

Lanarkshire Forensic Mental Health Service

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CONFIDENTIAL

Dr JJ Canning
Drs Jordan & Canning
Rutherglen Primary Care Centre
130 Stonelaw Road, Rutherglen
Glasgow
G73 2PQ

Date Dictated: 24/07/2024
Date 24/07/2024
Typed:
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Dear Dr Canning

NAME: Andrew Shaw
D.O.B: 21/04/1967
ADDRESS: Flat 1, 14 Hillhead Avenue, Glasgow, G73 4NJ

I reviewed Mr Shaw at his home address as planned on 23/07/24. He presented well and was pleasant, chatty and reactive. His mental state has been much more stable over the last few weeks since the introduction of diazepam daily and increased aripiprazole. He has made significantly less contact for support between appointments and is not running out of PRN medication.

He continues to have the odd bad day where his auditory hallucinations feel worse with increased paranoia and anxiety but these seem significantly less. He has been managing to get out the house more and has finally taken to walking most days. Granted he does not walk a huge distance but he is reporting feeling sore in his legs and back as a result and has lost some weight. He appreciated this pain is likely due to his central obesity. He is keen to continue losing some weight and plans to keep this up. Otherwise, he is still very sedentary. His diet is poor consisting mainly of take away food or low nutrition food such as noodles and fizzy juice and snacks. His sleep has improved and he reports benefit from Zopiclone.

We have agreed that he will resist using his PRN lorazepam where possible and see if he requires the amount he is currently being prescribed. I am keen he uses this only on bad days. I will monitor this over the next few weeks and see if we can reduce it somewhat.

We intend to hold a discharge CPA in the near future and his care will fully transfer to Eastvale CMHT. I will review him again in 4 weeks' time and keep you updated of his progress.

Yours sincerely

Authorised on 26/07/2024 10:22:24 by Laura Steven.

Dr Laura Steven
Consultant Forensic Psychiatrist