

Evaluation

Candidate's Name: *Leanne Walford*

Scenario:

A patient, Gareth Gates is due to be discharged following his admission for low mood and overdose, following the loss of his job and social isolation during Covid lockdown. He has been diagnosed with depression and commenced antidepressants and psychotherapy.

He requires a referral to the community Mental Health Team.

Complete a transfer of Care letter to ensure that the receiving nurses have a full and **accurate** picture of the patient's history and needs.

Complete **all** sections of the document.

Assume it is **today** and it is **16:30**

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Transfer of Care Letter

Patient Details: Mr Gareth Gates Address: 19 Brook Road, Willenhall, WS117PQ Hospital Number: ABC123 Date of birth: 25/12/1997
What is the main reason/purpose for the referral to the Community Mental Health Team? Gareth Gates is due to be discharged from hospital following his admission for low mood and overdose, following the loss of his job and social isolation during Covid lockdown. He has been diagnosed with depression with a PHQ9 score of 21 and commenced antidepressants and psychotherapy
Date of admission: 14/08/2020
Identify the actual and/or potential nursing care needs / problems / activities of living which led to the referral to the Community Mental Health Team
Gareth was experiencing low mood, due to loss of job and social isolation.
Gareth was experiencing nausea and vomiting due to overdose.
Gareth is at risk of malnutrition
Gareth is at risk of worsening depression and self-harm
Outline the nursing care provided to meet the identified needs
Gareth's physiological observations were recorded one hourly and any concerns were escalated to the medical team. Gareth's low mood was assessed using the PHQ9 scoring tool and recommendations for treatment were implemented. Gareth was educated on distraction therapies, like watching TV or reading books to alleviate his mood. Gareth was educated on deep breathing exercises and repositioning to help alleviate nausea and vomiting experienced. Prescribed antidepressants administered and monitored for side effects. Prescribed anti-emetics administered; side effects and effectiveness assessed after one hour of administration. Discussed with Gareth importance of maintain good hydration and nutritional intake during hospitalisation to reduce risk of dehydration and weakness. Gareth offered emesis bowl and toothbrush/mouthcare when required. Gareth referred to psychotherapist. All care provided documented.

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Outline person's current ability to self-care based on the person's care plan.	
Gareth gave consent and actively participated in his care plan.	
Gareth engaged with distraction therapies, like watching TV and playing games on his phone when he felt his mood changing. Gareth demonstrated deep breathing exercises to alleviate some of his nausea. Gareth was able to maintain his own oral hygiene during hospitalisation. Gareth is aware of the side effects of his medications and can raise any concerns with the nursing team. Gareth understood the use of the call bell and could use it to request assistance when he felt it was necessary.	
Document the patients allergies and associated reactions	
Gareth is allergic to tramadol and this causes a rash reaction	
List areas identified for patient education	
Gareth was educated on deep breathing exercises to help alleviate nausea.	
Gareth was educated on side effects of his antidepressant medication	
Gareth was educated on actively participating in scoring his level of low mood using the PHQ9 tool.	
Gareth was educated on using distraction therapies when he felt his mood changing and talking about his thoughts and feelings.	
Gareth will need to be educated on the benefits of psychotherapy.	
Gareth will need education regarding his medication compliance	
Gareth will need education on what support groups are available for him to attend if he so wishes.	
Date and time of referral: 14/08/2020 16:30	
NAME (Print): Leanne Walford	
Nurse Signature:	Date: 14/08/2020