

(20)

PORTSMOUTH
HealthCare
 NHS
 TRUST

Dr Grocock
 141 Privett Road
 GOSPORT
 Hants

Our ref
 MSB/bc

Your ref

Date
 8 July 1998

Ext
 Code A

*Thanks -
 for info
 NHS*

Code A

9/7/98

Dear Dr Grocock

Re: Brian Cunningham dob **Code A**
 Alverstoke House Nursing Home, Somervell Close, Gosport

I reviewed Mr Cunningham at Alverstoke House on 7th July 1998. He seemed to have settled well there. He did, however, admit to feeling low in mood, especially in the evenings when he said his prayers and thought about his wife. His nights are sometimes quite restless and his sleep is disturbed by his need to pass urine. There is no history of recent early morning waking but he told me that he has woken at 5.30 am for a long time now. His appetite is reasonably good and he said he enjoyed his food, but apparently there has been significant weight loss over the past few months. He tends to be constipated and takes Co-danthracate regularly. He told me that he is quite tearful at times, more so recently. He expressed feelings of worthlessness and feelings of hopelessness regarding his future. He denied any suicidal thoughts but did admit that at times he thinks it would be lovely to go to sleep and not wake up. Obviously, he feels very anxious about his future and is aware that he may not be able to remain at Alverstoke House but he did emphasise that he liked it there and felt secure there.

At interview he was clean and tidy in appearance. I felt there was a good rapport between us. He was very talkative and much less dysarthric compared with when I met him two weeks ago. His mood was low and he was tearful at times during the interview.

I had the opportunity of speaking to the Sister at Alverstoke House. She also told me that he had expressed to staff that he felt settled at Alverstoke House. He requires help with dressing and guidance with washing. His mobility is very limited and he can only move short distances using a frame and often needs help with transfer from chair to bed. She felt that his sleep pattern had improved over the two weeks and that he was beginning to socialise a little more with the other residents. He has occasionally been irritable, this is generally linked with his frustration in losing his independence due to his Parkinson's Disease.

COMMUNITY HEALTH SERVICES

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I felt that Mr Cunningham was clinically depressed and would benefit from an anti-depressant. He agreed to take one and I prescribed Sertraline 50 mgs once daily initially. I have arranged for him to collect this from Dolphin Day Hospital on 9th July, when he attends there. I will review him again in three weeks time.

Yours sincerely

Code A

DR MARY SCOTT-BROWN
Staff Grade Psychiatrist to Dr V Banks
Phoenix Day Hospital