BIRP Note Template

Patient Information

Jesse
First Name

Whitman
Last Name

14/05/1990
Date of Birth

20/11/2022
Date

Behaviour

Jesse presented a tense posture and stance, with fidgeting hands and a shaking leg. When asked, Jesse explained “ it ’ s getting quite difficult for me to turn my brain off. ” Jesse responded to all questions with short statements, and did not care to elaborate. He elaborates that he feels more aggravated than usual, which could be due to fatigue. Jesse explained that he had been feeling “ extremely tired the past week ” , with minimal sleep. He states that he has around 4 hours of sleep per night, and struggles to stay asleep if woken up.

Intervention

Jesse presents mild symptoms of anxiety, with fatigue and irritability. As a result, the patient was given some cognitive restricting methods to increase his mental wellbeing and how he perceives events and situations.
Through talking therapy, Jesse was supported to identify his negative thinking patterns, and to know when to recognize his anxiety. Medication was discussed, however, because of recent development, I am hesitant at this stage to prescribe anxiety medication. Medication to aid in sleep was discussed and Jesse is encouraged to schedule an appointment with the GP to explore this option further.

Response

Jesse agreed with the medication plan, and also agreed to meet with the GP. As a result, I have referred Jesse to his GP to discuss options. Jesse also responded well to cognitive thinking exercises, and demonstrates good progress for one session of practice.

Plan

Jesse will see me in two weeks on September 15th. His goals are to improve cognitive thinking patterns when it comes to anxious thoughts, and to assess medication outcomes when it comes to increasing his hours of sleep.

Signature

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