Justin was unable to make our plabnned appointment due to illness

Plan:
Re-arrange appointment

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Andrew Bain

Created Date/Time: 01/11/2022 16:09

Last Updated User: Andrew Bain

Note:

Face to Face Spittal Street

Justin contacted me to say that he could make his appointment today

Plan:
Rearranged for Monday 7th November at 2pm

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Andrew Bain

Created Date/Time: 27/07/2022 13:15

Last Updated User: Andrew Bain

Note:

Face to Face Retrospective Entry from 20/07/22

Justin did not attend his appointment today. He reports that he is testing positive for Covid.

Plan:

Re-arrange appointment

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Andrew Bain

Created Date/Time: 08/07/2022 15:24

Last Updated User: Andrew Bain

Note:

Telephone Call Retrospective entry from 04/07/22

I received a telephone call from Justin saying that he was about to be discharged from hospital having had laproscopic surgery for Cholecystitis. There was some confusion as Justin had told the hospital pharmacist that he had no medication at home which would have indicated that a weeks worth would have been used over two days. After discussion with Justin and his mother it was apparent that this was an error and a weekly prescription was issued commencing on Friday 8th July 2022. It was agreed that Justins mum would be able to pick this up on his behalf.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Andrew Bain

Created Date/Time: 09/05/2022 11:10

Last Updated User: Andrew Bain

Note:

Justin attended today. Toxicology obtained

Justin remains lethargic and apathetic about life. He feels that that the anti-depressant he started roughly eight weeks ago are having no effect. I discussed his continued use of Cannabis and the potential depressing effect that this will have upon him.

We once again discussed the need for him to have a routine and to engage in activities. We talked about him motivating himself and considering things like voluntary work and finding ways to get out of the house. He reports that his relationship with his girlfriend is not so good and that they rarely see each other now.

Justin said that his mum is coming back over to the UK and will be here for roughly six months. I explained that I felt this might improve his mood as he will have something to get out of bed for each day

Plan:
Future appointment to be arranged.

Episode ID: O0011681421
Note Type: Outpatient Clinic Letter
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart
Created Date/Time: 31/01/2022 15:15
Last Updated User: Dr Duncan WA Stewart
Note:

Consultant Psychiatry reveiw.

Stable on methadone 110mg per day and diazepam 30mg per day. Also prescribed gabapentin 900mg per day.

He describes suffering from a chronic low mood which has worsened over the past 18 to 24 months. He describes apathy, low mood , irritablity, anxiety when out the house and a reluctance to leave his house. He did feel brighter when visiting his Mother in Spain over the Christmas period but even then he still felt anxious and irritable.

I know Mr Scott reasonably well and feel he suffers from dysthymia.

At interview he was reasonable relaxed but describes a chronic low mood and few interests or activities. There was no mention of suicidality and we agreed a plan going forward.

Plan- CPN to discuss ways of filling his time. Will ask primary care to start fluoxetine 20mg and I will follow up in 2 months.

regards Dr DWA Stewart
Consultan Adiction Psychiatrist

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart
Created Date/Time: 31/01/2022 15:13
Last Updated User: Dr Duncan WA Stewart
Note:

Consultant Psychiatry review.

Stable on methadone 110mg per day and diazepam 30mg per day. Also prescribed gabapentin 900mg per day.

He describes suffering from a chronic low mood which has worsened over the past 18 to 24 months. He describes apathy, low mood, irritability, anxiety when out the house and a reluctance to leave his house. He did feel brighter when visiting his Mother in Spain over the Christmas period but even then he still felt anxious and irritable.

I know Mr Scott reasonably well and feel he suffers from dysthymia.

At interview he was reasonably relaxed but describes a chronic low mood and few interests or activities. There was no mention of suicidality and we agreed a plan going forward.

Plan- CPN to discuss ways of filling his time. Will ask primary care to start fluoxetine 20mg and I will follow up in 2 months.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Andrew Bain

Created Date/Time: 16/10/2021 08:52

Last Updated User: Andrew Bain

Note:

Face to Face Gracemount Surgery Retrospective Enrty from 15/10/21

Justin started the conversation by saying that he was the worst he had ever been with regard to his mood.

He talked about how he had very little to do and that his relationship with his girlfriend was not as good as he hoped. They were spending less time together.

I enquired if he had been using any illicit substances at which point he became irritable and agitated, talking at length about how he had not used any substances for a number of years and that he was here for his mental health. I explained that this was a standard question as an addictions nurse. He continues on his Methadone 110mls which is dispensed weekly.

I discussed anti-depressant medication with Justin but he was very against this idea and said that he had been on them before and had no desire to commence these again.

We talked about how he could fill his time and that to help improve his mood he had to give his life some purpose. We discussed the possibility of him looking at going back to work or trying voluntary work.

We have agreed to meet fortnightly to further discuss options for Justin moving forward

Plan:

Appointment in two weeks time.

Episode ID: O0011681421

Note Type: Significant Information

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC /

Created Date/Time: 22/09/2021 11:57

Last Updated User: Andrew Bain

Note:

Current Addictions Prescribing
Methadone 110mls Daily Dispensed Monday
Pharmacy Gordons Gracemount

Episode ID: O0011681421

Note Type: Outpatient Clinic Letter

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart

Created Date/Time: 22/07/2021 14:48

Last Updated User: Dr Duncan WA Stewart

Note:

Consultant Psychiatric review.

Has struggled with the lockdown period which coincided with a keyworker change. He has not seen his mother who lives in the canary islnads or his siter who now lives in Fife for a long time. Both were regular and valued supports.

At interview he brightened up when we say each other . I have not seen him for a number of months.

At interview, reasonably, euthymic and well. Looking forward to seeing his mother soon, she has a scheduled vivt next month and he is looking forwards to this. He denied suicidal thoughts or plans. He is making futire plans.

We dsicussed reducing his methadone with a view to him ultimately moving away.

He remains on methadone 110mg per day and diazepam 30mg. Other than smoking cannabis he denies any illicit drug use.

Plan- ongoing CPN support.

Episode ID: O0011681421

Note Type: Consultant Review

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Dr Duncan WA Stewart

Created Date/Time: 22/07/2021 14:47

Last Updated User: Dr Duncan WA Stewart

Note:

Consultant Psychiatric review.

Has struggled with the lockdown period which coincided with a keyworker change. He has not seen his mother who lives in the canary islnads or his siter who now lives in Fife for a long time. Both were regular and valued supports.

At interview he brightened up when we say each other . I have not seen him for a number of months.

At interview, reasonably, euthymic and well. Looking forward to seeing his mother soon, she has a scheduled vivt next month and he is looking forwards to this. He denied suicidal thoughts or plans. He is making futire plans.

We discussed reducing his methadone with a view to him ultimately moving away.

He remains on methadone 110mg per day and diazepam 30mg. Other than smoking cannabis he denies any illicit drug use.

lan- ongoing CPN support.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Andrew Bain
Created Date/Time: 01/07/2021 14:40
Last Updated User: Andrew Bain
Note:

Telephone Consultation

Justin was very low in mood today. It was very difficult to lift him from his negativity no matter what we discussed.

His main topic was Covid-19 and when the restrictions are going to be lifted fully. I tried to engage him in some positive thinking but he did not really participate in this and continued to be very morose in his outlook.

I asked him to score his mood and he said it was 2/10, 10 being happy and content.

We talked about anti-depressant medication and Justin said that he had been on it before. I asked if he was happy for me to discuss this with Dr Stewart and to possibly get him started on something but Justin said that he was happy to wait until he was due to see him at the end of July.

Justin reports that he continues to remain abstinent of illicit substances.

He said that he has been calling the Samaritans on average a couple of times a week. He reports that he has no intention of harming himself but liked to discuss how he is feeling with them. He says that they are good listeners and he can get things off his chest.

Justin talked about building relationships and that he had felt let down by a previous keyworker who left and whom he felt he got on very well with. He said that he had not been informed and that they were just gone one day.

Justin then said that he had to go as his mother was on the other phone. I have agreed to contact him after my annual leave to arrange another appointment

Plan:
Future appointment to be arranged.
Joint appointment with Dr Stewart 22/07/21

He

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS SE Edin - DLC / Andrew Bain
Created Date/Time: 03/06/2021 16:12
Last Updated User: Andrew Bain

Note:

Face to Face gracemount MC

Justin did not attend his appointment today. No contact made or reason given, DNA

Plan:

Contact Jason to re-arrange

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Andrew Bain

Created Date/Time: 14/05/2021 15:50

Last Updated User: Andrew Bain

Note:

Face to Face Gracemount MC Retrospective Entry

Justin contacted me to say that he was unable to attend our appointment today.

Plan:

Contact Justin to re-arrange his appointment

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS SE Edin - DLC / Andrew Bain

Created Date/Time: 16/03/2021 15:59

Last Updated User: Andrew Bain

Note:

Face to Face Gracemount MC Retrospective Entry from 15/03/21

Justin was slightly lethargic and negative throughout our session today. There was a strong smell of Cannabis and unpleasant body odour coming from him.

Justin feels that he is lacking motivation at present, although he continues get out of bed at 7am. However he tends to transfer to the sofa in his living room and remain there until 11am. He reports that he has a sore stomach in the mornings.

He continues to pick up his Methadone weekly and remains on 110mls daily. He reports having not used any illicit substances apart from Cannabis. He smokes roughly 8 joints per day. We discussed the effects of Cannabis upon his motivation and mood but he seemed ambivalent about this and sees this as part of his daily routine now. Drug Swab taken.

Justin is very despondent about the effects that the Covid-19 lockdown has had upon him. He intends to visit his mother in Forti-ventura once the ability to travel is resumed.

Plan:

Appointment 15th April 2021 at 2pm

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: SMD South - O/P / Andrew Bain

Created Date/Time: 28/01/2021 17:34

Last Updated User: Andrew Bain

Note:

Face to Face Gracemount Medical Centre

Justin reported that he had not used any illicit substances. He is also currently prescribed Gabapentin 300mg x9 tabs daily for a back conditionI took a drug swab from him which he was happy to give.

He continues on his Methadone 110mls and Diazepam 30mg.

Justin reported that his mood was low due to the current Covid restrictions. He talked at length about this. He says that he has a diagnosis of Anxiety and Depression but is currently on no treatment for this.

We completed a Core 10 and SMR 25b assessment.

Plan:

Continue with current care and treatment.

Appointment in four weeks time.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: SMD South - O/P / Andrew Bain

Created Date/Time: 21/01/2021 16:01

Last Updated User: Andrew Bain

Note:

Telephone Call

I called Scott today and have arranged an appointment for Wednesday 27th January 2021 at 12pm.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: SMD South - O/P / Andrew Bain

Created Date/Time: 20/01/2021 14:09

Last Updated User: Andrew Bain

Note:

Telephone Call

Justin called today to enquire if his prescription had been handed in to the pharmacy. I confirmed with the pharmacy that they had received it, which they did.

I called Justin and confirmed this with him. I introduced myself as his new keyworker. We have agreed that I shall try and arrange an appointment with him next week.

Plan:
Arrange appointment for next week

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: SMD South - O/P / Adrian Perry
Created Date/Time: 21/12/2020 16:03
Last Updated User: Adrian Perry
Note:

Unplanned phone contact by Justin this afternoon.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: SMD South - O/P / Adrian Perry
Created Date/Time: 14/12/2020 16:24
Last Updated User: Adrian Perry
Note:

Justin contacted me directly by phone today. He was concerned about his holiday script. Re-assurance given.

Plan: I will phone Justin on his phone to confirm holiday script collection from Ballenden House

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: SMD South - O/P / Adrian Perry
Created Date/Time: 25/11/2020 14:12
Last Updated User: Adrian Perry
Note:

Telephoned Justin on his mobile. He answered immediately and was pleasant and amenable in conversation. He reported that he hasnt being doing anything constructive. over the last few weeks. Denied any illicit drug use.

No concerns evident or reported. Scott has not seen his girlfriend recently. She has teenage daughters and she often visits him at his house when she can.

Justin has given me the dates for his xmas holiday to Fort Ventura

Flyig out on the 22nd of December and returning to Uk on the 16th of January

Plan: organise scripts and letter of carriage.

Contact Justin within 2 weeks to confirm.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: SMD South - O/P / Adrian Perry

Created Date/Time: 30/10/2020 09:37

Last Updated User: Adrian Perry

Note:

Justin arrived at Gracemount Medical Practice promptly at 4pm. He was able to give an toxicology swab.

Justin is still in the process of accepting that his previous keyworker Rhoda Paul had moved on. Re-assurance given with regards to his prescriptions that are generated by the service.

Justin stated he is fed up, he watches TV for the better part of the day. He has regular contact with his girlfriend who is a good support. Justin spent most of this appointment conveying his history regarding his drg use/lifestyle. Previously documented.

Justin reports he is stable on 110mls of methadone. He discussed his script requirements for his holiday during the christmas period. I will make contact with him in 4 weeks time to discuss this and any other relevant issues.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: SMD South - O/P / Adrian Perry

Created Date/Time: 28/10/2020 15:23

Last Updated User: Adrian Perry

Note:

Contacted Justin to inform him that I was his new CPN taking over from Rhoda Paul. He was clearly upset and disappointed that he wasn't aware of this. For the majority of the next 20 minutes he reiterated how much she had helped him over the years. I managed to re-assure him that any medications that the SE service were prescribing were ongoing.

Plan: Justin to be seen by myself at 3pm at Gracemount on Friday 30/10/20. Tox to be taken if possible.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 25/08/2020 09:05

Last Updated User: Rhoda Paul

Note:

Justin contacted me to request a 6 week prescription to take to the Canary Isles on holiday. I informed him that the maximum we can give is 4 weeks as agreed on previous years.

Episode ID: O0011681421

Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 17/08/2020 11:27
Last Updated User: Rhoda Paul
Note:

Requesting a day in advance as he lost this by forgetting to pick up. I am happy to cover this for Justin as he is stable. He states his mood is up and down however he appeared more settled than of late. He requested I call him next week.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 08/07/2020 13:14
Last Updated User: Rhoda Paul
Note:

Spoke to Justin who declined my offer of meeting up outside for covid 19 regulated socially distanced conversation.
He feels it is too cold and would like to rearrange for a nicer day.
States he is feeling much better within himself which is good to hear.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 03/07/2020 09:26
Last Updated User: Rhoda Paul
Note:

Justin stated he was feeling mentally a lot better and had been getting support from his girlfriend and feeling more settled. He declined a socially distanced meeting with myself outside as it was raining and he didnt want to do this. We will aim to see each other next week weather permitting.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 23/06/2020 16:39
Last Updated User: Rhoda Paul
Note:

Phone call from Justin who was very upset and frustrated by pharmacy not having his medication prescribed by GP.
Spent time trying to relax and difuse situation as Justin was punching doors to hurt himself. His mental health is suffering through lack of support from others due to covid 19.
He has been phoning mental health helplines and is seeking support. I offered to meet for a socially distanced walk next week to spend some time supporting him. He is very keen to do this as his mother is still abroad and he hasnt seen his sister.
He remains in a supportive relationship with his patrner and is seeing more of her now restrictions have been relaxed.
I will discuss Justins ongoing support with the MDT next week.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 26/05/2020 11:00
Last Updated User: Rhoda Paul

Note:

ustin is struggling with lockdown. He feels his mental health is deteriorating. He has requested more frequent phone calls from myself.
He is hoping the scottish government relaxes lockdown enough for him to have contact with his partner and sister in Fife.
DRUG USE
States he has been buying diazepam and some days using double his prescribed 30mg totalling 60mg. His use of Grass has increased but he puts this down to lockdown.
PLAN
He plans to go golfing at the weekend with a friend if restrictions allow this. He feels connecting with a small group of his friends and family will hve a positive impact on him.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Dr David N Miles
Created Date/Time: 24/04/2020 11:28
Last Updated User: David Miles

Note:

Justin had rung as quite rightly given Covid 19 asking for reduced dispensing given longstanding stability
AGREED CHANGE TO WEEKLY DISPENSING ON WED UNTIL CRISIS OVER
REMAINS ON METHADONE 110MG/D & DIAZEPAM 30MG/D
He's been talking re reducing but far to anxious to do this at present
I suggested look at Health in Mind website for general advise
I advised usual CPN off just now but will probably contact in 4wks time or he can get in touch

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 03/03/2020 12:43
Last Updated User: Rhoda Paul

Note:

Justin attended.
States he has had post holiday blues and is feeling low after returning from the Canary Islands in Jan 2020. He would like to spend more time away however feels he is stuck with only getting 4 weeks supply of MM and DZP.
Discussed reduction in MM by 10mls. Justin is considering this and will discuss it further at next appointment.
pent time today sorting out practical support for Justin with his mobile phone company as this was causing him a great deal of stress. Justin reacts highly to stress and it appears to overwhelm him into an immobile state. This is sad to see. Justin believes he struggles so much due to the years he has spent in prison (most of his adult life) and his stress at having to deal with money/housing/bills/people.
See again in 4 weeks time.

Episode ID: O0011681421
Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 03/12/2019 13:53

Last Updated User: Rhoda Paul

Note:

iven 1 day Rx dzp 30mg.
HOLIDAY
discussed and agreed with pharmacist at Gordons Chemist.
STOP existing script from 18th Dec and RESTART 15th January 2020.
Dispense 2 days supply 16/12/19 and dispense 28 day holiday script also 16/12/19

Flying to Canary Islands 17th Dec for 4 weeks.

Handwritten script done for both MM and DZP, letter of carriage done.

Episode ID: O0011681421
Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 02/12/2019 11:39

Last Updated User: Rhoda Paul

Note:

Justin telephoned with concern regarding losing his DZP day in advance due to chemist error on Friday. I rang pharmacist who confirmed staff had forgotten to put diazepam into medicine bag. When Justin collected on Saturday Friday's dose was out and he is anxious about losing day in advance. Informed pharmacist I am happy to have this reinstated and will do a script for 1 day for Justin tomorrow.
Justin attending tomorrow to sort out his 4 week holiday script.

Episode ID: O0011681421
Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 25/11/2019 12:38

Last Updated User: Rhoda Paul

Note:

Justin got dates muddled and missed his appointment. I had a telephone consultation with him and gave him an appointment to see me next week to sort out his 28 day holiday script.

Episode ID: O0011681421
Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 12/11/2019 12:16

Last Updated User: Rhoda Paul

Note:

Going away abroad over xmas. Would like a script for 5 weeks. I need to check this out legally with medical staff.
Feedback to justin so he can book flights.

Episode ID: O0011681421**Note Type:** Progress Notes**Appointment Date/Time:****Specialty / Care Provider:** CDPS South / Rhoda Paul**Created Date/Time:** 15/10/2019 13:23**Last Updated User:** Rhoda Paul**Note:**

Mood flat due to 2 recent berevements.
Using 25mg diazepam extra for last few weeks. Spent time discussing the negative side effects of longterm benzodiazepine usage over 30mg daily. States he will try and sort this out by next appointment.
Met father last week at hospital and this has brought back a lot of very painful memories for Justin.
Spoke about this.
Continues to feel very supported by the women in his life.

Episode ID: O0011681421**Note Type:** Progress Notes**Appointment Date/Time:****Specialty / Care Provider:** CDPS South / Rhoda Paul**Created Date/Time:** 17/09/2019 12:36**Last Updated User:** Rhoda Paul**Note:**

Justin appeared relaxed and settled today in consultation which was good to see. Mood appears fine. His change of chemist has been successful and he is happy to be recieveing Martindale Methadone again.
GI complaints are lessening.
Relationship with partner going well.
Good support from mother and sister, his sons maternal grandfather passed away last week and Justin has been spending time supporting his son.
Describeds stability on medication.
Talked at length about liberation from prison and all he has learned to do for himself in the yeatrs following liberation.
See again in 4 weeks time.

Episode ID: O0011681421**Note Type:** Progress Notes**Appointment Date/Time:****Specialty / Care Provider:** CDPS South / Rhoda Paul**Created Date/Time:** 06/08/2019 14:33**Last Updated User:** Rhoda Paul**Note:**

Problems continue with methadone at LLoyds ferniehill. Justin believes this causes worsening of his gastric problems. Arranged for change of chemist to Gordons as they use Martindale MM which Justin believes helps him.
Exisiting script cancelld at Lloyds and new script taken to Gordons for tomorrow. Illy computer updated.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 05/08/2019 10:29
Last Updated User: Rhoda Paul
Note:

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 16/07/2019 11:47
Last Updated User: Rhoda Paul
Note:

DNA so I telephoned Justin. Pharmacist had not handed appointment over as requested.
Justin is managing much better on his methadone script since the chemist has changed the supplier back to the original one.
Still having stomach complaint.
Enjoyed 4 weeks in Canary Isles with his partner. Feeling less stressed and better.
Given appointment to see me again in a week.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 02/07/2019 14:49
Last Updated User: Rhoda Paul
Note:

Phoned justins pharmacy to discuss his complaints at change of methadone supplier. Pharmacist states several people have been C/O gastrointestinal side effects so he is going to issue a yellow card and look at chnging supplier.
Inform Justin at his next appointment.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Dr David N Miles
Created Date/Time: 13/06/2019 11:15
Last Updated User: David Miles
Note:

VIRTUAL APPT FOR MEDICAL PREVIEW
Longstanding opiate dependence with long term high dose prescription currently
METHADONE 110MG DAILY & DIAZEPAM 30MG DAILY DISPENSED MWF
?EVER IVDA, BBV NEG 2016
?HAS NALOXONE

Longstnading anxiety & poor motivation
Also chronic pain & prescribed:
GABAPENTIN 900MG THREE TIMES DAILY & HIGH DOSE PPI

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 20/05/2019 13:23
Last Updated User: Rhoda Paul
Note:

Justin attended.
Pain on waking to do with mucous accumulating in his throat and nose overnight causing him concern as he needs to wait until this clear prior to taking his MM.
Feels he is struggling with pharmacist and rules of chemist changing. Feels stigmatised in chemist.
Discussed this at length.
Holiday planned for Sunday june 30th to Thursday July 11th inclusive, will do letter of carriage and sort out holiday script in June.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 13/05/2019 09:58
Last Updated User: Rhoda Paul
Note:

cancelled

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Rhoda Paul
Created Date/Time: 08/04/2019 12:16
Last Updated User: Rhoda Paul
Note:

Cancelled as experiencing stomach pain.
Try to get joint appt with CGL.

Episode ID: O0011681421
Note Type: Progress Notes
Appointment Date/Time:
Specialty / Care Provider: CDPS South / Dr Duncan WA Stewart
Created Date/Time: 01/04/2019 14:21
Last Updated User: Dr Duncan WA Stewart
Note:

Consultant review at Gracemount.

Thinking of reducing his methadone. Enjoyed spending the Christmas period with his mother in Canary Islands. Feels he lacks motivation and drive now he is back in Scotland. He remains illicit drug free he tells me. Relationship is progressing. Agrees he needs to engage with CGL to fill his time more. We discussed ways of him becoming drug free in due course.

Meds- methadone 110mg/day, diazepam 30mg/day from us and gabapentin 900mg TDS from GP.

Although he feels depressed at times he describes things he can enjoy and he does not feel chronically depressed. Certainly nil suicidal, he is making appropriate plans.

SE- bright, euthymic and well. Nil psychotic and nil suicidal.

PLAN- referred to CGL. Reduce methadone at his request in discussion with CPN.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 12/03/2019 14:31

Last Updated User: Rhoda Paul

Note:

Justin attended along with his partner.
They discussed their hope for the future together and how they could move forward together with this.
This is a huge move forward for Justin.
They recently enjoyed a 4 week stay in the sun over christmas together and they feel their relationship could move forward however they want to do this slowly.
Justin has described his mood as low since returning home in January. He requested the opportunity to discuss his mood with Dr Stewart our psychiatrist. Dr Stewart is happy to review Justin so we have organised an appointment. Justin is concerned about some of his thoughts and would like to discuss this with Duncan,
Justin states his sleeping pattern is poor however he describes 7.5 to 8 hours sleep each night which is healthy.
He lacks structure and he feels that meeting with CGL to discuss how he can plan his time would be a good way forward and I will sort this meeting out for our next consultation on the 8th April.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 25/02/2019 15:12

Last Updated User: Rhoda Paul

Note:

DNA

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 19/02/2019 12:20

Last Updated User: Rhoda Paul

Note:

Cancelled as he has sickness bug. Given an appointment o meet with myself and his partner next week to discuss mood/structure/recovery work

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 11/02/2019 12:38

Last Updated User: Rhoda Paul

Note:

justin has been feeling down since returning from 4 weeks in canary island.
He feels he has no structure to his day, and he feels he needs a goal. He is low in mood.
PLAN
Meet Justin next week along with his partner to explore this and discuss options moving forward.
May be worth asking psychiatrist to review his mental health but decided to explore this firther next week before doing so.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 14/01/2019 12:41

Last Updated User: Rhoda Paul

Note:

Back from 2 weeks in the canary Islands yesterday. Feeling relaxed and settled within himself.
Enjoyed the sunshine and time with his partner. Its good to hear things going so well for Justin as he has had a lot of stress last year trying to sort out benefits/finances. see again in 4 weeks time.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 11/12/2018 15:55

Last Updated User: Rhoda Paul

Note:

Holiday script done and existing script cancelled at chemist.
Handwritten script for 28 days as going to mums apartment in spain for 28days.
Letter of carriage done.
He will collect both from SE SMS office tomorrow.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 27/11/2018 13:58

Last Updated User: Rhoda Paul

Note:

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 30/10/2018 15:10

Last Updated User: Rhoda Paul

Note:

Attended and toxicology screen obtained.
States his drug use is stable.
Talked about recent court appearance as witness to his own house break in and the emotional cost this has had on him, his partner and his mother.
Going on holiday to his mothers apartment in the Canary Isles in Dec. Justin still to let me know dates so I can oragnise his medication and his letter of carriage.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 02/10/2018 15:01

Last Updated User: Rhoda Paul

Note:

Happy as he has won his appeal at court for enhanced PIP.
Now we can focus on his mental health and reducing his MM as he has been stable withouy using illicit drugs for this year.
Memory continue to be problematic and this is evidenced in consultation.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 28/08/2018 14:38

Last Updated User: Rhoda Paul

Note:

Attended.
Fixated on PIP appeal. I need to email Jonny from C.A.N who is going to court with Justin for his case to be heard on 19th Sept.
Another court case regarding the burgulary at Justins house is also taking place shortly and this is causing Justin stress.
I feel that it is difficult to focus on supporting Justin with his recovery and mental health issue as we are always firefighting benefit issues.
Se again in 2 weeks time.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 14/08/2018 15:40

Last Updated User:	Rhoda Paul
Note:	Attended distressed about PIP appeal. We spent time phoning and planning his support. Difficult to spend time discussing his drug use or mental health as he was so very focussed and worried. This seems to be a pattern in our consultations despite Justin having support with this from C.A.N. I will do a follow up letter in support of his appeal. Seeing Justin again in 2 weeks time to try and support his mental health needs.
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	19/06/2018 14:11
Last Updated User:	Rhoda Paul
Note:	Focussing on PIP enhanced appeal. Speak to Joy from CHAI, Jonny from CAN supporting Justin. I am concerned at the negative impact chronic stress is having on Justin's mental health and wellbeing. Justin is focussing so much on benefit worries that we are not doing the work needed to help him move on in his recovery.
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	21/05/2018 15:02
Last Updated User:	Rhoda Paul
Note:	Attended under the influence of cannabis. Had his appeal for enhanced PIP turned down by letter today. Feeling low and fed up. I will liaise with Jonny from CAN who is supporting him with benefits to see if I can help in any way. Going on holiday on Friday. Flying to Canary Islands. I have issued a 12 day holiday script from 25th May til 5th June. He is in receipt of letter of carriage for his flight. His holiday script is currently with reception staff at GMMC.
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	08/05/2018 15:21
Last Updated User:	Rhoda Paul
Note:	Attended. Holiday script request for Friday 25th May til Wed 6th June. Restart 6th June at Lluyds Chemist Ferniehill (12 days) I have phoned pharmacist at chemist and put script on hold for the duration of his 12 day break. I have asked Dr Miles to issue a 12 day script and leave for me to give to Justin. No contact as yet from PIP. Causing anxiety and further weight loss noted 3kgs. Seeing Gp this week

to discuss referral to dietician.
See again in 2 weeks time to give letter of carriage along with holiday script.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 24/04/2018 15:44

Last Updated User: Rhoda Paul

Note:

Weight loss noticable.
Main issue loss of high rate PIP...spend time in discussion with DWP and Jonny Smith from C.A.N.
See again in 2 weeks time.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 26/03/2018 14:56

Last Updated User: Rhoda Paul

Note:

Disgruntled regarding annual medical review.
Advised that questios asked are the same for everyone however he felt upset.
Thinking about best way to complete annual supervision and which month to do it in...Justin needs to feel he has some control of his treatment in order to move as well as possible to recovery.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Dr David N Miles

Created Date/Time: 22/02/2018 15:52

Last Updated User: David Miles

Note:

Finally attended for medical/prescriber review
47 yr old man stable on methadone 110mg/d, diazepam 30mg/d also on high dose prescribed gabapentin 900mg tid
No plans to change anything-lacks motivation
Physically no major problems-recent op for hiatus hernia-only other medications PPI
smoker-mixed with cannabis-3 joints/night
Due annual supervised consumption of methadone-c/o anxiety wrt going to chemist-agreed to MWF supervised but will need to do for 4 weeks instead of daily for 2wks

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 05/02/2018 10:38

Last Updated User: Rhoda Paul

Note:

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 15/01/2018 16:33

Last Updated User: Rhoda Paul

Note:

Update support letter for PIP review.
See again in 2 weeks

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 09/01/2018 16:21

Last Updated User: Rhoda Paul

Note:

DNA.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Dr David N Miles

Created Date/Time: 28/12/2017 10:22

Last Updated User: David Miles

Note:

Change of medical/prescriber review appt to Mon 12/2 12noon-script to be issued at appt
DMiles

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Dr David N Miles

Created Date/Time: 21/12/2017 14:59

Last Updated User: David Miles

Note:

Please advise at next appt further appt to see Dr Miles for prescriber/medical review on Mon 29/1/18
12noon at SSC-I will issue his prescription due that day at this appt
Dr DMiles GPwSI-Addictions

Episode ID: O0011681421

Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	05/12/2017 15:19
Last Updated User:	Rhoda Paul
Note:	Physically feeling better. Going on holiday for 4 weeks to his mothers house in Gran Canaria on 19th Dec. Organising holiday script and letter of carriage. See again next week.
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Dr David N Miles
Created Date/Time:	22/11/2017 12:35
Last Updated User:	David Miles
Note:	DNAed appt I had arranged with him for a medical/prescriber review Please discuss at next appt & to rearrange prob in New Year Dr DMiles GPwSI-Addictions
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	07/11/2017 13:45
Last Updated User:	Rhoda Paul
Note:	Attended today after recent operation for hernia removal. Looks weak and states he is still on Oramorph twice daily. He is aware of addictive factor of this medication and Justin states he is being mindful of this. See again in 4 weeks time. Thinking about going to his mothers Villa in Canary Islands later this month. I have asked that he contact us when he has dates so we can organise his script for the holiday.
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	17/10/2017 12:13
Last Updated User:	Rhoda Paul
Note:	Going into hospital for hernia operation today. Requesting pick up of MM for wednesday today. Spoke to chemist and agreed. Friend will pick up Fridays MM. From 23/10/17 for 2 weeks I have asked if Dr Miles can agree weekly pick up to give Justin time to recover from operation as he states he has no relatives FREE TO COLLECT HIS SCRIPT 3 TIMES A WEEK. tHEREAFTER i WOULD LIKE SCRIPT TO RETURN TO PREVIOUS DISPENSING. Justin aware and thankful for support during his period of recuperation.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 09/10/2017 14:21

Last Updated User: Rhoda Paul

Note:

For medical review with Dr Miles in a few weeks.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 05/09/2017 13:54

Last Updated User: Rhoda Paul

Note:

Has hiatus hernia, awaiting date for surgery. Hopefully within 12 weeks.
Discussed reducing MM again once recovered from surgery. Symptoms of hernia are chronic and he is feeling ill every morning. Mood low with this. Very keen to move forward.
See again in 3 weeks time. Drug use described as stable. Continues to smoke cannabis.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 08/08/2017 14:41

Last Updated User: Rhoda Paul

Note:

Has heard back from hospital regarding GI investigations which is positive as he has been in pain for a long time.
Has barium meal and endoscopy planned for this and next week.
Toxicology obtained.
States drug use stable, uses cannabis and alcohol occasionally when his partner is visiting.

Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	04/07/2017 14:35
Last Updated User:	Rhoda Paul
Note:	Physical complaints continue. Awaiting investigations as seen medics recently regarding acid reflux/stomach complaints. Describes stability on prescription. Relationship going well with his partner.
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	06/06/2017 15:45
Last Updated User:	Rhoda Paul
Note:	Justin attended. Requesting regular appointments as benefits from the support and time.
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	16/05/2017 14:35
Last Updated User:	Rhoda Paul
Note:	Enjoyed holiday. Unfortunately his house had a break in the day he came home and several items were stolen. This has caused him a lot of anxiety. Physical problems with stomach continue. GP letter done. See again in 2 weeks time.
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	02/05/2017 16:29
Last Updated User:	Rhoda Paul
Note:	Collected his letter of carriage for holiday.
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 25/04/2017 15:50

Last Updated User: Rhoda Paul

Note:

Attended.
Showed me holiday confirmation as he has booked flights to Spain in a few weeks time.
Requested Dr Miles do holiday script tomorrow on his return. Emailed details.
Contacted chemist and put existing script on hols for duration of holiday.

Socially: Safe secure accommodation. Benefits in place so financially secure at present. Relationship with his partner going well. Been together over a year.
Unsure how he wants to progress. Keen to keep his own tenancy so he has his own space.
MOOD: Low at times, feels he is a failure, despite him managing to turn his life around well after spending 20 years of his adult life in prison.
I believe, as does he that he is institutionalised.
DC ORT and me group. Emailed Tam Russell to ask he engages with Justin.
Physical: Stomach aches continue. GP investigating this.
See again 16th May

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 27/02/2017 09:45

Last Updated User: Rhoda Paul

Note:

Telephoned today as feeling physically poorly and unable to attend appt. with myself.
Given appt for April at Captains Road social work centre.
Being investigated by hospital medics for physical complaint.

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 27/02/2017 09:42

Last Updated User: Pamela Wallis

Note:

Episode ID: O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 23/01/2017 09:18

Last Updated User: Rhoda Paul

Note:

DNA

Episode ID: O0011681421

Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	05/12/2016 14:12
Last Updated User:	Rhoda Paul
Note:	Attended. Planning holiday to stay with his mother in Spain 17th Dec to 10th Jan (25day inclusive) Discussed this with team...he will need to take MM in hold luggage and take letter of carriage from ourselves. Plan...amend Illy. Letter of carriage Discuss requirements with pharmacist at Lloyds ferniehill. Feedback to Justin next Monday.
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	29/11/2016 15:09
Last Updated User:	Rhoda Paul
Note:	
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	01/11/2016 11:16
Last Updated User:	Rhoda Paul
Note:	
Episode ID:	O0011681421
Note Type:	Progress Notes
Appointment Date/Time:	
Specialty / Care Provider:	CDPS South / Rhoda Paul
Created Date/Time:	01/11/2016 10:46
Last Updated User:	Rhoda Paul
Note:	Justin c/o low mood. Sore stomach. Rx omeprazole from GP. Advised to see GP for full blood sreen. Toxicology obtained. Describes stability on MM Rx. Denies illicit drug use apart from weed. States he feels poorly in the morning, has appointment next week to see GP re. this. Relationship going well...planning on spending new year in Spain together at his mothers villa. Rhoda Paul CMH Charge Nurse-Addictions
Episode ID:	O0011681421

Note Type: Progress Notes

Appointment Date/Time:

Specialty / Care Provider: CDPS South / Rhoda Paul

Created Date/Time: 27/09/2016 12:41

Last Updated User: Rhoda Paul

Note:

Met with Justin today.

D/C dzp px being stopped in error by pharmacist. Found dealing with this extremely stressful. Keen to remain on current dose of 110mls MM. Will let me know when he is ready to look at reduction again.

Relationship with partner going well. Enjoying the relationship and they hope to spend some time over the festive season at his mothers appartment in Spain.

Review again in 4 weeks time.

Please handle in accordance with the Caldicott principles and destroy immediately after use i.e. via confidential waste or shredded

Dr Shek
Ferniehill Surgery
8 Ferniehill Road
Edinburgh

RM/DM
Date Dictated: 16th March 2012
Date Typed: 16th March 2012

Dear Dr Shek,

Re: Justin Scott, 53/1 Newtoft Street, Edinburgh - CHI: 0906701473

Current prescription:- **methadone mixture 1mg/ml 140mls daily and diazepam 30mg daily dispensed** at Lloyds Pharmacy, Ferniehill Road.

Justin is still treated by CDPS for his opiate and benzodiazepine dependence.

Since my last correspondence in December I have seen Justin at one appointment, 25th January. He did not attend an appointment on 29th February.

Justin remains stable on his current prescription.

He declared his illicit drug use as a few lines of cocaine at a party. Cocaine was confirmed in his toxicology result use and his prescribed medication.

Justin again spoke about starting a reduction plan to reduce his methadone, however we need to re-visit this at our next appointment.

I am next due to see Justin on 28th March.

Community Drug Problem Service
Spittal Street Centre, 22-24 Spittal Street, Edinburgh, EH3 9DU
Tel No: 0131 537 8345 Fax No: 0131 537 8350

At his appointments I will:-

- continue to take regular drug screens for toxicology;
- encourage further abstinence and if uses I will explore reasons why with him;
- continue to offer support and guidance.

If you require any further information please do not hesitate to contact me at the CDPS.

Yours sincerely

Robert MacGruer
Community Mental Health Nurse
CDPS

Dr Shek
Ferniehill Surgery
8 Ferniehill Road
Edinburgh

RM/LJ
Date Dictated: 17th July 2012
Date Typed: 17th July 2012

Dear Dr Shek

Re: Justin Scott, 53/1 Newtoft Street, Edinburgh, - CHI: 0906701473

Current prescription:- **methadone mixture 1mg/ml, 130ml daily and diazepam 30mg daily dispensed** at Lloyds Pharmacy, Ferniehill Road – dispensed on Mon/Wed/Fri.

Justin is still treated by CDPS for his opiate and benzodiazepine dependence.

Since my last correspondence in March I have seen Justin at three appointments, 28th March, 3rd May and 12th July. He cancelled an appointment on 7th June.

Justin remains stable on his current prescription.

He declared his illicit drug use as very occasional cannabis, his toxicology results have supported his claims of abstinence, indicating positive for his prescribed medication only.

All but one of Justin's toxicology results this year had indicated for his prescribed CDPS medication, except January which was positive for cocaine – which Justin declared he had used one day.

Justin again spoke about starting a reduction plan to reduce his methadone. However, with his current ongoing physical health issues and his current financial situation he feels at this point it would be counter productive to commence any further reductions currently. His first goal is to reduce to 100ml from his present dose.

Community Drug Problem Service
Spittal Street Centre, 22-24 Spittal Street, Edinburgh, EH3 9DU
Tel No: 0131 537 8345 Fax No: 0131 537 8350

I am next due to see Justin on 16th August.

At his appointments I will:

- Continue to take regular drug screens for toxicology.
- Encourage further abstinence and if uses I will explore reasons why with him.
- Continue to offer support and guidance.

If you require any further information please do not hesitate to contact me at the CDPS.

Yours sincerely

Robert MacGruer
Community Mental Health Nurse
CDPS

Dr Shek
Ferniehill Surgery
8 Ferniehill Road
Edinburgh

RM/LJ
Date Dictated: 4th September 2012
Date Typed: 5th September 2012

Dear Dr Shek

Re: Justin Scott, 53/1 Newtoft Street, Edinburgh – CHI 0906701473

Current Prescription: **methadone mixture 1mg/ml, 130ml daily and diazepam 30mg daily** dispensed at Lloyds Pharmacy, Ferniehill Road – dispensed on Mon/Wed/Fri.

Justin is still treated by CDPS for his opiate and benzodiazepine dependence.

Since my last correspondence in July I have seen Justin at one appointment on 3rd September. An appointment on 16th August was cancelled as Justin arrived too late to be seen.

Justin remains stable on his current prescription.

He declared his illicit drug use as cannabis, this has recently been reduced by Justin at one point he was smoking up to ten joints per day. He now informed me that this is now two joints at night.

More concerning was his use of extra illicit diazepam, which has increased over the past four or five weeks to between 40 – 50mg daily on top of his prescribed diazepam. We discussed the risks of potential overdose and tolerance and Justin was accepting of this. I will monitor the situation and discuss with Dr Bruce.

Justin commenced using this extra diazepam as he has been finding things difficult to cope with. Justin's on going financial issues, both benefits and mortgage repayments, along with his physical health problems.

Community Drug Problem Service
Spittal Street Centre, 22-24 Spittal Street, Edinburgh, EH3 9DU
Tel No: 0131 537 8345 Fax No: 0131 537 8350

I noticed a change in his presentation at our appointment, very flat in mood with very little motivation and not going out as much as he used to. Justin also informed me he does not eat much – as he cannot cook. He will eat ready meals or porridge and he claimed to have lost over one stone in weight.

I will discuss with Dr Bruce on his return from annual leave the possibility of a mental health review for Justin.

I will contact Justin once I have an appointment for him.

At his appointments I will:

- Continue to take regular drug screens for toxicology.
- Encourage further abstinence and if uses I will explore reasons why with him.
- Continue to offer support and guidance.

If you require any further information please do not hesitate to contact me at the CDPS.

Yours Sincerely

Robert MacGruer
Community Mental Health Nurse
CDPS

Dr Shek
Ferniehill Surgery
8 Ferniehill Road
Edinburgh

RMacG/SC
Date Dictated: 31st January 2013
Date Typed: 31st January 2013

Dear Dr Shek,

Re: Justin Scott, 53/1 Newtoft Street, Edinburgh CHI: 0906701473

Current Prescription: methadone mixture 1mg/ml, 130ml daily and diazepam 30mg daily dispensed at Lloyds Pharmacy, Ferniehill Road – dispensed Mon, Wed and Fri.

Justin is still treated by CDPS for his opiate and benzodiazepine dependence.

Since my last correspondence in September I have seen Justin at two appointments, 25th October and 8th November. Our appointment on 25th October was cut short due to a fire alarm activation in the building.

Justin did not attend two appointments, 22nd November and 21st December, both these appointments were with Dr Bruce for a mental health assessment.

Justin remains stable on his current prescription. He declared his illicit drug use as cannabis. He also reported using 30mg – 40mg of extra diazepam most days.

Justin reported feeling low in mood, not going out as much as he previously did, irritability and tearfulness. Appointments for a mental health review were organized but Justin did not attend.

I am next due to see Justin today.

At his appointments I will:

- Continue to take regular drug screens for toxicology
- Encourage further abstinence and if uses I will explore reasons why with him
- Continue to offer support and guidance

If you require any further information please do not hesitate to contact me at the CDPS.

Yours sincerely

Robert MacGruer
Community Mental Health Nurse
CDPS

**Community Drug Problem Service
Spittal Street Centre, 22-24 Spittal Street, Edinburgh, EH3 9DU
Tel No: 0131 537 8345 Fax No: 0131 537 8350**

Dr Afzal
Ferniehill Surgery
8 Ferniehill Road
Edinburgh

GR/SJ
Date Dictated: 24th September 2013
Date Typed: 26th September 2013

Dear Dr Afzal

Re: Justin Scott, 53/1 Newtoft Street, Edinburgh
CHI: 0906701473

Prescribed Medication: Methadone Mixture 1mg/1ml 130mls Daily; Diazepam 5mgs x 6 daily and Fluoxetine 20mgs daily dispensed from Lloyds pharmacy, Ferniehill Road – dispensed on Mon/Wed/Fri.

I'm writing to see if you would be willing to take over the prescribing of above named patient? Justin remains stable on his prescribed medication and has provided clean toxicology's sample's since January 2012. There are no Child protection issues. He was last reviewed by Dr Bruce in February 2013 regarding his diagnosis of moderate depression and was commenced on Mirtazapine 30mgs nocte. This was later reviewed and switched to Fluoxetine 20mgs due to over sedation of the latter. He has on – going gastro – intestinal issues and has been attending hospital appointments for same.

If you require any further information, please do not hesitate to contact me on the number below.

Yours sincerely

George Redmond
Community Mental Health Nurse
SMD

Substance Misuse Directorate
Spittal Street Centre, 22-24 Spittal Street, Edinburgh, EH3 9DU
Tel No: 0131 537 8345 Fax No: 0131 537 8303

Private & Confidential

Mr Justin Scott
53/1 Newtoft Street
Edinburgh
EH17 8RB

Date: 5th August 2014

Dear Justin

I am writing to offer you an appointment to attend for assessment:

Location: South East Recovery Hub, 2 Craigmillar Castle Road

Date: Monday 25th August 2014

Time: 2:00pm

It is important that you arrive on time and free from alcohol and drugs for your appointment to proceed.

If you are unable to attend for any reason, please contact me on the telephone number below. I look forward to seeing you on the above date.

Yours sincerely

Dr Duncan Stewart
Consultant Psychiatrist in Addiction
Substance Misuse Directorate NHS Lothian

cc Dr Afzal, Ferniehill Surgery, 8 Ferniehill Road, Edinburgh, EH17 7AB

**Substance Misuse Directorate
South East Recovery Hub, Craigmillar Castle Road,
Edinburgh, EH16 4BX
Tel No: 0131 661 5294**

Private & Confidential

Dr Afral
Ferniehill Surgery
8 Ferniehill Road
Edinburgh
EH17 7AB

LB/SEN
Date: 5th August 2014

Dear Dr Afral

RE: Justin Scott, 53/1 Newtoft Street, Edinburgh, EH17 8RB
CHI: 090 670 1473

I reviewed Justin today in his Key Workers absence.

We continue to prescribe for him:-

Methadone Mixture 1mg/1ml 130mls and Diazepam 30mgs daily dispensed from Lloyds Pharmacy Ferniehill.

Justin reports stability on his Methadone but admits to additional Diazepam use.

He also reports ongoing difficulties with his mood having stopped his Fluoxetine at the end of last year as he was unable to tolerate the side affects. I have arranged for him to be reviewed by our Consultant Psychiatrist Dr Stewart.

If you require any further information please do not hesitate to contact me.

Yours Sincerely

Lynne Bradford
Nurse Team Manager
SE Edinburgh Substance Misuse Directorate

South East Edinburgh Substance Misuse Service
The Recovery Hub, 2 Craigmillar Castle Road, Edinburgh EH16 4BX
Tel: 0131 661 5294

Private & Confidential

Mr Justin Scott
53/1 Newtoft Street
Edinburgh
EH17 9RB

Date: 3rd September 2014
CHI: 090 670 1473

Dear Mr Scott

You have been referred to **Occupational Therapy** by Dr Duncan Stewart, Consultant Psychiatrist, Substance Misuse Directorate.

I would like to invite you to attend an appointment with myself so we can discuss how Occupational Therapy input could help you.

South East Recovery Hub, 2 Craigmillar Castle Road, Edinburgh
--

Tuesday, 23rd September 2014
--

1.30pm

I have included a leaflet which will give you some background information on what Occupational Therapy is and how it can help you.

If this appointment is unsuitable please contact myself, **Rosie Lunn – Occupational Therapist**, on **0131 661 5294**.

I look forward to meeting you

Yours sincerely

Rosie Lunn
Occupational Therapist
South East Recovery Hub

cc Dr Shek, Ferniehill Surgery, 8 Ferniehill Road, Edinburgh, EH17 7AB

**Substance Misuse Directorate
South East Recovery Hub, Craigmillar Castle Road,
Edinburgh, EH16 4BX
Tel No: 0131 661 5294**

Private & Confidential

Dr Shek
Ferniehill Surgery
8 Ferniehill Road
Edinburgh
EH17 7AB

DS/PAW
Date: 27th October 2014

Dear Dr Shek

RE: Justin Scott (09.06.70) 53/1 Newtoft Street, Edinburgh, EH17 8RB
CHI: 090 670 1473

I saw Mr Scott again at the South East Recovery Hub on the 27th of October 2014. He has attended Occupational Therapy and plans to engage with this. Other than some additional Diazepam misuse he remains abstinent from opiates and denies any alcohol misuse.

Mental State Examination

This was unremarkable today. He appeared well. He is making appropriate future plans. It is his intention to ultimately become abstinent and his time for him doing this is in the next 12-18 months.

I feel he suffers from an anxiety disorder. I have arranged to see him again in three months myself just to check how he is progressing.

Yours sincerely

Dr Duncan Stewart
Consultant Psychiatrist in Addiction
Substance Misuse Directorate NHS Lothian

**Substance Misuse Directorate
South East Recovery Hub, Craigmillar Castle Road,
Edinburgh, EH16 4BX
Tel No: 0131 661 5294**

12th December 2016

To whom it may concern,

**Re: Justin Scott DOB: 09/06/70.
53/1 Newtoft Street Edinburgh, EH17 8RB.**

The above gentleman is my patient at the SE Recovery Hub.
He is prescribed daily from our service:

- 1. METHADONE MIXTURE 1MG/1ML 110MLS DAILY**
- 2. DIAZEPAM 5MG TABLETS (6 DAILY=30MGS)**

He is travelling from Edinburgh airport to Fuerteventura airport, Spain, on **17th December 2016** returning **10th January 2017** (if not before on the 7th Jan, depending on flight prices)

He therefore will be travelling with 25days supply of medication in total:

- 1. Methadone mixture 2,750 mls**
- 2. Diazepam 5mg 150 tablets**

Please contact me should you need any further clarification.

Yours sincerely

Rhoda Paul
Senior Community Mental Health Charge Nurse
South East Recovery Hub

**NHS Lothian
Substance Misuse Directorate
South East Recovery Hub, Craigmillar Castle Road,
Edinburgh, EH16 4BX
Tel No: 0131 661 5294
0131 537 8300 Head Office**

Private & Confidential

Mr Justin Scott
53/1 Newtoft Street
Edinburgh
EH17 8RB

Date: 20th December 2016

Dear Justin,

I am writing to offer you an appointment to attend:

Location: South East Recovery Hub, 249 High Street, Edinburgh

Date: Tuesday 17th January 2016

Time: 11:00am

If you are unable to attend for any reason, please contact me on the telephone number below.

I look forward to seeing you on the above date.

Yours sincerely

Rhoda Paul
Community Mental Health Charge Nurse (Addictions)
Substance Misuse Directorate

**Substance Misuse Directorate
South East Recovery Hub, 249 High Street,
Edinburgh, EH1 1YJ
Tel No: 0131 661 5294**

Private & Confidential

Mr Justin Scott
53/1 Newtoft Street
Edinburgh
EH17 8RB

Date: 18th January 2017

Dear Justin,

I am writing to offer you an appointment to attend:

Location: South East Recovery Hub, 249 High Street, Edinburgh

Date: Monday 27th February 2017

Time: 11:00am

If you are unable to attend for any reason, please contact me on the telephone number below.

I look forward to seeing you on the above date.

Yours sincerely

Rhoda Paul
Community Mental Health Charge Nurse (Addictions)
Substance Misuse Directorate

**Substance Misuse Directorate
South East Recovery Hub, 249 High Street,
Edinburgh, EH1 1YJ
Tel No: 0131 661 5294**

Private & Confidential

Mr Justin Scott
53/1 Newtoft Street
Edinburgh
EH17 8RB

Date: 6th April 2017

Dear Justin,

I am writing to offer you an appointment to attend:

Location: South Neighbourhood Office, 40 Captains Road

Date: Tuesday 25th April 2017

Time: 1:00pm

If you are unable to attend for any reason, please contact me on the telephone number below.

I look forward to seeing you on the above date.

Yours sincerely

Rhoda Paul
Community Mental Health Charge Nurse (Addictions)
Substance Misuse Directorate

**Substance Misuse Directorate
South East Recovery Hub, 249 High Street,
Edinburgh, EH1 1YJ
Tel No: 0131 661 5294**

Private & Confidential

Mr Justin Scott
53/1 Newtoft Street
Edinburgh
EH17 8RB

Date: 3rd May 2017

Dear Justin,

I am writing to offer you an appointment to attend:

Location: South Neighbourhood Office, 40 Captains Road, Edinburgh

Date: Tuesday 16th May 2017

Time: 1:00pm

If you are unable to attend for any reason, please contact me on the telephone number below.

I look forward to seeing you on the above date.

Yours sincerely

Rhoda Paul
Community Mental Health Charge Nurse (Addictions)
Substance Misuse Directorate

**Substance Misuse Directorate
South East Recovery Hub, 249 High Street,
Edinburgh, EH1 1YJ
Tel No: 0131 661 5294**

Private & Confidential

Dr Blyth
Ferniehill Surgery
8 Ferniehill Road
Edinburgh
EH17 7AB

RP/PAW

Date Dictated: 16th May 2017

Date Typed: 18th May 2017

Dear Dr Blyth

RE: Justin Scott (09.06.70) 53/1 Newtoft Street, Edinburgh, EH17 8RB
CHI: 090 670 1473

I continue to see Justin in the South East Recovery Hub. His **Methadone** has now reduced down to **110mls** which he collects from Ferniehill chemist. He describes stability on his prescription and his toxicology screens confirm this. I see from his Emergency Care Summary that he is prescribed his Omeprazole and Gabapentin from you. As you will be aware Gabapentin and Pregabalin is now a drug that is being misused widely in the community so I would ask you to review this medication regularly and also request that if you prescribe any psychoactive medication for Justin that you would let us know so we will be aware of any poly pharmacy interactions.

Justin's main problem at present is his stomach complaint.. He tells me at times he feels quite a lot of acid reflux and also he is now experiencing stomach pains. He feels that he is eating very small amounts because he thinks there is some kind of blockage in his stomach and he is more constipated now than he was but he puts this down to his lack of appetite. He states that although he is prescribed methadone he normally would have a bowel movement every day.

I will keep you updated of his progress and care with myself.

Yours sincerely

Rhoda Paul
Community Mental Health Charge Nurse (Addictions)
South East Recovery Hub

Substance Misuse Directorate
South East Recovery Hub, 249 High Street,
Edinburgh, EH1 1YJ
Tel No: 0131 661 5294

Private & Confidential – FIRST CLASS

Mr Justin Scott
53/1 Newtoft Street
Edinburgh
EH17 8RB

Date: 4th October 2017

Dear Justin

I am writing to offer you an appointment to attend:

Location: Gracemount Medical Centre, 24 Gracemount Drive, Edinburgh

Date: Monday, 9th October 2017

Time: 2.00pm

If you are unable to attend for any reason, please contact me on the telephone number below.

I look forward to seeing you on the above date.

Yours sincerely

Rhoda Paul
Community Mental Health Charge Nurse (Addictions)
Substance Misuse Directorate

**Substance Misuse Directorate
South East Recovery Hub, Gracemount Medical Centre
24 Gracemount Drive, Edinburgh, EH16 6RN
Tel No: 0131 672 9544**

14th December 2017

To whom it may concern,

**Re: Justin Scott DOB: 09/06/1970
53/1 Newtoft Street, Edinburgh, EH17 8RB.**

The above gentleman is my patient at the SE Substance Misuse Service.

He is prescribed daily from our service:

- 1. METHADONE MIXTURE 1MG/1ML 110MLS DAILY**
- 2. DIAZEPAM 5MG TABLETS (6 DAILY=30MGS)**

He is travelling from Edinburgh airport to Fuerteventura airport, Spain, on **19th December 2017** returning **16th January 2018** (if not before depending on flight prices).

He therefore will be travelling with 29days supply of medication in total:

- 1. Methadone mixture 3,190mls**
- 2. Diazepam 5mg 174 tablets**

However medication labels will read Methadone 3,300ml and Diazepam 180 tablets as dispensed on 18th December.

Please contact me on the telephone number below should you need any further clarification.

Yours sincerely

Rhoda Paul
Senior Community Mental Health Charge Nurse
South East Team, Substance Misuse Service

**NHS Lothian
Substance Misuse Directorate
South East Substance Misuse Service, 40 Captains Road
Edinburgh, EH17 8HN
Tel No: 0131 672 9544**

Private & Confidential

Dr Mirza
Ferniehill Surgery
8 Ferniehill Road
Edinburgh
EH17 7AB

RP/SEN
Date Dictated: 16.01.2018
Date Typed: 18.01.2018

Dear Dr Mirza,

RE: Justin Scott, 53/1 Newtroft Street, Edinburgh, EH17 8RB
CHI: 090670 1473

Current prescription from SMS: 110ml Methadone daily Diazepam 30mg daily

Medication from GP (from ECS): Gabapentin 300mg daily

Recent SMD polypharmacy guidance requests that any new psychoactive medicines are discussed with SMD prior to initiation.

I continue to see Justin on a regular basis within our service. He is coping well on his substitute prescription and is experiencing relief from his gastro complaints after recent surgery. I am aware that he is still prescribed gabapentin from yourselves.

Myself and Justin will review his substitute prescription over this coming year with a view to starting a reduction when he feels able. I will keep you up to date of any changes with his care.

Yours sincerely

Rhoda Paul
Community Mental Health Charge Nurse (Addictions)
South East Recovery Hub

**South East Recovery Hub, Gracemount Medical Centre,
24 Gracemount Drive, Edinburgh, EH16 6RN
Tel No: (0131) 672 9544**

SMD MEDICAL REVIEW by: Dr Miles DATE: 22/2/18

NAME: Justin SCOTT CHI: 090670 1423
GP: Dr Blyth, Fernhill,
KEYWORKER: Rhoda Paul
HOUSING STATUS: Own
DRIVING LICENCE: No
NEXT OF KIN: Mother

CHILDREN LIVING WITH PARENTS (name, age) Grown up
CHILDREN ACCOMMODATED:
CHILD PROTECTION PROCEEDINGS:
SOCIAL WORKER:

Opiate Substitute Prescription Pharmacy: Lloyd's Fernhill
DRUG: Mefradone 110mg/dl
DISPENSING ARRANGEMENTS: MWF
LAST SUPERVISION: TBA
LAST TOXICOLOGY RESULT AND DATE: 8/8/17 - meth/venzo/gaba
30/8/17 " " "
TREATMENT PLAN:
ECG Date: Qtc:
LFTS: 8/11/16 - (N)

OTHER SMD MEDICATIONS AND PLAN

OTHER PRESCRIBED MEDICATIONS

~~Esomeprazole~~ Omeprazole
Galapentil 900mg/dl

POTENTIAL DRUG INTERACTIONS/ ADVICE TO GP

ALLERGIES: Nil

ONGOING RISKS

CURRENT ILLICIT SUBSTANCES

Cannabis, 3 jts / night

RECENT OVERDOSE

Never

CURRENT INJECTING

Never

NALOXONE TRAINING:

~~No~~ Declined

SUPPLIED:

CO-MORBIDITIES

No

RECENT HOSPITAL ADMISSIONS

for op for trig treatment

BBV

1. LAST RESULTS (SCI)

8/11/16. Ore.

2. IMMUNISATIONS

Hepatitis A: 1st _____ Booster _____

Hepatitis B: 1st _____ 2nd _____ 3rd _____ Booster _____

Combined A/B: 1st _____ 2nd _____ 3rd _____ Booster _____

CONTRACEPTION AND SEXUAL HEALTH
Pre Pregnancy Planning/ Advice

SMOKING STATUS:

~~No~~ 3 cigarettes/d

ALCOHOL:

Nil

OTHER SERVICES (include significant carers)

1.

2.

3.

4.

RECOVERY PLAN

1.

2.

3.

Justin Scott Lloyds
53/1 Newtost Street Fernhill

EH17 8RB

28 0906701473

Methadone mixture 1mg/1ml

110mls daily

total - 3080mls (three thousand
and eighty mls)

Dispense all on 17/12/18
(Holiday prescription)

Justin Scott Lloyds
53/1 Newtost Street Fernhill

EH17 8RB

28 0906701473

Diazepam tablets 5mg

6 daily (60mg)

total - 168 tabs (one hundred
and sixty eight)

Dispense all on 17/12/18
(Holiday Prescription)

R Paul
NMC 90B0098S

RPaul

11.12.18

Gracemount Medical Centre
Edinburgh EH16 6RN

Independent/Supplementary Prescriber
TEL: 0131 672 9544

South East Recovery Hub

S 8 1 9 3

51006355023

R Paul
NMC 90B0098S

RPaul

11.12.18

Gracemount Medical Centre
Edinburgh EH16 6RN

Independent/Supplementary Prescriber
TEL: 0131 672 9544

South East Recovery Hub

S 8 1 9 3

51006355032

Private & Confidential

Dr Mirza
Ferniehill Surgery
8 Ferniehill Road
Edinburgh
EH17 7AB

RP/PAW

Date Dictated: 14th January 2019

Date Typed: 14th January 2019

Dear Dr Mirza

RE: Justin Scott (09.06.70) 53/1 Newtoft Street, Edinburgh, EH17 8RB
CHI: 090 670 1473

I continue to see Justin at the South East Substance Misuse Service. His prescription continues at **Methadone 110mg daily and Diazepam 30mg daily**. Justin appears to be stable on his current prescription. He seems more relaxed after his recent holiday to the Canary Islands where he spent 4 weeks over Christmas and New Year.

He was very stressed last year and we spent a lot of time trying to sort out benefit problems he was having with the Department of Work and Pensions. This resolution appears to have had a positive impact on Justin's mental health and he appears much more relaxed and settled. We are hoping that now the benefit situation is sorted we can look at starting to reduce his Methadone script as we were doing previously.

Justin attends regularly and is supported in the community by his mother, his sister and his partner.

I will keep you up to date if there are any changes in his care.

Yours sincerely

Rhoda Paul
Community Mental Health Charge Nurse (Addictions)
South East Recovery Hub



40 Captains Road, Edinburgh, EH17 8QF
Tel No: 0131 469 5093 or 0131 469 5132

Private & Confidential

Mr Justin Scott
53/1 Newtoft Street
Edinburgh
EH17 8RB

Date: 12th March 2019

Dear Mr Scott

I am writing to offer you a mental health review appointment as discussed with your key worker Rhoda Paul to attend:

Location: Gracemount Medical Centre, 24 Gracemount Drive, Edinburgh

Date: Monday, 1st April 2019

Time: 1.00pm

If you are unable to attend for any reason, please contact me on the telephone number below.

I look forward to seeing you on the above date.

Yours sincerely



Dr Duncan Stewart
Consultant Psychiatrist in Addiction
Substance Misuse Service NHS Lothian

cc Rhoda Paul CPN, SMS (by email)

**Substance Misuse Service
South East Recovery Hub, South Neighbourhood Office (West Wing)
40 Captains Road, Edinburgh, EH17 8QF
Tel No: 0131 469 5093 or 0131 469 5132**

Private & Confidential

To Whom It May Concern

Ref: RC/PAW
Date: 17th June 2019

Dear Sir or Madam

RE: Justin Scott, 53/1 Newtoft Street, Edinburgh, EH17 8RB
DOB: 09.06.70

The above is a client at the Substance Misuse Service, Edinburgh and is treated with:

Prescription: Methadone (1mg/ml) – 110ml daily - Total 1540ml
Diazepam (5mg/tab) – 6 tablets daily - Total 84 tablets

On **Sunday, 30th June 2019** he will be flying from **Edinburgh Airport** to **Fuerteventura** and returning on **Thursday, 11th July 2019**

If you have any queries regarding the above please contact the Substance Misuse Service, South Neighbourhood Office (West Wing), 40 Captains Road, Edinburgh on the telephone number below. Please note that we are open from Monday to Friday, 9.00am to 4.30pm.

Yours faithfully

Richie Cumming
Nurse Team Manager
SE Edinburgh Substance Misuse Directorate

Substance Misuse Service
South East Recovery Hub, South Neighbourhood Office (West Wing)
40 Captains Road, Edinburgh, EH17 8QF
Tel No: 0131 469 5093 or 0131 469 5132

Private & Confidential

To Whom It May Concern

Ref: RP
Date: 16/12/19

Dear Sir/Madam

Re: Mr Justin Scott 53/1 Newtoft Street Edinburgh, EH17 8RB
CHI: 0906701473
DOB: 09/06/1970

The above is a client at the Substance Misuse Directorate, Edinburgh and is treated with:

Prescription: Methadone 110ml & Diazepam 5mg tablets X 6 daily

He will be carrying Diazepam 5mg tablets X168 and Methadone mixture 3080mls on his outward Journey.

On **17/12/19** he will be flying from **Edinburgh Airport to Fuerteventura Airport**, and returning by the same route on **14/01/2020**.

If you have any queries regarding the above please contact the Substance Misuse Service, 40 Captains Road [West Wing], Edinburgh on the telephone number below. Please note that we are open from Monday to Friday, 9.00am to 4.30pm.

Yours faithfully

Rhoda Paul
Community Mental Health Charge Nurse (Addictions)
South East Recovery Hub

South East Recovery Hub, Substance Misuse Service
South Neighbourhood Office, West Wing,
40 Captains Road, Edinburgh, EH17 8QF
Tel No: (0131)469 5093 or (0131) 469 5132

FORM HBP(5)

NATIONAL HEALTH SERVICE (SCOTLAND)

Name Justin Scott
 Address 53/1 Newtost Street
 Age if under 12 yrs.
 Postcode EH17 8RB
 Yrs / Mths

Pharmacy Stamp

No. of Days Treatment 28 CHI No. 0906701473

Dispensing Endorsements

Methadone mixture 1mg/1ml
 110mls daily (one hundred and ten)
 total: 3,080mls (three thousand and eighty)

Pack size Numbers only

Pack size Numbers only

Dispense all on 16/12/19

* Holiday Prescription

R Paul
 NMC 90B0098S
 Prescriber name in block capitals

R Paul
 Signature of Prescriber

Date

3.12.19

Gracemount Medical Centre
 Edinburgh EH16 6RN

Independent/Supplementary Prescriber
 TEL: 0131 672 9544

Code No

Hospital or Clinic South East Recovery Hub

S 8 1 9 3

05/18

51006355133

00620062

FORM HBP(5)

NATIONAL HEALTH SERVICE (SCOTLAND)

Name Justin Scott
 Address 53/1 Newtost Street
 Age if under 12 yrs.
 Postcode EH17 8RB
 Yrs / Mths

Pharmacy Stamp

No. of Days Treatment 28 CHI No. 0906701473

Dispensing Endorsements

Diaepam 5mg tablets
 6 daily (30mg)
 total: 168 tablets
 (one hundred and sixty eight)

Pack size Numbers only

Pack size Numbers only

Dispense all on 16/12/19

* Holiday Prescription

R Paul
 NMC 90B0098S
 Prescriber name in block capitals

R Paul
 Signature of Prescriber

Date

3.12.19

Gracemount Medical Centre
 Edinburgh EH16 6RN

Independent/Supplementary Prescriber
 TEL: 0131 672 9544

Code No

Hospital or Clinic South East Recovery Hub

S 8 1 9 3

05/18

51006355124

00620062

Reference: RP/PAW
Letter dictated:
Letter typed: 7th October 2020

Edinburgh Health and Social Care Partnership



Private & Confidential

Dr Buchan
Ferniehill Surgery
8 Ferniehill Road
Edinburgh
EH17 7AB

Dear Dr Buchan

Re: Justin Scott
Address: 53/1 Newtoft Street, Edinburgh, EH17 8RB
CHI: 0906701473

Justin is prescribed Methadone 110mg and Diazepam 30mg. This is currently dispensed weekly due to Covid at Gordons Pharmacy. His ECS Report shows that you are prescribing Domperidone 10mg twice a day, Cetirizine Hydrochloride 10mg and Gabapentin 300mg three times a day for Justin. Recent SMD Poly Pharmacy Guidelines requests that any new psychoactive medications are discussed with SMD prior to initiation.

There is no change in Justin's care. He attends his appointments monthly and values the support he gets from his CPN. His mood is often flat and he spends time discussing stressors. He continues to have a very supportive relationship with his mother, sister and partner. He tends to spend several weeks a year in Fuerteventura where his mother has another residence. He tends to go over for 4 week periods at a time. He finds this very therapeutic. He continues to complain about his physical health and he continues to be very anxious about his physical health. He becomes extremely anxious when he has to deal with benefits, bills, budgeting or any changes in his life. He benefits from the support he has both from ourselves and through his family and partner. We will keep you up to date of any further changes and his progress with ourselves.

Yours sincerely

Rhoda Paul
Community Mental Health Charge Nurse (Addictions)
Addiction Treatment & Recovery Care

Addiction Treatment & Recovery Care, South East Recovery Hub
South Neighbourhood Office (West Wing), 40 Captains Road, Edinburgh, EH17 8QF
Tel No: (0131) 469 5093 or (0131) 469 5132



Working together for a caring,
healthier, safer Edinburgh

Reference: DS/PAW
Letter dictated:
Letter typed: 21st June 2021

Edinburgh Health and Social Care Partnership



Private & Confidential

Mr Justin Scott
53/1 Newtoft Street
Edinburgh
EH17 8RB

Dear Mr Scott

I am writing to offer you a joint psychiatric review appointment with myself and your key worker Andy Bain to attend:

Location: Ballenden House, 28-32 Howden Street, Edinburgh

Date: Thursday, 22nd July 2021

Time: 2.00pm

If you are unable to attend for any reason, please contact me on the telephone number below.

I look forward to seeing you on the above date.

Yours sincerely

Dr Duncan Stewart
Consultant Psychiatrist
Addiction Treatment & Recovery Care

cc Dr Buchan, Ferniehill Surgery (by email)
Andy Bain, CPN (by email)

Addiction Treatment & Recovery Care, South East Recovery Hub
South Neighbourhood Office (West Wing), 40 Captains Road, Edinburgh, EH17 8QF
Tel No: (0131) 469 5093 or (0131) 469 5132



Working together for a caring,
healthier, safer Edinburgh

Reference: DS/CDI
Letter dictated:
Letter typed: 11/01/2022

Edinburgh Health and
Social Care Partnership



Private & Confidential

Mr Justin Scott
53/1 Newtoft Street
Edinburgh
EH17 8RB

Dear Mr Scott

I am writing to offer you a joint psychiatric review appointment with myself and your keyworker Andrew Bain to attend:

Location: Ballenden House, 28-32 Howden Street, Edinburgh

Date: Monday, 31st of January 2022

Time: 2pm

If you are unable to attend for any reason, please contact me on the telephone number below.

I look forward to seeing you on the above date.

Yours sincerely

Dr Duncan Stewart
Consultant Psychiatrist
Addiction Treatment & Recovery Care
0131 469 5132

Reference: AB/DS/PAW
Letter dictated:
Letter typed: 26th July 2022

Edinburgh Health and Social Care Partnership



Private & Confidential

Mr Justin Scott
53/1 Newtoft Street
Edinburgh
EH17 8RB

Dear Justin

Due to operational changes in the way that the South East Recovery Hub works, we will require you to pick up all future prescriptions from the South East Recovery Hub located at the address below.

South East Recovery Hub
The Spittal Street Centre
22-24 Spittal Street
Edinburgh
EH3 9DU.

Each prescription will be issued for a period of 28 days. Collections from Spittal Street will commence as of Monday 15th August 2022.

Staff within the South East Recovery Hub will no longer have the facility to drop off prescriptions at pharmacies. We would therefore suggest that you keep track of when your next prescription is due and ensure that this is dropped off at your pharmacy in a timely fashion.

If you do not already have a bus pass, please discuss this with your key worker.

Yours sincerely

Andrew Bain
Nurse Team Manager
Addiction Treatment & Recovery Care

Dr Duncan Stewart
Consultant Psychiatrist
Addiction Treatment & Recovery Care

Addiction Treatment & Recovery Care
The Spittal Street Centre, 22-24 Spittal Street, Edinburgh, EH3 9DU
Tel No: 0131 537 8302 / 0131 537 8303



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