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ES/AA

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CHI: 0501812059

NO Paper Copy Required For GP

Date Dictated: 29/12/2021
Date Typed: 29/12/2021

Dear Dr Buchanan

**Mr Andrew Hogg (5 January 1981) 95 Northsea Court, Seaton,
Aberdeen, AB24 1WH**

Current Medications: Methadone 50mls daily
Quetiapine XL 150mg daily.

Andrew reported that when he was 13 years of age he went into care and then he started misusing illicit substances, by the age of 14 he started having thoughts of paranoia and since then every time he misuses substances his paranoia get worse. By age 17 his substance misuse increased and he started having visual hallucinations and he needed to be admitted to hospital. He told his psychiatrist at that time that all psychotic symptoms went away when this was not true- he just wanted to get out of hospital so anti-psychotic medications were not prescribed. His visual hallucinations, following discharge, had improved but thoughts of paranoia continued. He reported smoking Cannabis for 20 years in the past but not anymore. He smokes about 15 cigarettes per day. He has recently been diagnosed with COPD and is on two inhalers.

Currently Andrew is misusing Heroin about three times per week and each time he injects about £40 worth of heroin each time. He reports using Heroin to distract himself from paranoia, he denies misusing other illicit substances or alcohol. His paranoid thoughts get worse each time he misuses Heroin, he is aware of the negative impact of misusing substances on his physical and mental health. He reports that he cannot move forwards with his life due to these extreme paranoid thoughts, he constantly feels someone behind him

Andrew Hogg (0501812059)

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and that they are going to stab him. He keeps checking doors and thinks people can see him through the wall and feels he has no privacy in his house and this makes his sleep disturbed and he keeps the TV on at night.

When he goes shopping he feels people are watching him all the time and he is always hyper vigilant due to feeling someone might stab him. He knows that these things cannot be realistic but can't stop feeling extremely paranoid. He has paranoid thoughts towards people who show him great kindness and to close friends. He feels at times he is going to be kidnapped, he experiences nightmares of being chased by faceless people. Today he walked to his appointment and it took him 1 hour 45 minutes to arrive as he was trying to avoid using the bus or other public transport.

He believes the paranoia is related to substance misuse but couldn't stop using them to distract himself. It seems like he is in a vicious cycle misusing drugs to avoid paranoia and then paranoia will get worse when he misuses drugs. He described his appetite as poor, he eats one meal a day about 6pm and a few snacks, mainly fast food. He prefers to be sedated all the time to avoid paranoid thoughts, he does his house chores to a degree. He described his house as in a mess and he has a shower once a week, he is not in a relationship, the last time was six years ago which was "ruined by my paranoia". He has one son, 17 years old and he is not in contact for a long time. He was offered to see his son but he couldn't because of his thoughts of paranoia.

He has spent two years in total "over the last 15 years", in rehab but it did not work with him. He currently lives alone, he spends most of the time at home watching TV and describes this as his biggest comfort and at times he plays the PlayStation.

Andrew reported deliberate self-harm and suicidal thoughts most days and this is over the last 20 years. He currently has no intent or plans, he has never harmed himself nor tried to attempt suicide. Andrew was subjectively and objectively anxious, no formal thought disorders, paranoid thoughts were evident but not to the level of persecutory delusions. However, these paranoid thoughts have been interfering with his daily functioning. There was no evidence of hallucinations during the assessment. He was orientated to time, place and person. He has full mental capacity to make decisions about his treatment.

Andrew reported getting a slight benefit when he was started on Quetiapine but still not controlling his paranoid thoughts and can't function well on his daily life. He has been compliant with Quetiapine and reported no side effects. He takes Quetiapine XL about 1pm every day. I advised Andrew to take his Quetiapine at night and he agreed to increase the dose gradually by 50mg per week up to 300mg daily. His keyworker, Laura Tough, kindly agreed to issue the script for Quetiapine and to prescribe modified release tablets.

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME Andrew Hogg DATE 21.11.08

Over the last 2 weeks, how often have you been Bothered by any of the following problems?
(Use "√" to indicate your answer)

	Not at all	Several Days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself-or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite-being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

Add columns + +
TOTAL 22

Healthcare professional: For interpretation of TOTAL please refer to accompanying card

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people

Not difficult at all _____

Somewhat difficult _____

Very difficult _____

Extremely difficult _____