

Lanarkshire Forensic Mental Health Service

Caird House, Beckford Lodge
Caird Street
Hamilton
ML3 0AL
www.nhslanarkshire.co.uk

CONFIDENTIAL

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

Date Dictated: 31/01/2024
Date 31/01/2024
Typed:
Our Ref: LS/cs
CHI No: 2104673933
Enquiries to: Carole Scott
Direct Line: 01698 456248
Email: forensic.cmht@lanarkshire.scot.nhs.uk

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 19/01/24. Mr Shaw presented well and reported he was doing "ok". He continues to have good days and bad days depending on which "voices" he hears first on waking. He continues to try to implement learned coping strategies such as listening to the sounds of rain or rose oil but does need reminding and encouragement to use these. He continues to have a tendency to use PRN medication first and is aware he has access to 1mg lorazepam and 5mg haloperidol for use as required daily. His ability to cope with his hallucinatory experiences is much better when he is obtaining reasonable sleep. This has improved since the introduction of Zopiclone. He has remained compliant with his medication and denies any major issues or side effects other than mild akathisia.

Mr Shaw looks after his tenancy reasonably well and he is usually well kempt. His diet is poor and usually consists of junk foods or take away. He also drinks a lot of fizzy juice and red bull. He reported he has been trying to lose weight recently and has cut back on fizzy juice and snacks. He has also been more active spending time at his friend's car garage helping out when he can. He did think he had lost a pound or two since my past review. We discussed the need to eat healthy food for his physical health and the unhelpful effects of red bull on anxiety and undoubtedly his mental state. I advised him to reduce his use of red bull but am dosing this very quickly creeps back in. He also advised he has not used cocaine for several weeks and feels better for this. He continues to recognise that whilst cocaine makes him feel better in the moment that his mental state does deteriorate afterwards during the come down.

Mr Shaw denied any suicidal thoughts although his mood is low at times. He continues to have voices that are derogatory and command in nature but feels confident he can resist these although it is distressing at the time. He denied any thoughts of cars or driving and remains keen to hide away from previous acquaintances who are liable to try to recruit him back into criminal activity. He has a final court appearance coming up in February which he is anxious about. The case relates to a historical charge of fraud where he fraudulently obtained a motor vehicle. He advised there are no other outstanding charges.

I will review Mr Shaw again in 4 weeks' time at which point his care will transfer to Eastvale CMHT and his RMO will be Dr Graham McMillan. Mr Shaw has continued to have contact with his CPN Michael Brennen from Eastvale.

UPDATE SINCE OUTPATIENT REVIEW

I received a telephone call late in the day from Mr Shaw on 26/01/24. He reported he was struggling and was having a bad day. He had had a panic attack and got a fright. He stated he has never had that before. He thought he might die. He reported he is physically unwell with a cold like virus. He described a fever, a sore throat, a cough and congested sinuses. He denied any chest pain. He stated he had not passed urine for over a day. I offered reassurance that a virus will likely cause a deterioration in his mental state and if his breathing is laboured as a result of the virus, in combination with his usual episodic anxiety this may lead to this developing into a panic attack. I encouraged him to drink plenty fluids as he had been lying in bed and not eating or drinking. I also advised the use of Lemsip or cold and flu capsules containing paracetamol and a decongestant. He had used all the PRN available to him and as such was going to be left without over the weekend until his next medication delivery. I advised him to utilise NHS24 over the weekend for support if necessary at times of distress.

I am aware Mr Shaw contacted NHS24 over the weekend for some support. I contacted him on 29/01/24 and he reported he was doing a little better and the worst of his viral symptoms had passed. He stated it was a difficult weekend and not having any way to access additional PRN is frustrating. We agreed I will review him again as planned on 23/02/24.

Yours sincerely,

Authorised on 31/01/2024 17:58:21 by Laura Steven.

Dr Laura Steven
Consultant Forensic Psychiatrist