

Christopher Olley - Speciality  
Doctor - General Psychiatry  
(Mental Illness)

public and try to reduce anxiety in  
social situations.

### Recommendations

1. Due to his generally stable mental state, I did not suggest changes to his medication that day and he was in agreement with this

plan also.

2. Continued input from Weston Day Hospital who provide him with his medication and undertake

regular physical monitoring/  
bloods/ annual ECG due to his use  
of Clozapine

3. Follow up appointment at my Cupar clinic in one year – he could be seen earlier if there is

deterioration in his mental state before this next appointment - nurses will kindly keep me updated on his progress.

4. Next CPA meeting is due to take place February 2024 and is 6 monthly.

5. Continue to work with CMHN, Befriender and Richmond fellowship workers.

21/10/2024 14:44

Amanda White - Staff Nurse -  
Community Psychiatric Nursing  
Plan:

A further home visit on 2/12/24 at  
1.30pm.

16/10/2024 15:00

Gordon Wallace - Charge Nurse -  
General Psychiatry (Mental Illness)

Email from medical secretary  
,called back had been distressed  
hearing voices ,has had a sleep  
and now feels better ,ruminating  
on not seeing her son ,denied any  
risk to self or others ,has visit  
tomorrow according to Leon from  
own CMHN Amanda

15/10/2024 12:10

Team

MH CMHT North East Fife

Linked Appointment

MH CMHT North East Fife

Lisa Mckenna - Nursing Assistant -  
General Psychiatry (Mental Illness)

Leon attended the Clozapine clinic  
at Weston this morning for four  
weekly monitoring of bloods and  
observations.

Bloods obtained and analysed on  
Poch100 while in clinic. Green  
result reported.

Physical observations taken and  
recorded on monthly Clozapine  
form on Morse

Leon collected four weeks  
medication as per Kardex

Reports no issues with  
constipation at this time.

Further appointment arranged  
for 12/11/24 @ 11.15

05/09/2024 15:34

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

05/09/2024 15:34

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

02/09/2024 11:31

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

Team

MH CMHT North East Fife

Leon attended for his CPA at  
Weston House, on the 22/8/24, in  
the company of his step father  
George.

CPA care plan has been  
completed following the meeting  
(see FORMS).

CMHN White will visit Leon at  
home on 5/9/24 to check and sign  
the care plan.

Next CPA has been scheduled for  
27/2/24 at 10am at Weston House.

Social Worker, Sade Arworinde,  
has requested that the Social Work  
department be emailed their  
invitation this time rather than sent  
in the post.

Email address provided is  
cupar.swadult@fife.gov.uk

20/08/2024 16:07

Team

MH CMHT North East Fife

Linked Appointment

19/08/2024 10:30

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Amanda White - Staff Nurse -  
Community Psychiatric Nursing  
Scheduled telephone appointment,  
prior to CPA on Thursday.

Update -

Today Leon shared that he thinks  
he would like his Clozapine  
medication reduced.

This is due to feelings of fear that  
he gets 10-15 minutes after taking  
it in the evening which lasts until  
he falls asleep at night.

Leon says that he has experienced  
this since first starting on  
clozapine, although this is the first  
time he has brought it up with me.

Next medical review is 7/11/24 and  
Leon will discuss this with Dr Olley  
then.

We discussed ways to reduce  
anxiety, including making changes  
to his life style, including improving  
diet and increasing activity levels.

Leon informed me that he has now  
purchased an armchair Tai Chi  
DVD but has not used it yet, he will  
try and do so.

Leon told me that his heartburn  
has been getting worse recently  
and plans to request an increase  
in omeprazole when he see's his  
GP next.

Leon advises me that his step dad  
George will be accompanying him  
to his CPA meeting on Thursday.

30/07/2024 13:42

Amanda White - Staff Nurse -  
Community Psychiatric Nursing  
required to use Leon's own money  
to repay this overdraft.

As a result Leon has no extra  
money available to him for luxury  
items until possibly next year.

Leon advised that he is dreading  
his next CPA as this will be brought  
up for discussion and his step  
father will be angry with him.

There was a lot of flaky skin  
noticed in Leon's living room.

Leon advised that his skin integrity  
has been up and down, he is  
utilising creams as prescribed and  
has an upcoming review with  
dermatology in September.

Plan:

We have agreed a telephone  
check in ahead of Leon's next CPA  
on 22/8/24.

Next appointment 16/8/24 at 1pm,  
letter has been sent.

**24/07/2024 15:16**

Team

MH CMHT North East Fife

Linked Appointment

23/07/2024 11:00

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Eleanor Wilson - Support Worker -  
General Psychiatry (Mental Illness)

Following clozapine clinic on  
23/07/24 Clozapine blood results  
uploaded to Clozaril green result  
recorded.

**28/06/2024 11:56**

Team

MH CMHT North East Fife

Clare O'Brien - Health Care  
Support Worker - General  
Psychiatry (Mental Illness)

Leon attended Weston to have his  
Clozapine blood and fasting blood  
samples taken due to staff being  
unable to obtain on Tuesday.

All bloods obtained and sent to  
local labs for testing.

FBC blood was analysed on Pochi  
machine and a green result  
achieved.

No concerns to note at this time  
and Leon is aware of his  
appointment next month for his  
Clozapine monitoring.

**25/06/2024 11:12**

Team

MH CRT Fife Wide

Julie Coote - Registered Mental  
Health Nurse - General Psychiatry  
(Mental Illness)

Leon attended Weston this  
morning. Unable to obtain blood  
sample for testing. Leon was  
issued with 4week's supply of  
clozapine as still within green time  
frame.

Leon will attend Weston again on  
Friday at 11am for blood sample  
and physical observations.



28/05/2024 11:34

Julie Coote - Registered Mental  
Health Nurse - General Psychiatry  
(Mental Illness)

Team

MH CRT Fife Wide

Leon attended Weston this morning for Clozapine monitoring. Blood sample obtained and analysed by POGH100 and Green sample given. Provided with 4 weeks' supply of medication as per Kardex. Physical observations recorded and documented on clozapine monitoring form. No issues with constipation. Next appointment for fasting bloods and clozapine bloods 25/06/2024.

21/05/2024 16:57

Amanda White - Staff Nurse -  
Community Psychiatric Nursing  
will consider dental input if  
necessary.

Plan:

Next CMHN appointment will be  
10/6/24 at 3pm. Leon would prefer  
a home visit but I advised this may  
be a telephone call depending on  
clinical need/service demands.

30/04/2024 11:40

Team

MH CRT Fife Wide

Julie Coote - Registered Mental  
Health Nurse - General Psychiatry  
(Mental Illness)

Leon attended Weston this  
morning for clozapine monitoring.  
Blood sample obtained and Green  
result given by Poch100.

Leon was given 4 weeks' supply of  
clozapine as per Kardex.

Physical observations recorded on  
clozapine monitoring form: Leon  
refused to have waist measured.

Next appointment due 28th May  
2024.

13/04/2024 15:25

Team

MH CMHT North East Fife

Stephanie Leslie - Bank Health  
Care Support Worker - General  
Psychiatry (Mental Illness)

Phone call

I (student nurse) managed to get  
through to Leon but he did not  
want to disclose what was wrong  
with me so he wanted to wait until  
CMHN White was available.

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

observed and recorded in the notes that Leon spends very little time on his feet and is almost always propping himself when standing. When successful in getting Leon out of the home, he has not managed more than 5 minutes outside before going back in and sitting down. In addition to Leon physically struggling to stand for any length of time, it is important to note that despite daily support and prompting, Leon is not engaging in the work required to move towards his goal.

It is unclear to OTAP whether Leon's fear of collapsing and thus panic about leaving the home is the reason that he does not want to stand for any length of time. Or, if it is the lack of standing and movement (fitness and stamina) combined with foot pain, that is exacerbating the fear of collapse and anxiety. Leon has previously had input from Steven Adamiak, Exercise instructor within the Mental Health Physiotherapy department at Stratheden Hospital. Leon was eventually discharged from this service due to lack of engagement.

OTAP has discharged Leon today with the advice to maintain his foot health through proper medication use and self-care, and to work on his endurance to stand by engaging with his support staff and befriender in activities which involve standing and moving. Such as playing pool often, trying to avoid leaning on the table and sitting in-between turns, and engaging in short walks. OTAP used these examples as this is what Leon himself has consistently said he wants to start doing. OTAP

15/04/2024 16:19

Stephanie Leslie - Bank Health  
Care Support Worker - General  
Psychiatry (Mental Illness)

Team

Home visit.

MH CMHT North East Fife

Leon was visited by myself and  
community mental health nurse  
White, for a routine visit.

Leon had poor physical  
presentations regarding personal  
hygiene and cleanliness within the  
home. He communicated well with  
nurse White about his worries and  
concerns regarding auditory  
hallucinations, but when talking  
about it he realised that it was  
probably the tv making the  
'screaming' noises, as the  
screaming stopped when pausing  
the tv.

Leon expressed that he has sore  
feet due to his ongoing issue with  
eczema, he has had issues with  
receiving his skin medication  
(oilatum) from the pharmacy/GP.

Leon spoke more about the  
passing of both parents when  
asked about his grieving, he feels  
he is struggling with managing it,  
although saying this, he is actively  
trying to help his panic by using  
the 54321 technique.

Leon played some 9 ball with  
CMHN White before we left.

Moving forward

Next appointment - 14/05/24 via  
telephone.

15/04/2024 14:39

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

Telephone call received from Leon  
on 12/4/24 at 4pm.

Leon reports a very recent  
increase in flashbacks and  
auditory hallucinations. Saying that  
this has been creeping up the past  
few days and comes and goes.

Also reports reduced appetite (but  
this is improving) and variable  
ability to concentrate.

He denies any current worries but  
did share that he still hasn't heard  
from his son in months and this is  
upsetting him. (Leon does not  
have his number)

Leon shared that he has been  
thinking about the past a lot, in  
particular a hit and run accident  
that he witnessed aged 17,  
whereby a lady was knocked over.

Despite this Leon says that he is  
doing the best he can and he is  
keeping distracted, in particular  
with his new pool table.

Due to concerns raised by Leon  
today we have changed our next  
telephone appointment to a home  
visit.

This will be on 15/4/24 at 3pm.

02/04/2024 11:27

Team

MH CMHT North East Fife

Linked Appointment

02/04/2024 11:15

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Eleanor Wilson - Support Worker -  
General Psychiatry (Mental Illness)

Leon attended the Clozapine clinic  
at Weston this morning for four  
weekly monitoring of bloods and  
observations.

Bloods obtained and analysed on  
Poch100 while at Clinic. Green  
result noted.

Leon collected four weeks  
medication as per kardex.

Physical observations taken and  
recorded on monthly clozapine  
form in Morse.

Leon reports no issues with  
constipation at this time. Continues  
to take medication for  
Constipation.

Leon informed staff he is getting a  
new pool table today and is  
looking forward to being able to  
use it this afternoon.

Further appointment arranged for  
30/04/24@11.15

25/03/2024 15:54

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

progress towards the greater goal  
of using public transport and being  
outside, Leon will have to work on  
his standing stamina. As it is this  
that is likely a contributing factor to  
him feeling like he is going to  
collapse.

21/03/2024 12:09

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

them work with Leon. Nikki said  
that she had not heard anything  
about this but would find it very  
helpful.

By end of the appointment, Leon  
was feeling well.

Next appointment scheduled for  
25/03/24



15/03/2024 10:46

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

Team

Appointment for the 15/03/2024  
rearranged by phone call with  
Leon to the 18/03/2024.

OT MH Adult CMHT NEF

Linked Appointment

OT MH Adult CMHT NEF

Reason for this is due to the poor  
weather conditions which limits  
Leon's engagement with graded  
exposure as he does not go out in  
cold, wet weather.

12/03/2024 20:19

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

Team

Please see attachment for a copy  
of Leon's signed CPA care plan.

MH CMHT North East Fife

Attachments

L. Gratton signed CPA care plan.pdf

11/03/2024 16:01

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

collapse. Leon is happy to try this  
and Irene is happy to support this.

Next appointment 15/03/2024

05/03/2024 16:05

Amanda White - Staff Nurse -  
Community Psychiatric Nursing  
Next CMHN appointment 15/4/24  
at 3pm.

05/03/2024 11:29

Eleanor Wilson - Support Worker -  
General Psychiatry (Mental Illness)

Team

Leon attended the Clozapine clinic  
this morning as planned for  
monitoring of bloods and vital  
signs.

MH CMHT North East Fife

Linked Appointment

05/03/2024 11:05

Bloods obtained for 4 weekly  
Clozapine monitoring and sent to  
local labs for testing.

MH CMHT North East Fife

Linked Case

Results will be uploaded onto Ztas  
when they become available.

Case Team:

Vital signs monitored and recorded  
on monthly clozapine monitoring  
form on Morse.

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Collected four weeks medication  
as per kardex.

Outcome: None

Leon denies any issues with  
constipation at this time.

Further appointment arranged for  
four weekly monitoring on  
02/04/24@11.15am

29/02/2024 12:00

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

however, did manage to go further than he wanted on the back of OTAP's gentle encouragement. Irene was ready to employ Right Now 54321, but Leon did not want to do this while he was out. The second Leon is back in his home, he say's his distressed is massively reduced.

An appointment has been set for 04/03/2024. OTAP will liaise with Occupational Therapist Shona McInnes in the interim to discuss a way forward as the current intervention does not appear to be working, as Leon is spending less and less time outside each session.

20/02/2024 11:49

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

Leon calms down quickly once he  
is back inside.

OTAP asked Lisa that if Leon is  
willing, it will be good if the  
Richmond support workers could  
facilitate a daily practice going  
outside with Leon. Lisa was  
agreeable to this.

Next contact will be at Leon's CPA  
on 22/02/2024.

14/02/2024 11:21

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

Team

OT MH Adult CMHT NEF

Linked Appointment

OT MH Adult CMHT NEF

Linked Case

Case Team:

OT MH Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Occupational Therapy Assistant  
Practitioner Suzanne Webster  
(OTAP) arrived at Leon's home at  
the scheduled time and was  
welcomed in. Leon said his  
Richmond worker had already  
been and gone. Leon was dressed  
in what could have been his  
pyjamas and was unwashed and  
hair matted in the back. When  
asked if he was willing to go out for  
his session today, Leon said he  
was too tired and that it was  
raining so he did not want to.

OTAP introduced Leon to the  
Minister's Cat which is a memory  
game. "The minister's cat went to  
the shop to buy Apples, Bananas,  
Corn etc." Taking turns to add  
another item to the shopping list  
according to the alphabet and  
repeating all items on your turn.  
Leon engaged with this really well  
and we spent 20-25 minutes  
completing the entire alphabet.  
OTAP explained that we will use  
this game, or a version of this  
game, the next time we are out.

The purpose of the game is to try  
and move Leon's brain away from  
thinking his "I'm going to collapse"  
thought and distract it by having to  
think about, focus on and  
remember other things.

Next session scheduled for  
20/02/2024.

12/02/2024 15:47

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

thought was that he was going to collapse (his hot thought) and that his panic was at 80% with fear at 60%. Leon's symptoms were some shaking and trembling, which was not visibly obvious to staff at the time. OTAP went through possible symptoms to help Leon identify fully what he was experiencing, Leon then added that he felt butterflies in his stomach and later on reported to feeling dizzy. Leon's behaviour was to cling to the railing and then go home. On evidence supporting Leon's hot thought he said his physical symptoms. Leon himself could not identify any evidence against his hot thought. OTAP suggested that what he was feeling was a normal fight-flight response and not indicative of collapse. Leon really struggled with the section asking how else he could challenge his thoughts. Overall, at the end of the session Leon felt calm and was able to be more rational about his thoughts. Irene said she would be able to practice this with Leon throughout the week and share with Richmond staff to encourage Leon out for a walk during their hour of support time.

Next session scheduled for  
14/02/2024 with OTAP only.

09/02/2024 11:35

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

Next session is scheduled for  
11am on 12/02/2024 with Irene in  
attendance.



06/02/2024 15:07

Emily Ferguson - Community  
Mental Health Nurse - General  
Psychiatry (Mental Illness)

Team

Leon attended the clozapine clinic  
today as scheduled.

MH CMHT North East Fife

Linked Appointment

Bloods were obtained and sent to  
the labs.

06/02/2024 14:22

Physical health monitoring  
completed and recorded on Morse.

MH CMHT North East Fife

Linked Case

Case Team:

28 days of medication supplied as  
per Kardex.

MH CMHT North East Fife

No concerns raised at time of  
appointment.

Care Start: 25/11/2020 15:11

Next due clozapine monitoring  
05/03/24

Outcome: None

29/01/2024 14:15

Amanda White - Staff Nurse

Community Psychiatric Nursing

Scheduled telephone appointment  
with Leon on 26/1/24.

Team

MH CMHT North East Fife

Linked Appointment

26/01/2024 14:00

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Update -

Leon reports some tearful episodes in relation to the loss of his mother and more recently his father. He understands that this is a normal grief reaction and accepted support and reassurance around this.

Feeling a bit down about lack of recent contact from son Darren, support given with this.

Otherwise Leon reports no recent changes with his mental health.

Continues to participate and enjoy his usual hobbies of music, writing and model art.

Spoke about a Thai Chi class he had heard about at Stratheden Hospital, but does not feel ready for this at the moment.

Engaging well with OTAP Suzanne and has agreed to work on tackling anxiety around using public transport.

Continues to meet with befriender Georgie, they spend time together at Leon's home.

Next CPA meeting 22/2/24, will have a further appointment ahead of this meeting.

Plan:

Next scheduled telephone appointment 19/02/24 at 11am.  
Letter sent out.

25/01/2024 14:09

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

Today's telephone appointment  
with Leon has been re-scheduled  
to tomorrow (26/1/24) at 3pm, due  
to clinical need. Leon accepting of  
this without issue.

09/01/2024 11:44

Team

MH CMHT North East Fife

Linked Appointment

09/01/2024 11:41

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Amanda Murdoch - Community  
Mental Health Nurse - Community  
Psychiatric Nursing

Leon attended as arranged,  
interacting with staff during  
appointment, appropriate in  
conversation, speech and content.

Bloods obtained for Clozapine  
monitoring, Green result obtained,  
28 days medications issued as per  
kardex.

Physical observations taken and  
recorded.

Next Clozapine clinic appointment  
6/2/24, letter sent.

04/01/2024 14:23

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

offer, first by saying he cannot stand as he panics and then after OTAP suggested that it could be adapted for seating, Leon said that 30 minutes was not worth it as he used to do Tai Chi for up to 2 hours along with other martial arts.

If the local pub started its music nights again, Leon would be happy to attend this as he did before. Leon has heard that the pub now has new ownership and has hope they might restart the group. Besides this, Leon has described his main goal as going to see Dune at the cinema when it is released. When asked about what steps Leon would like to take to build up to that, Leon replied that he just needs to get out and on the buses. However, Leon said that this is something he would prefer to do with Richmond and his befriender.

With this news, OTAP suggested a review with the Occupational Therapist (OT) to see what would be best going forward, to which Leon was agreed. OTAP then walked with Leon across the road to post his manuscripts. No further appointment has been set.

OTAP to discuss with the OT.

18/12/2023 15:20

Vicky Goble - Medical Records  
Team Leader - General Psychiatry  
(Mental Illness)

Team

CLOZAPINE ASSAY RESULTS  
18.12.2023

MH CMHT North East Fife

Attachments

CLOZAPINE ASSAY RESULTS Leon Gratton 18.12.2023.pdf

14/12/2023 15:49

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

Panic, in preparation for the next  
session. Leon agreed to this.

Next appointment scheduled for  
04/01/2024.

12/12/2023 11:39

Team

MH CMHT North East Fife

Eleanor Wilson - Support Worker -  
General Psychiatry (Mental Illness)

Leon attended as planned this morning for his Annual ECG for Clozapine physical health monitoring. ECG tracing scanned and attached to Files in Morse . Paper ECG report sent to Dr Olley at Medical Offices Stratheden.

12/12/2023 11:51

Team

MH CMHT North East Fife

Linked Appointment

12/12/2023 11:15

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Amanda Murdoch - Community  
Mental Health Nurse - Community  
Psychiatric Nursing

Leon attended as arranged.

Bloods obtained for Clozapine monitoring including Fasting and assay sample following consent being obtained.

Four weeks medications issued as per kardex following GREEN result being obtained following analysis by Pochi machine.

Physical observations taken and recorded, refused to have weight or waist measurement taken, these will be taken at next appointment.

GASS completed, score 10, mild side-effects.

Next appointment 9/1/24, letter sent

06/12/2023 13:18

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

Team

OT MH Adult CMHT NEF

Linked Appointment

OT MH Adult CMHT NEF

Linked Case

Case Team:

OT MH Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Occupational Therapy Assistant  
Practitioner Suzanne Webster  
(OTAP) arrived at Leon's home as  
scheduled and was welcomed in  
by Leon.

Leon was not dressed  
appropriately for going outside on  
a walk. Leon remembered that this  
was the plan but was complaintive  
about the weather.

OTAP encouraged Leon to share  
what he remembered from the first  
session. Leon was able to feed  
back that anxious thoughts can  
trigger a response in the brain that  
releases hormones into the body  
that causes the physical  
symptoms. OTAP also asked Leon  
to explain his knowledge on  
embryonic breathing. Leon  
described mindful, belly breathing,  
explaining that they use this  
breathing in martial arts and  
weightlifting.

OTAP reinforced Leon's  
knowledge around the Cognitive  
Triangle and the use of breathing  
and Decider Skill Right Now to  
support him when outside on our  
walk. Leon got ready for the walk  
then said where he would walk to.  
The walk itself was his on his  
street, approximately 200 meters  
in total and about 5 minutes. When  
nearing Leon's house, OTAP  
asked if Leon could show them  
where his nearest bus stop is;  
Leon said no and that he was  
going home. Outside the home  
OTAP asked if Leon could stand  
outside for an extra minute but  
again Leon refused and went  
inside.

Leon said that at the half-way  
mark he started having the thought

29/11/2023 15:05

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

Team

OT MH Adult CMHT NEF

Linked Appointment

OT MH Adult CMHT NEF

Linked Case

Case Team:

OT MH Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Occupational Therapy Assistant  
Practitioner Suzanne Webster  
(OTAP) arrived at Leon's home as  
scheduled and was welcomed in  
by Leon who was busy painting  
miniatures.

OTAP explained the purpose of the session which was primarily to get an understanding of Leon's anxiety symptoms and his knowledge on anxiety and panic. Leon was able to explain that his symptoms often start with thoughts that he is going to die or that he is not safe which leads to the classic physical symptoms of anxiety and panic, leading to his avoidance behaviours. Leon spoke a lot about trauma, including a time where he saw a woman and three children get run over by a car, and another time involving a fire that he was able to put out at a neighbour's home. Leon is also grieving a lot of deaths within his friend and family circle over the years. Leon was quite keen on talking about his past trauma so OTAP acknowledged this but also gently set the boundaries that OT work is very practical, focussed on the present and future. Leon appeared to respond positively to this.

OTAP offered some education around anxiety, explaining the importance of the amygdala and adrenaline for survival; drawing on Leon's own example of seeing the fire and acting swiftly to put it out. OTAP explained the relationship between thoughts, feelings and actions and how past experiences and thoughts can create the same fight or flight response which, in the absence of real danger, can become anxiety and panic. OTAP gave Leon a folder with resources from NHS Inform and the Centre



21/11/2023 12:51

Suzanne Vaneeden - Clinical  
Support Worker - Occupational  
Therapy

Team

OT MH Adult CMHT NEF

Linked Appointment

OT MH Adult CMHT NEF

Linked Case

Case Team:

OT MH Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Occupational Therapy Assistant  
Practitioner Suzanne Webster  
(OTAP) arrived at Leon's home as  
scheduled. Leon was woken up by  
the knock at the door but was in a  
pleasant mood and welcomed  
OTAP in.

OTAP encouraged Leon to follow  
his morning routine which included  
taking his medication, which he  
did. Lisa, Leon's Richmond  
Fellowship worker, arrived shortly  
after.

Purpose of the session was to  
have a good conversation with  
Leon to establish his best hopes  
for his work with occupational  
therapy and gauge his level of  
motivation.

Leon was very clear that he  
wanted to be able to use public  
transport and that he would use it  
to be able to go to the cinema, the  
shops, go clothes shopping, and  
possibly attend a music group and  
a Dungeons & Dragons group.  
Leon said that he wanted to do  
these things because he enjoys  
being social and wants to spend  
more time out of his house. Leon  
said he wants to be able to live his  
life without being restricted by  
anxiety. Leon appeared to be very  
motivated, despite OTAP  
explaining that the proposed  
intervention of graded exposure,  
will involve provoking his anxiety in  
a controlled way.

Leon said the things he is happy  
with in his life at the moment are  
his writing and music, his support  
workers, including cooking with  
them, and his food deliveries.

09/11/2023 16:54

Christopher Olley - Speciality  
Doctor - General Psychiatry  
(Mental Illness)

Team

MH CMHT North East Fife

I had a follow up appointment with Mr. Gratton at my Psychiatry clinic at the Weston day hospital on the 9<sup>th</sup> November 2023. His CMHN Amanda White was also present at this appointment with his consent.

**Diagnosis:**

**1. Schizophrenia**

**2. Anxiety disorder (Chronic Agoraphobia and Panic disorder symptoms - mild**

**reduction in Avoidance in recent weeks**

**3. Eczema - under the care of Dermatology - receiving Methotrexate for treatment of**

**this**

**4. Diabetes Mellitus Type II**

**Medication: Clozapine 300mg nocte, Fluoxetine 60mg od, Folic Acid 5mg od,**

**Aripiprazole 20mg od, Omeprazole, cream and Methotrexate**

**Update from the appointment:** Mr Gratton reported a variable picture at present. Unfortunately, he had found out further bad news recently, that just after his father had died a few months ago, his mother's ex partner had died soon after this also. Understandably he continues to grieve for his losses.

09/11/2023 16:54

Christopher Olley - Speciality  
Doctor - General Psychiatry  
(Mental Illness)

years ago when I last contacted them). Weight was 124 kg with BMI reduced to 35. ECG was unchanged from last year and blood tests in September 2023 were within normal ranges.

We discussed his current medication - **he agreed to continue taking these due to benefit gained.** The plan agreed was to work with his OT, CMHN and befriender to try to increase activity in public and try to reduce anxiety in social situations.

#### Recommendations

1. Due to his generally stable mental state, I did not suggest changes to his

medication that day and he was in agreement with this plan also.

2. Continued input from Weston Day Hospital who provide him with his medication

and undertake regular physical monitoring/ bloods/ annual ECG due to his use of

Clozapine

3. Follow up appointment at my Cupar clinic in one year – he could be seen earlier if

there is a deterioration in his mental state before this next appointment - nurses will

kindly keep me updated on his progress.

4. Next CPA meeting is due to take place February 2023 and is 6 monthly.

22/10/2023 19:21

Team

MH CMHT North East Fife

Linked Appointment

19/10/2023 10:30

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Amanda White - Staff Nurse -  
Community Psychiatric Nursing  
Scheduled telephone contact with  
Leon on 19/10/23.

Leon was tired during our call at 10.30 as he had not long woken up, I offered to call back another time but Leon said he was ok to continue today.

He spoke positively about recent assessment by OT and future input from them, he has some awareness of agreeing to complete an online course before hand but was very vague about what this entailed.

Leon continues to have regular contact with befriender Georgie, which seems to be going well. He has had recent contact with step dad George as well as his sister and is hoping to have a visit from George and his son Darren before November.

Continues to receive daily input from Richmond Fellowship, no further forward with rearranging hours at the weekend to allow for trips out, Leon seemed unconcerned about this. I asked about the chores rota that was going to be used to help motivate Leon to become more independent with housework. Leon said that one had been devised but he only followed it for a day, I encouraged Leon to continue to use this.

Risk assessment reviewed today, there have been no new risks identified at this time, Leon's medical notes will be requested to review historical risks also.

**06/10/2023 16:11**

Team

OT MH Adult CMHT NEF

Linked Appointment

06/10/2023 10:30

OT MH Adult CMHT NEF

Linked Case

Case Team:

OT MH Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

**26/09/2023 09:13**

Team

OT MH Adult CMHT NEF

Linked Appointment

06/10/2023 10:30

OT MH Adult CMHT NEF

Linked Case

Case Team:

OT MH Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Shona McInnes - Occupational  
Therapist - Occupational Therapy

Home visit carried out this morning  
by Occupational Therapist (OT)  
Shona McInnes and Occupational  
Therapy Assistant Practitioner  
(OTAP) Suzanne Van Eeden, for  
the purposes of screening initial  
interview. Please see report  
pending for all information related  
to screening.

Plan: Leon has been referred to  
Change Up (Access Therapies) for  
completion prior to practical  
graded bus work.

Shona McInnes - Occupational  
Therapist - Occupational Therapy

Retrospective entry for  
25/09/2023: Telephone call made  
to Leon for the purposes of  
discussing initial screening  
appointment, following his  
confirmation with CMHN Amanda  
White, that he did indeed wish to  
have OT input. Leon was difficult  
to make out on the call however he  
was able to confirm that he did  
wish to have screening  
assessment session with the OT  
and he confirmed also that this  
would need to take place at home  
as he is not leaving the home.  
Appointment scheduled for Friday  
6th October, 10.30am.

**05/10/2023 19:54**

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

I have moved Leon's next CMHN  
appointment to 19/10/23 as it was  
clashing with the Clozapine clinic,  
Leon will be informed of this by  
telephone.

05/09/2023 10:36

Team

MH CMHT North East Fife

Linked Appointment

05/09/2023 10:00

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Amanda White - Staff Nurse -  
General Psychiatry (Mental Illness)

myself and Amanda White arrived at Leon's home at 10am we woke him up from his bed but Leon was still happy to go along with planned appointment to sign off his CPA care plan. Amanda spoke through this with Leon before getting his signatures. Leon is still happy for information sharing with his step dad George. Leon says that he is normally woken by Richmond staff in the morning but he dose occasionally wake himself. one of the things that came out of Leon's CPA meeting was that Richmond staff do a lot of tiding for Leon so a chores list was suggested to enable Leon to do house work and feel accomplished when he has done things for himself. Leon says he has been using this but the house was messier than usual when we arrived. Amanda White asked Leon if he wanted another appointment to be assessed by OT. Leon agreed to this so Amanda will arrange this for Leon.

Countersigning  
Information

Student: Kerry Lessels

Job Title: Student Nurse

Team: MH CMHT North  
East Fife

Memo:

Leon is due a risk assessment  
within the next month.

he also attends his clozapine clinic  
every 4 weeks and is due physical  
monitoring bloods on 19th of  
September.

Leon also has an appointment at  
his GP on the 11th of September  
for Asthma and Diabetic review.

22/08/2023 11:34

Clare O'Brien - Health Care  
Support Worker - General  
Psychiatry (Mental Illness)

Team

MH CMHT North East Fife

Linked Appointment

22/08/2023 11:20

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Leon attended Weston this morning to have his bloods and physical observations taken at the Clozapine clinic.

Bloods obtained and sampled on Pochi analyser where a green result was obtained.

Leon was dispensed his medication as per kardex and next appointment was given for 19/09/23.

Leon's pulse and blood pressure were both noted to be raised however Leon refused to have these repeated and also refused to have his waist measurement taken.

Staff observed that Leon appeared to be slightly deflated in mood today, offering little conversation.

However he did disclose that he has not been sleeping very well since the passing of his father recently.

Leon's skin was noted to be extremely dry today and when questioned he confirmed that he was still using his emollients.

15/08/2023 14:31

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -  
Community Psychiatric Nursing  
Unscheduled telephone call  
received from Leon this afternoon.

Leon informed me that sadly his Dad died on 28/7/23, he died in hospital in Manchester and he was with his Dad and other family members at the time. Leon described feeling up and down since, saying that he has not been eating or sleeping very well since then. He intends to include RIP Dad in the book that he is currently writing. Leon does not wish to attend his Dad's funeral which is taking place on 25/8/23 in Manchester.

I offered my condolences to Leon and offered him a home visit for additional support this week, which he has accepted. I will therefore visit him at home at 3pm on Friday. I encouraged Leon to engage in self care where possible and contact Weston in the meantime if he is struggling to cope with his situation.



**02/08/2023 22:49**

Amanda White - Staff Nurse -  
Community Psychiatric Nursing  
his 6 monthly CPA on 24/8/23. I  
have asked Leon to keep us  
informed of any relevant  
developments in regards his trip to  
see his Father.

**25/07/2023 11:34**

Team

MH CMHT North East Fife

Linked Appointment

25/07/2023 10:00

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Eleanor Wilson - Support Worker -  
General Psychiatry (Mental Illness)

Additional Bloods obtained and  
sent to labs this morning to test  
Troponin levels.

**25/07/2023 11:26**

Team

MH CMHT North East Fife

Linked Appointment

25/07/2023 10:00

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Eleanor Wilson - Support Worker -  
General Psychiatry (Mental Illness)

Leon attended for monitoring of  
Clozapine bloods and monitoring  
of vital signs this morning.

Bloods obtained and tested on  
Poch machine at Weston, Green  
result noted. Leon collected four  
weeks medication as per kardex.

Vital signs recorded on Monthly  
Clozapine recording sheet in  
Morse.

No complaints noted or offered at  
this time. Further appointment  
arranged for further bloods on  
22/08/23@11.15

21/07/2023 11:17

Shona McInnes - Occupational  
Therapist - Occupational Therapy

I have tried calling three times  
yesterday and today to no avail,  
(landline) as a message function  
was not available. His mobile  
number on the system also is dud.

Can you let me know when you  
are next seeing him so as you can  
update me on his needs.

Many thanks

S

19/07/2023 19:20

Team

OT MH Adult CMHT NEF

Linked Case

Case Team:

OT MH Adult CMHT NEF

Care Start: 14/03/2022 15:04

Outcome: None

Shona McInnes - Occupational  
Therapist - Occupational Therapy

Retrospective entry for 18/07/2023

Pm: Telephone call made to Leon  
by Occupational Therapist (OT)

Shona McInnes for the purposes  
of discussing his referral with him,  
and to determine whether  
signposting was required, whether  
OT specialist assessment was  
required and to glean more  
updated information on how Leon  
perceives his function at this time.

Leon reported feeling "crippled"  
with anxiety upon leaving the  
home. This has varied in the last  
ten years but he reported a  
worsening of symptoms of panic  
when he did leave the home - the  
cause is unknown to him with  
regards what he is fearful or  
anxious about more specifically.  
Leon struggled to be understood  
on the call partially due to poor  
signal and because it was difficult  
to interpret his speech for the OT.  
Therefore, Leon agreed that he  
was happy to be interviewed to  
see what his needs were and if  
these could be realised with  
support services. Appointment for  
screening scheduled for Leon to  
attend Weston House on Monday  
24th July, Weston House, 11am.

20/06/2023 13:58

Amanda White - Staff Nurse -  
General Psychiatry (Mental Illness)  
be sent out to advise him of this.

05/06/2023 15:16

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

Contacted OT Shona McInnes to discuss Leon's referral. Advised that Leon does remain on the OT waiting list, however, priority cases only are being seen at present due to low staffing, Leon does not meet this criteria. Shona has suggested perhaps Energi for some exposure work. I will discuss this with Leon at our next appointment and consider how best to progress forward.

I also spoke with Senga Smith today regarding finding a suitable match for Leon, there is no one at present and Senga advised that it presents an obstacle that Leon is not able to meet with a befriender in town as this limits their search to only volunteers that are able to drive.

28/05/2023 08:24

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

Please see below for an email reply  
from SW Aggie Sikorska regarding  
additional hours for Leon, he has not  
been informed of this as yet by me.

ggie

Sikorska <Aggie.Sikorska@fife.gov.uk>

?

?

?

?

?

To:Amanda White (NHS FIFE)

Tue 5/23/2023 8:58 AM

Good Morning Amanda

I have been advised that Eligibility  
Criteria changed, and Fife Council  
would only fund a critical need, it's  
disappointing but we cannot provide  
funding for the additional hours for  
Leon at present time. I will contact  
Leon to discuss how we can use his  
current hours to support him over the  
weekends.

Kind Regards,

Aggie

21/05/2023 08:59

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

Leon phoned asking if there had  
been any developments regarding  
the possibility of increased hours  
of support from Richmond, I have  
sent an email to SW Aggie  
Sikorska regarding this.

**18/04/2023 13:34**

Team

MH CMHT North East Fife

Linked Appointment

18/04/2023 10:20

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

**04/04/2023 11:12**

Team

MH CMHT North East Fife

Linked Appointment

04/04/2023 11:15

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Laura Beaton - Staff Nurse -  
General Psychiatry (Mental Illness)

Leon attended Weston for planned appointment to collect medication. Leon spoke briefly with allocated CMHN White and handed over a printed novel which he had wrote himself. 14 days medication supplied as per kardex. Next appointment made for 02/05/23 to attend Weston for clozapine monitoring.

Flora Geddes - Staff Nurse -  
Community Psychiatric Nursing

Leon attended Weston this morning for monthly clozapine checks. Clozapine bloods obtained and analysed, with green result. Vital signs and weight obtained and recorded within Clozapine monitoring sheet within Morse and all within normal ranges for Leon. He reports feeling physically well, with no changes to smoking habits, complaints of constipation or new side effects. Leon was issued with 14 days clozapine medication, as per Kardex. Next appointment 18/04/2023 within Weston, for the collection of a further 2 weeks of clozapine medication.

23/03/2023 13:55

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

Discussed issue of feet as it had been mentioned during CPA that there had been a flare up of his eczema. Leon played it down saying that the problem was resolving. He agreed for me to see his feet, skin integrity was poor, many large dark scabs, itchiness, thick, dry flaky skin evident. Dermatology department were contacted by myself and they will send a letter out to Leon for a face to face appointment. Leon continues to apply his prescribed cream and takes his weekly Methotrexate meantime.

Leon is agreeable to 4-6 weekly telephone contact with myself going forward.

Next telephone appointment will be 4/5/23 at 11:00 hours, letter being sent out.

21/03/2023 15:46

Laura Beaton - Staff Nurse -  
General Psychiatry (Mental Illness)

Team

MH CMHT North East Fife

Linked Appointment

21/03/2023

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Leon attended Weston for planned appointment. 14 days medication supplied as per kardex. Next appointment made for 04/04/23 to attend Weston for Clozapine monitoring.

23/02/2023 17:12

Christopher Olley - Speciality  
Doctor - General Psychiatry  
(Mental Illness)

Team

MH CMHT North East Fife

Mr Gratton attended his CPA meeting at the Weston day hospital on the 23<sup>rd</sup> February 2023. CPN Amanda White and myself were both present along with his Richmond workers, Social Worker and his mothers partner.

**Diagnosis:**

**1. Schizophrenia**

**2. Anxiety disorder (Chronic Agoraphobia and Panic disorder symptoms with**

**Avoidance regularly used)**

**3. Eczema - under the care of Dermatology - receiving Methotrexate for treatment of**

this

**Medication: Clozapine 300mg nocte, Fluoxetine 60mg od, Folic Acid 5mg od,**

**Aripiprazole 20mg od, Omeprazole, cream and Methotrexate**

During the meeting we discussed his physical health problems, his lifestyle and continued weight problems - he continues to have a high BMI of 37 and over the last year it has been between 37 and 38. His last Fasting Glucose was 9.0 on 6/12/22 when checked at the day hospital - it was 9.5 in June 2022 and normal range a year ago. He has recently cut out high sugar foods and drinks but exercise remains limited.

23/02/2023 17:12

Christopher Olley - Speciality  
Doctor - General Psychiatry  
(Mental Illness)

Aside from Methotrexate, that is  
prescribed by his GP, his other  
medications are still

provided by the Day hospital and  
so I would prescribe this on the  
drug kardex there

so that he can receive this new  
medication.

2. Continue monthly input from  
CPN, input from Richmond  
fellowship staff and Social

Worker

3. He awaits new Befriender

4. Follow up appointment at my  
Psychiatry clinic in 9 months

5. Next CPA meeting in 6 months

6. Follow up with GP and  
Dermatology



16/02/2023 14:37

Christopher Olley - Speciality  
Doctor - General Psychiatry  
(Mental Illness)

Team

MH CMHT North East Fife

Mr Gratton was offered a further follow up appointment with me at my Psychiatry clinic at the Weston day hospital on the 16<sup>th</sup> February 2023.

Unfortunately, he failed to attend the appointment and did not get in contact with us prior to it to cancel or rearrange the appointment.

We are due to have a further CPA meeting with him at the Weston day hospital later this month, so hopefully I will get to review him then.

Due to his nonattendance, he will be offered another appointment at my clinic later in the year and I will ask his CPN if she could attend this also to try to increase the chances of him attending his next appointment.

I advised his gp of his latest blood tests checked at the Weston day hospital on 10/01/23 - included the following abnormalities:

- WCC ( raised at 12.6)
- Neutrophils (raised at 8.72)
- on 6/12/22 - fasting glucose was elevated at 9
- other routine bloods were normal ranges

09/02/2023 15:28

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

In regards to CPA meeting Leon is hoping that his mothers partner George will attend this as before. He shared that George and Darren had visited him at home the week before.

No further concerns were raised today, and our next appointment will be a home visit on 23/3/23 at 11:15 hours.

24/01/2023 12:06

Clare O'Brien - Health Care  
Support Worker - General  
Psychiatry (Mental Illness)

Team

MH CMHT North East Fife

Linked Appointment

24/01/2023

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Leon attended Weston this morning very briefly to pick up his two weeks worth of medication. Leon offered little conversation and left immediately after receiving his medication.

A further appointment for his monthly blood test will be given at a later date.

19/01/2023 20:28

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

Team

MH CMHT North East Fife

Entry below by St/N Jade Gowans has been read and countersigned by CMHN A. White.

19/01/2023 10:52

Jade Gowans - Student Nurse -  
General Psychiatry (Mental Illness)  
with CMHN Amanda White on 21st  
February at 1500. Leon assures  
me he is aware he can phone  
Weston House before next  
scheduled appointment if he feels  
he needs extra support.

**Plan-**

Clozapine medication collection  
**24/01/23**

Telephone appointment with  
CMHN White **21/02/23** - letter to  
be sent out

CPA meeting at Weston House  
**23/02/23**

10/01/2023 12:02

Team

MH CMHT North East Fife

Linked Appointment

10/01/2023 11:15

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Eleanor Wilson - Support Worker -  
General Psychiatry (Mental Illness)

Leon attended for Clozapine  
bloods, monitoring of vital sign and  
collection of medication this  
morning. Bloods obtained and sent  
to local labs for testing due to a  
fault with the POCH machine at  
Weston. Vital signs recorded in  
monthly clozapine monitoring form  
on Morse.

Collected two weeks medication as  
per kardex. Denies any problems  
with constipation at this time.  
Further untimed appointment  
arranged for collection of two  
weeks medication on 24/01/23.

06/12/2022 15:10

Clare O'Brien - Health Care  
Support Worker - General  
Psychiatry (Mental Illness)

Team

MH CMHT North East Fife

Linked Appointment

06/12/2022 11:30

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Leon attended Weston today to have his 6 monthly clozapine physical health check performed. All bloods obtained including his u&e and lft as required three monthly due to medication.

Leon was very pleasant and cooperative today however was slightly hesitant to have a standing B.P. taken but agreed with reassurance and staff to stand at the side of him, results of which will be forwarded to Dr Olley.

fbc resulted green and medication dispensed.

No concerns noted.

01/12/2022 11:49

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

Leon phoned myself on Tuesday and I returned his call today. Leon reported dizziness that has been present for past 3-4 months and he feels it is getting worse in that it is happening more frequently. It is occurring on a daily basis, sometimes when he is just sitting or lying down too. He has not mentioned this to me before, and denies having told any other health care professional about this. Leon is due to attend Weston this Tuesday (6/12/22) for fasting bloods and physical observation monitoring. I have emailed Dr Olley to advise him of Leon's concerns and awaiting feedback.

Whilst on the telephone I asked Leon which Pharmacy he was with and he advised me Rowlands Pharmacy, Bonnygate, Cupar. I have emailed Helen Coulter with this information in regards to arranging all of Leon's non-clozapine medication to be dispensed from Rowlands going forward.

22/11/2022 14:08

Team

MH CMHT North East Fife

Clare O'Brien - Health Care  
Support Worker - General  
Psychiatry (Mental Illness)

Leon telephoned Weston Day Hospital at lunchtime to inform staff that he was not feeling great and therefore unable to attend to pick up his medication or have his annual E.C.G. and GASS taken.

Leon has agreed to attend Weston tomorrow instead.

18/11/2022 08:47

Team

MH CMHT North East Fife

Linked Appointment

17/11/2022 11:30

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

I had a scheduled home visit with Leon on 17/11/22 in the company of St/N Stacey Donaldson.

Leon's mental state remains fairly stable at present. He does report occasional panic attacks and ongoing grief following mothers death. He copes with this by playing his guitars, he has not made it to The Bothy for the past month saying that he is too tired, and the weather and darker nights are not helping, he does plan to return though. He recently spoke with Senga from LINK befriending, there are as yet no suitable matches for Leon. We discussed other community resources that might help connect Leon with other people, St/N Donaldson will explore whether Castle furniture project still provide a befriending service. I advised Leon that I could accompany him to a group for his first visit, eg, the Sunflowers Group in Cupar, Leon seemed open to this idea.

Leon complained of physical problems, including a cough that can sometimes cause him to be breathless during the night, he says he has had this on and off since last Christmas. I encouraged Leon to contact his GP about this. He also complained of sore skin on his feet, making it uncomfortable when he's walking. He plans to contact the skin clinic for support with this.

Leon was visited by his son Darren and step dad George last week and they put some shelves up for him. He is unsure what his plans are over Christmas yet but will likely stay at home, but he will get a support worker for an hour a half as it is a Sunday.

**30/10/2022 07:34**

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -  
Community Psychiatric Nursing

On Tuesday 25/10/22 Leon phoned me at Weston requesting "a favour". He explained that he was waiting in for someone to fit his new cooker and was hoping that I would drop his clozapine medication instead of his usual collecting it from Weston. I advised that I was passing by Springfield that afternoon for a home visit and therefore could do it on this occasion. Leon appreciated me doing this and understands that this is a one off and usual collection from Weston will continue in future.

**27/10/2022 11:50**

Team

MH CMHT North East Fife

Amy Wishart - Student Nurse -  
Community Psychiatric Nursing

Leon phoned Weston to speak to Amanda White. Message taking by student nurse Amy Wishart.

Leon was very apologetic that he had missed his appointment with Dr Ollie, he explained he got his days muddled up however does feel increasingly tired at present. Phone call made to Ann Marie, who will reschedule appointment.