

October Boyles, DNP, MSN, BSN, RN
Sunshine Counseling
1600 Brightness Way
Annapolis, MD 21409
443-347-0990

Peter Parker

Chart ID: 0054

DOB: 09-14-1998

Progress Note

Encounter Date: Friday, August 11, 2023

Start Time: 02:06 PM EDT

RECENT HISTORY:

Symptoms of mania are present. Episodes of elevated mood are occurring daily. Increased physical activity is occurring. Peter is experiencing decreased sleep. He is distractible. His energy level is increased. Peter reports that his mood is more elevated. Grandiosity is present. Peter's mood irritability has worsened. His libido is increased. Peter describes his thoughts as "racing." An increase in sociability is present. Peter's speech is pressured. He talks excessively.

BEHAVIOR:

Peter refuses to take recommended medication. His functioning at work is impaired. More angry outbursts are occurring. Impulsive behaviors continue to be displayed. Peter has diminished food and fluid intake. Complete inability to fall asleep last night is reported.

CONTENT OF THERAPY:

Ways of coping with impulsivity were the main issue this session. Problems coping with manic episodes were also discussed.

THERAPEUTIC INTERVENTIONS:

The main therapeutic techniques used this session involved providing support and structure and helping the patient identify the precipitants of certain feelings and behaviors. Peter was counseled regarding the need for compliance with all medical instructions, particularly having to do with medication.

LEVEL OF CARE JUSTIFICATION:

Peter continues to need outpatient treatment. He continues to exhibit symptoms of an emotional disorder that interfere with day-to-day functioning and he is unable to alleviate these symptoms on his own.

DIAGNOSES:

The following Diagnoses are based on currently available information and may change as additional information becomes available.

Bipolar affective disorder, current episode manic without psychotic symptoms, F31.1 (ICD-10) (Active)

October Boyles, DNP, MSN, BSN, RN

Electronically Signed By:
October Boyles, MSN, BSN, RN
On: 8/11/2023 7:34:25 PM