

27/10/2022 09:12

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

Team

MH CMHT North East Fife

Mr Gratton was offered a follow up appointment with me at my Psychiatry clinic at the Weston day hospital on the 27th October 2022.

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

I note that earlier this week however he had attended an appointment with his CPN Amanda White and had been found to be mentally stable and feeling better than he had the previous week.

We had a CPA meeting at the Weston day hospital during the summer when I had seen him then - at that point he was functioning reasonably well though understandably still in the process of adjusting to life without his mother who had died earlier this year.

Due to his non attendance, he will be offered another appointment at my clinic in the coming weeks.

I advised his GP re his latest blood tests checked at the Weston day hospital on 11.10.22 - these were normal except for:

- ALT (slightly elevated at 61)
- CRP (slightly raised at 9.1) - improved
- WCC (slightly raised at 10.6) - improved from 15.9 in September 2022

25/10/2022 11:36

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

I had a scheduled home visit with
Leon today.

MH CMHT North East Fife

Linked Appointment

20/10/2022 13:30

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

We discussed his recent contact
with CMHN Melville due to
complaints of an increase in
hearing voices. Leon was clear
that this has not been problematic
for him since his phone call with
CMHN Melville and thinks it had
worsened due to his emotional
state at the time.

Leon was bright in mood today, he
advised that he had recently
received a payment of £5,000
following the death of his mother.
He has already spent the entire
amount, advising me that he has
bought a new sofa, new cooker,
xbox, IPAD, 2 guitars as well as
buying all his Christmas presents
for family and paying for the
publication of a book. Leon was
pleased with his purchases and
felt that this was a good use of his
money.

During our visit we discussed
Leon's current nursing care plan
and Leon has signed this.

I explained to Leon that there were
changes to how medication would
be getting dispensed and only
Clozapine medication would be
issued from Weston in the near
future, with the rest being issued
by GP practice. Initially Leon has
reservations but was agreeable to
this change with support from
CMHN. No date has been set yet
for this change happening.

No new concerns were raised by
Leon at this appointment and our

27/09/2022 11:34

Team

MH CMHT North East Fife

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

Leon phoned Weston to say his
support worker will be in tomorrow
(28/09/22) to collect his Clozapine
medication.

16/09/2022 08:50

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

Abnormalities in his blood tests
from 13.9.22 were:

CRP = 21.8

WBC = 15.6

Neutrophils = 10.8 whilst
lymphocytes, Mono and Eos were
all raised

Please consider whether his
appointment at the practice needs
to be brought forward or any
further treatment/intervention is
suggested at present. Thank you

13/09/2022 12:29

Gavin Melville - Registered Mental
Health Nurse - General Psychiatry
(Mental Illness)

Team

MH CMHT North East Fife

Attended Weston for clozapine
blood sampling. consented to
same and produced a green result
after testing. Medication dispensed
for 2 weeks. Samples obtained for
FBC, DDIMER, LFT, U&E and
CRP and same sent to labs for
local testing. Leon a bit anxious
throughout despite reassurances
offered. Agreed to next
appointment in 2 weeks.

14/09/2022 17:42

Amanda White Staff Nurse
Community Psychiatric NursingTeam

MH CMHT North East Fife

Linked Appointment

12/09/2022 13:00

MH CMHT North East Fife

Linked CaseCase Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

I saw Leon at home for a planned appointment today.

Leon presented as bright in mood and engaged well with myself. He was pleased to tell me that he had been out for a couple of short walks with his support worker, he hopes to continue this. He intends on going to the Bothy this week, although did report feeling an increase in anxiety last time he was there. We spent time discussing how we can tackle these symptoms of anxiety. I suggested he refer himself to Step on Stress, online course ran by Access Therapies Fife. Leon seemed genuinely keen to try this and advised that he was able to access the internet at home. I have therefore left this with Leon to arrange. We also identified meditation/thai chi to be an effective way to promote relaxation, Leon is planning to introduce this into his regular routine.

Following the visit I have written an up to date care plan and will go through this with Leon at our next appointment and adjust it accordingly.

Next visit planned for 20/10/22.

26/08/2022 11:10

Amanda White Staff Nurse
Community Psychiatric Nursing

Team

MH CMHT North East Fife

Linked Appointment

25/08/2022 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

Yesterday (25/8/22) Leon attended Weston for his 6 monthly CPA review in the company of his Step Father George. Please see CPA care plan on forms.

During the meeting, when discussing physical health, Leon mentioned that he continues to be bothered by heartburn, despite taking regular Omeprazole to help with this. He also complained of occasional dizziness and CMHN also noted frequent raised heartrate. Dr Olley has requested that Leon's pulse be tested in his home environment to see if this makes a difference to his heartrate due to level of anxiety when attending appointments.

Much discussion took place regarding Leon's lack of motivation and his avoidance behaviour regarding leaving his house and using public transport. Leon remains on the OT waiting list and in the meantime Richmond staff and CMHN will continue to support Leon in managing his anxiety and taking gradual steps towards his goal of using the bus and attending community based groups.

Next Wednesday (31/8/22) Leon plans to attend the Sunflowers Group at Cupar YMCA in the company of his support worker Lisa. Lisa will then feedback to CMHN regarding how this went. Leon has requested that he collect his medication from Weston on Wednesday next week instead of Tuesday, as he will be in Cupar. This was agreed.

15/08/2022 17:13

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

I saw Leon at his home today for a
scheduled appointment.

MH CMHT North East Fife

He reports that he feels his mental state is "grinding to a standstill" saying that he is tired all the time and sleeping more than usual. He described his mood as a bit depressed, which is mainly grief related. He spends a lot of his time thinking about his mum and the fact that he will never see or speak to her again, and also wondering how he will cope at times like birthdays and Christmas. He said that he has not got feelings of anger, whereas this has been something that has been a problem for him in the past. He advised me of some paranoid ideas that he has been having that people might rob him. His anxiety levels continue to be problematic, especially at night time. He continues to avoid going out because of this, but does manage his fortnightly outings to the Bothy.

Leon advised me that he has not heard from his son Darren for a number of weeks now which is concerning him and he has intrusive thoughts about Darren harming himself. He has regular contact with step father George who plans to attend Leon's CPA with him next week.

We explored how Leon has been in regards working towards identified goals from previous visit. Leon advised that he has not been leaving the house for short walks and has not yet made attempts to use buses to get around. I encouraged him to try this with his support workers, even if only for a very short journey, Leon stated that he would endeavour to do this. I also encouraged him to

21/07/2022 08:59

Amanda White Staff Nurse
General Psychiatry (Mental Illness)

Team

MH CMHT North East Fife

I attended Leon at home for a scheduled appointment. My visit had woken Leon up, despite having phoned him prior to leaving Weston. I suggested re-scheduling but Leon said that wasn't necessary. He told me he is not a morning person, so I will aim to give afternoon appointments in future.

We discussed the fact that Leon's gym sessions with Steve have stopped now due to difficulties that Leon was having engaging with same. He identified a combination of anxiety and the grieving process as the reasons for this. Leon has contacted Senga from LINK befriending who has advised Leon that she is still in the process of finding a suitable replacement for Leon's last befriender who has now left.

Leon engaged in conversation with me about his anxiety. He was unable to identify what the cause of it has been but did tell me that he never used to feel like this. We spent time exploring how this is impacting on his daily life and what his goals would be for the future. He identified the following goals:

1. Would like to be able to use buses independently to travel to Cupar/Glenrothes/St Andrews;
2. Be able to go for walks;
3. Attend community based groups;
4. Get back into his writing (currently has writers block).

Leon currently feels unable to get on a bus on his own, he will very occasionally get a bus if in the

21/07/2022 08:59

Amanda White - Staff Nurse -
General Psychiatry (Mental Illness)
said he would need to have a think
about things as he wasn't sure.

Plan:

Home visit arranged for 15/8/22 at
13:30 hours.

19/07/2022 14:50

Team

MH CMHT North East Fife

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

Leon attended for Clozapine and
Assay bloods this morning. Same
obtained. Clozapine bloods
analysed on site green result
noted. Assay bloods sent to labs
for testing. Vital signs monitored
and recorded in relevant form in
Morse. Leon stated he was feeling
anxious due to being outside this
morning. No evidence of Covid19
at this time. Collected fourteen
days medication. Further untimed
appointment arranged for 02/07/22
for collection of medication.

18/07/2022 09:55

Team

MH CMHT North East Fife

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

Spoke to Leon on the telephone
this morning, and we have agreed
for a home visit on Wednesday
morning, will phone Leon to
arrange a suitable time on
Wednesday due to him not
knowing what time his support
worker is in that day.

30/06/2022 11:20

Steve Adamiak - Fitness and
Activity Co-ordinator -
Physiotherapy

Team

Physio MH Adult
Community/Outpatient

Linked Appointment

29/06/2022 15:00

Physio MH Adult
Community/Outpatient

Linked Case

Case Team:

Physio MH Adult
Community/Outpatient

Care Start: 08/03/2022 12:53

Care End: 06/07/2022

Outcome: Care Complete

Retrospective Note for
29/06/22 Attended Leons home
address this afternoon to engage
Leon in some walking. Spoke with
Leon at his front door for 15-
20mins around his last week of
activity and attempts at last weeks
goal of 4 short walks towards the
fields at the back of his house.
Leon reports that he has not been
out to do this and has also not
been out to the bothy at Springfield
tavern to play his guitar. When
asked about his anxiety Leon felt
that is was bad over the last few
weeks. Leon did report going to
weston to pick up meds but felt this
was manageable due to getting a
taxi there and back. Advised Leon i
would speak with Amanda at
Weston regarding Leons struggles
with getting out the house as it will
hinder his progress in relation to
his levels of PA. Advised Leon to
attempt some tai chi in the house
as this is something he has
previously done sucessfully.

27/06/2022 16:57

Amanda White - Staff Nurse -
General Psychiatry (Mental Illness)
group in Cupar. He intends to
continue with his gym sessions
and recognises the health benefits
that he will derive from this.

Leon has requested that he
collects his clozapine medication
on Wednesday next week instead
of Tuesday due to appointments
that he has in town on Wednesday,
he won't miss any doses as a
result of this and staff have been
informed.

I advised Leon that I am on annual
leave for 2 weeks and would he
like contact with another CMHN in
my absence. Leon says this would
not be necessary and he knows he
can utilise the duty line if need be.

Plan:

Next CMHN contact with Leon on
18/7/22.

20/06/2022 14:26

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

Team

MH CMHT North East Fife

I visited Leon at his home today for support due to current increase in contact since the recent death of his mother.

Leon told me that he continues to struggle as a result of what happened, he knew his mum was dying but had hoped she would be here longer. I spent time listening to and supporting Leon. We then engaged in conversation about other topics, Leon spoke about wanting to reconnect with old friends from his 20s who he had lost contact with due to his ex partner Liz coming between them. He thinks he might make contact with them via Facebook.

Leon is due to come into Weston tomorrow for clozapine bloods and fasting blood glucose. He voiced that he would like to try a different medication some time as he doesn't like having to attend for bloods every 4 weeks, he said "being like a human pin cushion". He also described feeling over sedated due to clozapine. Saying he feels groggy in the morning and will sometimes take day time naps and then not be able to sleep well at night as a result. We discussed how his mental state is stable at present and due to current stressors it may not be the best time to consider medication changes, Leon was agreeable to this at this moment in time.

We discussed Leon's main problem at the moment is independently utilising public transport and getting out and about. This is something that he wants to improve and remains on the waiting list for OT input.

16/06/2022 14:41

Steve Adamiak - Fitness and
Activity Co-ordinator - General
Psychiatry (Mental Illness)

Team

PHYSIO - MENTAL HEALTH

S- Attended Leon to see him at his home address this afternoon, Leon answered the door promptly and sat down to chat. Leon informed me about his mother, condolences given to Leon at this difficult time. When asked how he was doing Leon answered "ok" but has been sleeping a lot more than normal. Instructor explained to Leon he will have his grieving process to go through but would love to see him continuing to be mindful of healthier choices regarding both physical activity and nutritional intake. Leon reports he has been out on a few occasions with care staff for very short walks and has also reduced the packets of biscuits he is buying from 5/6 packets to 1/2, encouraged Leon to continue with his more positive choice making and continue to attempt to get out and move more, particularly if he wishes to make his goal of weight loss. Leon didn't think i would be attending off the back of how his week has been but i informed Leon i wanted to touch base and keep the continuity. Leon wasn't particularly keen to go out walking today as he had just served up his lunch and it was also moderate rain.

Plan for next week is too attend to see Leon and go out for a short walk.

06/06/2022 16:18

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Leon phoned this morning requesting to speak with myself. He was feeling anxious and panicky. He told me that his Richmond worker did not visit as planned yesterday, due to staff sickness. He also said that his mum is not well and described her as being "in a really bad way". He also learned last week that he will no longer be having contact with his befriender Neil, and as a result Leon feels that he "has had the rug pulled out from under him". LINK befriending are apparently going to look into matching Leon up with an alternative person to take over the befriender role. He identified his main concern at the moment was worries about his mother.

I spent time offering reassurance and chatting with Leon, I acknowledged all of his worries and how they are impacting on him presently. We explored the resources that Leon has that are helping him, including his gym sessions with Steve, his visits to the music sessions at the Bothy and his regular contact with Richmond staff as well as his many hobbies. He shared with me that he has just received a new base guitar that his mother had ordered for him sometime ago.

Leon was more relaxed following our conversation and will be attending the clozapine clinic tomorrow for his medication.

26/05/2022 11:39

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

I had a scheduled appointment with Leon today, it was over the phone instead of home visit as planned due to Leon going to community gym session at 2pm, his support worker Linda is taking him there.

Leon reports that he is getting on ok but does continue to experience a depressed mood. He identified the main cause of this being loneliness. He also worries about his mother and how he is going to cope "when the time comes" and she passes away. Reassurance and support offered in regards to this.

We discussed building structure to his week and I praised Leon for the efforts he is making with attending the gym and the Bothy, which he intends to go to this evening. He has not yet started going out for short walks yet and I encouraged him to do this as it can help improve his mood. His befriender, Neil, is back after a period of absence and they have fortnightly contact which Leon enjoys. Leon continues to have daily input from Richmond for an hour in the morning. I suggested the Sunflowers support group that is on on a Friday morning at YMCA might be an option that would suit Leon, he advised that this and Neil might be too much in one day though, perhaps Leon could attend this on a fortnightly basis? We will discuss further at next appointment. I also suggested Weston gardening group, Leon declined this saying that he has no interest in gardening.

Leon continues to engage well in his hobbies when at home, he spends an hour a day playing his musical instruments/singing and has also been working on a novel and painting his figures.

We discussed frequency of contact

10/05/2022 16:22

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

I visited Leon at his home this afternoon due to difficulty hearing what he was saying on the phone.

He told me he had really struggled yesterday with low mood. He told me that his mother is now on palliative care and this is playing a lot on his mind. He continues to have regular contact with her 2-3 times a day on the phone. And at present plans to visit her in September when it's his son Darren's birthday. He reports she sounds well on the phone. He does not know how he will cope in the future. I reassured Leon that he would be supported through difficult times by the CMHT, as well as other supports that he has in place.

Otherwise Leon is coping well at present, going out for walks with his support workers from Richmond and he intends to attend the Bothy music session in Springfield. He missed last week for his community gym session due to transport issues, I encouraged Leon to take the bus to this this week as it is only a short distance. We discussed the health benefits of exercise. Leon will consider this. He continues to engage well with his hobbies including painting models and writing.

Plan:

Next visit 24/5/22

10/05/2022 11:41

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Leon attended Weston for medication collection and agreed to some of his physical health checks but was in a rush due to his taxi waiting. He advised me that he was feeling a bit depressed, I offered to phone him this afternoon which he has agreed to.

26/04/2022 15:14

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

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Leon attended Weston House for planned appointment. Leon reported to be doing well with no COVID symptoms. Bloods obtained - U&E's, d-dimer, LFT, FBC, CRP - last check before going to 6monthly monitoring. Clozapine levels checked with green result. Leon received 14 days medication as per kardex. Next appointment on 10/05/22 for medication pick up and physical observations.

22/04/2022 09:37

Steve Adamiak - Fitness and
Activity Co-ordinator - General
Psychiatry (Mental Illness)

Team

PHYSIO - MENTAL HEALTH

S- Leon attended for agreed consultation session at the ceres centre this afternoon, Leon was supported along to the session with his richmond support worker. Leon appeared happy to attend the session

O- Full Mind & Move paperwork completed, (ParQ (+1), Lifestyle Questionnaire & WEMWBS) all included in morse notes

A- Leon identified a historic cardiac issue but could not say what this was (later email to Dr Olley confirmed this was asymptomatic sinus tachycardia. No issues with Leon beginning a programme of activity. Leons support worker confirmed it will be difficult to sustain every week of brining him up every week, discussed the possibility of Leon being able to use the nature trail and walk to his session once his fitness levels increase, Leon appeared quite receptive to this idea.

P- Leon will attend next week for first session

19/04/2022 15:53

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

Leon engaged in general conversation with myself telling me he had enjoyed his time over at his mothers (nearly 2 weeks) but was saddened that she had been admitted to hospital following his visit, she has since been discharged. He is spending a lot of his time writing and wants to have a book published. Also spending time doing his music and has a new guitar arriving tomorrow. He continues to have contact with his befriender but unfortunately this is on hold due to a bereavement related absence.

Plan:

Further home visit appointment arranged with myself 24/5/22.
Leon will attempt to start short outdoor walks in the company of support workers.
Leon will commence community gym sessions.

13/04/2022 22:50

Trixy Heather - CMHN Band 6 -
General Psychiatry (Mental Illness)

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Leon collected 14 days supply of medication, he did not have time to sign his CPA as he had a taxi waiting for him.

12/04/2022 14:22

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

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Telephone call from Leon to inform staff he would be unable to collect his medication today but will have support to help him collect it tomorrow afternoon.

15/03/2022 15:11

Bethany Herd - Student Nurse -
General Psychiatry (Mental Illness)

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Leon came in today to collect his medication and to complete a passport for health. Leon appeared in good spirits and presented well. No concerns or issues raised at this time. Reminded Leon that he can phone Weston if he needs to talk to someone or is in need of some emotional support.

07/03/2022 13:15

Bethany Herd - Student Nurse -
General Psychiatry (Mental Illness)
being made to the community gym
to improve his overall physical
health and increasing activity level
to which Leon agreed. Leon also
agreed to a OT referral being
made. Leon shared that he feels it
is a combination of his physical
and mental health that stop him
from going out as much. Leon
shared that he is hoping to start
busking in the future and would
like to get out walking more.

Referrals going to be made for OT
and community gym. Arranged
with Leon to meet on Tuesday
when he comes to the clozapine
clinic to fill in his passport to
health. Follow up appointment sent
out.

01/03/2022 15:15

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Leon attended the Clozapine clinic
this morning. Denied any
symptoms of Covid19 at this time.
Bloods obtained for Clozapine
monitoring and sent to labs for
testing. Observations taken and
recorded in relevant form in Morse.
Leon was noted to be short of
breath and stated he was feeling
anxious but was unable to identify
any reason for this. Performed
some controlled breathing with
Leon prior to having his bloods
taken which helped settle him. He
informed staff he had been to a
recording session with his care
worker on Friday which he had
enjoyed. Collected fourteen days
of medication further untimed
appointment arranged for 15/03/22
to collect medication.

24/02/2022 16:28

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - CMHN Band 6 -
General Psychiatry (Mental Illness)

Leon attended as planned for his
CPA accompanied by his
Richmond support worker Linda
Roy. Leon's mother was able to
attend via TEAMS for a short time,
she expressed concerns as
previously documented.

21/02/2022 10:45

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - CMHN Band 6 -
General Psychiatry (Mental Illness)

Leon left a message requesting a call back. CMHN telephoned Leon he wished to confirm time of CPA on 24th February and asked if Richmond fellowship worker could also attend Weston. Same agreed.

15/02/2022 12:19

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Keryn Brown - Staff Nurse -
General Psychiatry (Mental Illness)

Leon attended the clozapine clinic this morning at Weston. He denied any symptoms of COVID, with none evident during the interaction. Leon was issued with 14 days medication as per kardex. Next appointment arranged for 01/03/22. No further issues or concerns discussed at this time.

01/02/2022 11:44

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Keryn Brown - Staff Nurse -
General Psychiatry (Mental Illness)

Leon attended the clozapine clinic at Weston this morning. He denied any symptoms of COVID, with none evident during the interaction. Clozapine bloods obtained and sent away for analysis. Vital observations obtained - blood pressure 151/91, weight 134.2kg, pulse 108, waist circumference 125cm, temperature 35.9 and SPO2 97. Leon appeared slightly anxious in presentation. He denied any issues or concerns he wishes to discuss. Two weeks of medication also issued as per kardex. Next appointment for clozapine clinic is 15/02/22.

18/01/2022 12:13

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Keryn Brown - Staff Nurse -
General Psychiatry (Mental Illness)

Leon contacted Weston this morning to advise that due to anxiety, he would be unable to attend to collect his 2 weeks medication, however would be able to attend tomorrow with the help of the support worker - staff to facilitate same, with another appointment being arranged for tomorrow afternoon.

17/12/2021 16:22

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Leon attended earlier this
afternoon to collect medications,
medications were not available
due to delay from dispensary, Leon
informed of this.

Medications will be delivered to
Leon at home address after 5pm
this evening.as per kardex.

13/12/2021 14:43

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

stated he was feeling much better and planned to go and play some music on his bass guitar. If his negative thoughts continue, Leon stated he is going to try writing his thoughts down and break them down to challenge them and think about what advice he would give to someone else to see if this will help. Later tonight Leon plans to listen to some of his classical music to help relax him before retiring to bed.

08/12/2021 11:08

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Keryn Brown - Staff Nurse -
General Psychiatry (Mental Illness)

Blood results from 07/12/21 entered into CPMS - green result. Cholesterol 2.7 (range 3.3-6.5) - consultant informed of same.

07/12/2021 14:45

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Keryn Brown - Staff Nurse -
General Psychiatry (Mental Illness)

Leon attended the Cupar clozapine clinic this morning. No symptoms of COVID evident during the interaction. Leon consented to having his monthly clozapine bloods, as well as his six-monthly fasting glucose and lipids. Vital observations also obtained - weight 130.8kg, blood pressure 154/80, pulse 118, temperature 36.1 and O2 saturations 99. Leon was also issued with 14 days medication as per kardex. Next appointment for clozapine clinic on 21/12/21.

24/11/2021 09:16

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

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

I had a follow up telephone appointment with Mr. Gratton on the 23rd November 2021.

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 this

Medication: Clozapine 300mg nocte, Fluoxetine 60mg od, Folic Acid 5mg od, Aripiprazole 20mg od, Omeprazole, cream and Methotrexate for Eczema

Update from the appointment: Mr Gratton stated that he continued to still feeling "panicky" at times . He denied new trigger for this. He stated that he had been spending the majority of his time at home as before, however was attending appointments at Weston day hospital and Dermatology - usually using a taxi for this, though had taken the bus earlier this year. Despite problems with anxiety which have been longstanding he was still in regular contact with his befriender who he sees regularly. He continues to enjoy hobbies, which includes playing his guitar and there was not evidence of Depressive symptoms that day. He denied suicidal ideation or plans, appetite was intact and he had slept well the night before. He did not report paranoid ideation, which had been prominent in the past when unwell.

He denied auditory hallucinations however did report recently when looking at photos not recognizing the faces of people in them despite knowing them well, which he had found upsetting at the time. He did not describe any other possible psychotic symptoms that day

24/11/2021 09:16

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

medication regularly and he denied new impairing side effects from these - he agreed to continue with current medication doses as generally his mental state has been reasonably stable over recent months.

Recommendations

1. Due to his generally stable mental state, I did not suggest changes to his medication that day.
2. Continued input from Weston Day Hospital who provide him with his medication and undertake regular physical monitoring/ bloods/ ECG due to his use of Clozapine
3. Follow up telephone appointment with me in one year - could be seen earlier if deterioration before this next appointment - nurses will kindly keep me updated on his progress.
4. Next CPA meeting at end of January 2022.

23/11/2021 13:51

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Leon attended this afternoon for his Annual ECG as part of his Clozapine Physical Health Monitoring. Same taken and sent to Dr Olley. Leon denied any symptoms of Covid19, with none evident throughout interaction. Vital signs observations taken and recorded in relevant form in Morse. Collected fourteen days medication. Further appointment arranged for 07/12/21 for 6 monthly Clozapine fasting bloods and collection of medication.

20/10/2021 16:25

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

ADHOC telephone contact, Leon stated he has an appointment on 9th November with Dr Olley, also informed he is low in mood, crying sometimes. Worried he is going to lose his mother, his father is having a scan for possible cancer and his stepmother has cancer. CMHN normalised feelings, encouraging Leon to take a day at a time. He plans to have christmas at his mum's house, sleep good, appetite good, enjoys watching certain programmes on the television. Looking forward to seeing his befriender next week. Plans to collect medication on 26th October 2021.

12/10/2021 13:49

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Attended Weston for Clozapine bloods and collect medication as planned. Negative to all Covid19 questions at this time. Noted to be slightly anxious due to having bloods taken today as Leon stated he does not like having this done. Reassurance given same accepted. Bloods obtained and sent to labs, observations taken and recorded in relevant form in Morse. Noted to be an improvement in Leon's skin with it being not so dry and cracked. Leon informed staff he has been applying his lotion and feels his medication is helping.

31/08/2021 11:42

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Leon attended to collect fourteen days supply of medication. Leon informed he is feeling well, he interacted well with good eye contact. no changes to risk noted. Leon agreed and signed CPA document. Next clozapine clinic is 14th September.

17/08/2021 14:29

Gavin Melville - Registered Mental
Health Nurse - General Psychiatry
(Mental Illness)

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Attended for routine blood monitoring for Clozapine therapy and assay level. Leon happy to give a blood sample. Skin noted to be better but still very dry and broken in places. Praise given for attendance due to chronic anxiety about public transport. 2 weeks supply of medication given at same time. Leon's mental health remains stable and without issue at the moment.

10/08/2021 12:02

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Returned call to Leon, Leon asked if everything was ok with his ECG. Leon stated he sometimes has difficulty sleeping and then sleeps day and night. States he has been having nightmares and flashback from when he was raped as a child, unaware of any triggers. Leon has a telephone appointment tomorrow for a dermatology review. Advised of assay blood test planned for 17th August.

12/07/2021 16:12

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Attachments

L G 6mnth WEMWBS.pdf

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

6 monthly Clozapine Physical
health checks Warwick Edinburgh
Rating Scale attached to files.

06/07/2021 12:04

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Attended Weston and collected 14
days supply of medication as
arranged. Covid19 questionnaire
completed, negative to all
questions at this time. Waist
circumference taken noted to be
138cm. No complaints offered or
noted Further appointment
arranged for clozapine bloods and
collect medication on 20/07/21 at
11.30am

23/06/2021 14:33

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Blood results from 22/6/21 entered
to CPMS system, GREEN result.

22/06/2021 14:48

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Leon attended for 6 monthly
FASTING CLOZAPINE bloods as
arranged. Same taken and sent to
labs for testing. Covid19
questionnaire completed, negative
to all questions at this time.
BP,PULSE,TEMP,WEIGHT taken
and recorded in relevant form.
Clozapine GASS and Warwick
Edinburgh Rating Scale
completed. Leon reported no
concerns at this time.

25/05/2021 14:28

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Leon attended for clozapine
bloods as arranged. Bloods for
LFT, FBC, U&E AND IRON levels
taken and sent to labs for testing.
Covid19 questionnaire completed,
negative to all questions at this
time. BP,PULSE,TEMP,WEIGHT
taken and recorded in relevant
form. Leon reported no concerns
at this time.

21/05/2021 14:47

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Helen Maver - Support Worker -
General Psychiatry (Mental Illness)

Telephone contact as arranged
Leon sounded bright and
conversed well at time of call
conversation about his recent visit
from his Father which had went
well and he had enjoyed. Leon
also informed me that he is going
to visit his Mother on the 6th June
and is planning on staying and is
returning home on the 12th June
he is looking forward to this. Leon
continues to keep himself busy
playing his guitar, also has been
out a few times with his support
workers for a short walk and is
planning on going to his local shop
later today he stated that he has
been before when he feels he is
able to go out on his own. I have
arranged to call him again in two
weeks.

18/05/2021 15:54

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Leon telephoned to inform he will
be staying at his mother's house
from 6th to 12th June inclusive and
would require extra medication on
25th May.

27/04/2021 16:08

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Leon contacted Weston this morning to inform staff he was not going to attend the clozapine clinic due to not feeling well informing he had a high temperature and thought he might have to self isolate in case his symptoms were Covid19 related. Leon was informed that staff would go to his house to take his clozapine bloods for monitoring and deliver his medication. Medication issued, bloods taken, BP 119/76, Pulse 110, Temperature 34.8 Leon advised to take 2 paracetamol to help with his symptoms and if he felt any worse to telephone the number of his GP where he would get an option to select the COVID19 helpline.

23/04/2021 14:51

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Helen Maver - Support Worker -
General Psychiatry (Mental Illness)

Telephone contact with Leon today he sounded bright and conversed well throughout the call, no concerns voiced stating when asked that he is feeling okay just now. Leon is keeping himself busy with his music and writing poetry and has a friend who visits every few weeks where they spend time practising their music. I have arranged to call again in two weeks.

13/04/2021 11:51

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Kimberley MacLean - Community
Mental Health Nurse - General
Psychiatry (Mental Illness)

Attended Weston Day Hospital to collect medication as arranged. No issues noted. Issued with 14 days supply of medication. Further appointment arranged for 11:30 on 27/04/2021 to have bloods taken. Leon aware of same.

31/03/2021 17:05

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Written in retrospect, Leon attended the clozapine clinic, bloods were taken for FBC, LFT's, U&E's, they were sent to local labs. Blood results entered onto cpms today green result. Leon's hands were noted to be dry, and broken gp and Dr Olley informed via email.

25/03/2021 15:43

Helen Maver - Support Worker -
General Psychiatry (Mental Illness)

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Telephone contact with Leon twice today first time he had his support worker visiting so i arranged to call him back later, Leon conversed well he sounded cheerful no concerns voiced at time of call he informed me that he had to cancel his covid vaccination as he cannot get it whilst he is taking the medication he has just recently been commenced on for his skin condition and will have to rearrange for a later date. I have arranged to telephone him again on the 8th April.

17/03/2021 15:37

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

CMHN Trixy Heather returned Leon's call. He informed he can not get his covid vaccine whilst taking Methotrexate, Leon advised to discuss with the dermatology department. No problems noted.

16/03/2021 13:15

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

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Leon attended and collected x14 days medication as per kardex. No problems offered or noted at this time. Leon noted to be cheerful in conversation. Further appointment arranged for 30/03/21 at 11.30am.

01/03/2021 13:23

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Leon telephoned to check if dermatology had been in touch about his blood test same confirmed. Leon had his first does of methotrexate last week, it is taken once a week, Leon reports no side effects. Discussed getting fortnightly telephone calls from support worker Helen Mavers, Leon agreed to same. To attend clozapine clinic tomorrow.

23/02/2021 17:43

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Telephone call received from Jean Gardiner dermatology clinic requesting bloods U & E's , LFT's and full blood count to be repeated 4 weekly due to Leon commencing methotrexate for his skin condition. Bloods will be taken on 02/03/2021.

22/02/2021 15:50

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Leon telephone he is feeling anxious about an appointment with his dermatologist tomorrow, Leon states his skin on his hands and feet are particularly bad and have deteriorated since the phototherapy stopped. Leon's step father will take him to the appointment. Discussed relaxation techniques.

16/02/2021 16:23

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Leon collected fourteen days supply of medication, given by Kimberley Martin. Leon agreed for S/N Heather to sign his CPA documentation to be sent out. Next appointment for the clozapine clinic 02/03/2021.

20/01/2021 14:11

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Leon collected fourteen days supply of medication, no problems noted. Leon telephoned following a phone call from his mother stating his phototherapy treatment was changing. Discussed with Leon he is being offered oral puva treatment involving taking a tablet two hours before phototherapy commences, he will then require to wear sun glasses for 24 hours, the treatment would be twice a week. Email sent to Dr Olley and Pharmacist Jonathon Bate to check compatibility with clozapine.

19/01/2021 15:19

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Telephone contact made with Leon, he will collect his medication tomorrow morning.

11/01/2021 11:50

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Leon telephoned, he has received the Link for CPA planned for 14/01/2021. Leon would like to discuss his medication with Dr Olley as he feels drowsy after taking his morning medication Omeprazole 20mg, Aripiprazole 20mg, folic acid 5mg, fluoxetine 60 mg. Medication can be discussed at CPA. Leon informed his befriender has been in contact.

07/01/2021 16:24

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Leon telephone, his befriender did not make contact today. I agreed to let Senga the LINK befriending co ordinator know Leon wished to speak with her. Leon stated he was fine, enjoyed his christmas at his mum's house. Start back light therapy for skin tomorrow. Reminded of planned CPA for 14th January.

05/01/2021 14:15

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

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

Leon attended for Clozapine bloods and collected fourteen days medication as per kardex. Bloods obtained and sent to labs for testing. Leon denies any symptoms of Covid 19 at this time. Denies any problems with constipation. Skin noted to be dry today, Leon informed he has been applying his cream regularly. No evidence of any anxiety symptoms noted today, Leon stated he had enjoyed time with his Mother over the festive period.

25/11/2020 15:21

Team

MH CMHT (MH COMMUNITY
MENTAL HEALTH TEAM)

Trixy Heather - Staff Nurse -
General Psychiatry (Mental Illness)

Attended an hour early for annual
clozapine physical health checks.
ECG. BP. pulse, weight taken.
completed The Warwick-Edinburgh
mental well-being scale score 63,
and The GASS for medication side
effects score 14 absent/mild side
effects. Interacting well with staff,
no problems noted. Continues to
attend St. Andrews community
hospital for light treatment three
times a week. Informed of fasting
bloods due on 08/12/2020.
Supplied with fourteen days
medication.

Morse Continuation Notes

CHI: 1703751191

Name: GRATTON, LEON

Published: 05/05/2026

05/05/2026 13:51

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Leon had his 6 monthly CPA
review at Weston House on
30/4/26 at 10am.

Present: Leon, George (step
father), Dr Olley Speciality Dr in
Psychiatry, Michael Ireland SW,
Graham Lumsden Senior Support
Worker Richmond Fellowship.

CPA care plan to be updated and
an appointment has been
arranged to visit Leon at home on
14/5/26 at 11am to discuss
complete/sign care plan.

CMHN White to contact CRT Team
Lead to seek clarity about a
referral (due to Richmond
involvement) and plan would be for
Dr Olley to submit a referral
thereafter.

Email has been sent to Team Lead
Emily Morris regarding this.

26/02/2026 10:54

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

MH CMHT North East Fife

Leon has telephoned CMHN on 3 separate occasions this week and I was able to return his calls this morning.

We spoke on the phone for 10 minutes.

Leon shared his frustrations that Senior support worker Graham Lumsden is "dragging his heels" about a request Leon has made for money recently and this is stressing him out. I enquired if he was referring to the request of £2,750 for a new guitar that we spoke about at our last appointment and Leon said it was. Through discussion Leon acknowledged that this is a particularly large amount of money and that this is why it was taking a while for Graham to process this request. Leon does recognise that he has a tendency to over spend his money which is why Richmond support him with budgeting.

Leon also shared that his son had contacted him to inform him that Darren's mum (Leon's ex) has undergone surgery to have part of her lung removed. This has impacted on Leon in that he has been worrying about his son going through a difficult time with his mum. CMHN validated his concerns and offered support and reassurance.

He shared that he is feeling overly tired, sleeping well overnight but also napping alot during the day too, also he is experiencing a flare up with his eczema.

On a more positive note Leon's next book is due to be published on his birthday 17/3/26. And he spoke about hoping to go for a meal at the newly opened pub around the corner from him.

Leon enquired as to what was happening with his referral to the community rehab team. I advised

02/02/2026 14:34

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Home visit to Leon this afternoon,
ahead of his CPA meeting
scheduled for 5/2/26.

We discussed the meeting as I received an email from Graham Lumsden to say that he could not attend the meeting as he is on annual leave.

Leon is now saying that he is unable to attend as he has no money for a taxi. I enquired about Richmond staff bringing him in but Leon says they don't come in until later in the day. I advised that I have emailed Graham to enquire about support worker supporting Leon's attendance as well as contacting Dr Olley upon his return enquiring if we should reschedule due to low attendance.

Today Leon was settled mentally. He was dressed in joggers and a t shirt and scratching at skin on his arms, upper body and back, due to a flare up of dermatitis (he has betnovate cream to help with this).

His house remains cluttered and neglected in all rooms.

Leon denied any current concerns about his mental health.

When asked direct questions he said he felt his mood was depressed.

When asked about perceptual disturbances said that he sometimes hears the voice of his mum and dad but said it's just his imagination.

Complaining of feeling lonely, and feels this is why his mood is lowered. When I explored potential options for socialisation he was dismissive of this.

30/01/2026 16:26

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Telephone conversation had with
Leon's step dad George, he is
unable to attend CPA on 5th but is
happy for this to go ahead without
him and hopefully he can attend
the next one.

He wanted me to bring to the
meeting ongoing concerns that he
has about the condition of Leon's
house that he believes is a health
and safety risk to Leon and others
who visit him due to clutter and
long cables etc.

Leon is aware the meeting is going
ahead and Dr Olley also informed.

29/01/2026 14:54

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Telephone call from Leon Gratton
asking if the date of his CPA can
be rescheduled as his step father
George is unable to make that
date due to work commitments.

I have attempted to call George
(with Leon's permission) to
ascertain what day's would suit
him best or if he is ok to have the
meeting go ahead without him
there.

No answer when I called his
landline so I have left a message
for him to call Weston.

23/10/2025 11:31

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Scheduled home visit changed to
telephone appointment due to
CMHN constraints. Leon accepting
of same.

Leon engaged well on the phone,
despite his voice being very croaky
and hard to make out what he was
saying. Leon says this is due to
him singing so much that he lost
his voice.

Update -

Mental Health - Leon reports no
current concerns, says his mood is
fine and he is not bothered by any
psychotic symptoms at present.

Sleep - Having difficulty getting off
to sleep at the moment, unable to
identify a particular cause for this,
saying it's a combination of
everything. Reports feeling
extremely tired at present and has
been since illness with pneumonia.

Appetite - no concerns identified. 3
meals a day plus snacks and
adequate fluid intake. Is taking
rehydration tablets daily from the
supermarket to help improve his
recovery from recent pneumonia.

Social - Maintaining contact with
family. Awaiting to hear from
Crossroads re befriender. Pleased
that local pub has reopened and is
awaiting their music group to start
up again in due course.

Social Work - Still awaiting an
annual social work review. CMHN
emailed about this on 11/9/25 and
sent a further email today.

Today we had a discussion about
a possible referral for Leon on to
the Community Rehab Team. Leon
seemed open to this and I advised
that I would discuss his case with

11/09/2025 16:50

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Scheduled home visit to Leon this
afternoon for the purpose of
completing and signing CPA care
plan.

Leon appeared well today.

Shared details of recent admission
to VHK for pneumonia.

Leon found it a very frightening
experience due to thinking that he
was going to die.

Despite this he is pleased that he
has recovered well.

No concerns raised regarding
mental health.

Today Leon reports that he is
feeling a bit down due to
loneliness.

Encouraged to engage in activities
that encourage socialisation, in
particular local music groups.

Leon finds it difficult to engage with
local music group in Ladybank due
to it being a really small venue and
not being enough room for people
to sit.

Remains on waiting list with
Crossroads befriending.

CMHN and Leon to explore other
options too.

Plan:

Further CMHN appointment to be
arranged.

Leon attending Clozapine clinic at
Weston on Tuesday.

27/08/2025 19:25

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Home visit to Leon on 21/8/25,
ahead of CPA review on Thursday
this week. Leon has had his hair
shaved off since the last time I saw
him. His home environment was a
bit tidier than it has done
previously.

Leon advised that he will be
attending the meeting with his
Step Dad George.

Update -

Reports "up and down".
Sometimes bothered by auditory
hallucinations, which he copes
with by challenging them.

Continues to enjoy all his usual
hobbies.

Has not been out of the house
over the summer apart from a
couple of short trips to Burger
King.

Leon advised that he is hoping
Graham Lumsden Senior Support
Worker, Richmond, would be
arranging a support worker to help
him access fishing, but this has not
happened yet.

Leon remains on the waiting list for
a befriender through Crossroads
but he has not heard from them as
yet.

Leon remains fully compliant with
his medication and associated
physical health monitoring,
however, he continues to voice
that he would like his clozapine
medication reduced due to reports
of feeling fear at night time which
he believes to be a side effect. He
also reports some dizziness over
the past 4-5 weeks.

17/03/2025 14:17

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

Leon attended Weston House on
13/3/25 for an appointment with
CMHN White and Dr Olley.

MH CMHT North East Fife

Linked Appointment

Leon also agreed to St/N Omar
Levene being present.

13/03/2025 15:30

MH CMHT North East Fife

Linked Case

Today we discussed the recent
incident whereby Leon had written
a love letter to befriending co-
ordinator Senga Smith.

Case Team:

Leon was embarrassed to be
discussing this.

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

He voiced that he regretted
sending the letter to Senga, in the
context of his feelings not be
reciprocated by Senga.

It seemed Leon was not really
appreciating that it had been an
inappropriate action due to
professional boundaries.

At today's session we also
discussed Leon's care plan from
his recent CPA review.

Leon was agreeable to the
contents and signed the
document.

This has been passed to CMHT
secretary for distribution to
relevant parties.

Whilst at appointment today, we
discussed the need for an updated
passport to health.

Leon was agreeable to myself and
St/N Omar visiting him at home
next week to complete this.

Plan:

Home visit to Leon on 24/3/25 at
3pm to complete passport to

24/02/2025 16:02

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

MH CMHT North East Fife

Linked Appointment

24/02/2025 15:00

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Scheduled home visit to Leon this afternoon. Leon had not been expecting me but welcomed me in to his house nonetheless. He appeared slightly dishevelled, with the skin on his arms appearing dry/itchy with patches of broken skin. His house was unkempt with his bedroom in particular was in a state of disaray. Leon indicated that he plans to tidy the house before George arrives on Thursday.

Update -

Leon reports no new concerns with his mental health. He described sometimes feeling "depressed" but denied any accompanying thoughts of self harm or suicide, saying that his son Darren was a strong protective factor.

He denied any issues with auditory hallucinations but then did say that he heard a loud scream when trying to go to sleep the other night. He related to past trauma that he has experienced.

Leon's input with LINK befriender Georgie has now stopped as Leon was not getting out the house with him and it was not felt to be the best use of the service.

He is currently on the waiting list for a befriender from Crossroads.

28/01/2025 11:56

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

MH CMHT North East Fife

Phone call received from Senga
Smith Project Manager at LINK
befriending on 24/01/25.

Senga advised me that she had
received a love letter from Leon.
She has sent a copy of this to me
and it will be added to FILES.

This has come out of the blue with
no previous suggestions from
Leon that he has any feelings
towards her.

Senga discussed that they have
had team discussions recently
about volunteer resources at LINK,
and it is felt that as Leon is not
engaging with his befriender
Georgie out with the home
environment it has been decided
that they will withdraw this service
at present as Georgie might be
best placed to support another
person.

Senga has written out to Leon to
advise him of this.

Today I phoned Leon.

He sounded more on edge on the
phone today and described having
a shorter temper than usual,
coping with this by trying to sleep it
off.

He advised that he was feeling
physically unwell, with headaches
and a flare up of his asthma,
concerned that he is running out of
inhalers.

He has tried to contact GP about
this but felt it wasn't getting dealt
with.

I agreed to contact pharmacy on
his behalf because he sounded
really stressed about it. Spoke with
pharmacy and they had received
prescription from GP and it will be
sent out to him on Thursday.

07/01/2025 14:35

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Telephone message received from
Leon enquiring when I will see him
next.

I phoned Leon back and we
discussed current nursing input.

Leon is currently seeing CMHN
Brougham 4 weekly for support
with anxiety management.

It was agreed that I would visit
Leon at home in February, ahead
of his next CPA meeting.

Plan:

Letter sent out for a home visit on
20/02/25 at 11am.

11/11/2024 09:58

Team

MH CMHT North East Fife

Amanda White - Staff Nurse -
Community Psychiatric Nursing

When Leon was at his medical
review last week he informed us
that he was due to have fasting
blood glucose taken with the
diabetic team.

He asked if this could be done at
Weston at the same time as his
clozapine monitoring to avoid
having to go for bloods on 2
separate occasions.

Contact made with HCSW at
Weston and GP surgery and it was
agreed that Diabetic team would
access results through portal,
following Leon's annual blood
monitoring at Weston in
December.

Leon is aware of same.

21/10/2024 14:44

Amanda White - Staff Nurse -
Community Psychiatric Nursing
Plan:

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

05/09/2024 15:34

Team

MH CMHT North East Fife

Linked Appointment

05/09/2024 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

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Home visit to Leon today.

CPA care plan read and discussed,
Leon has now signed this and it
has been sent to CMHT secretary
Alison Breckons for distribution to
relevant parties.

Today Leon advised me that she
had contact from an organisation
called Crossroads, who are
seeking to find a befriender for
Leon who shares his interest of
guitar playing. Leon understands
that this may take some time.

We have agreed a further
appointment in 4 - 6 weeks time
and intend to look at anxiety
management techniques as
discussed at the CPA.

Today we discussed breathing
techniques and I encouraged Leon
to watch his Thai chi DVD that he
recently purchased, unfortunately
Leon tells me that he is unable to
do this at present due to not
having a DVD player. I suggested
he look at youtube for videos for
beginners, he can access this on
his TV so will try and do this.

Leon described his anxiety to be
physical symptoms of heart
palpitations and a sense of
impending doom, he identified that
writing can help take his mind off
this.

Plan:

Next CMHN appointment 17/10/24
at 11am, home visit.

Explore anxiety management
strategies.

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.

21/05/2024 16:57

Team

MH CMHT North East Fife

Linked Appointment

21/05/2024 15:00

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 -
Community Psychiatric Nursing

Scheduled telephone appointment
with Leon on 14/5/24.

Update -

Reports that "all is Ok", although
has been a bit tearful on occasion
in relation to loss of his parents.

Later in conversation Leon shared
that he does hear voices and
speaks to himself, the voices are
of people that he knows and
people that he has seen. He said
that the voices can be random and
scary and can trigger flashbacks.

He copes with this by distracting
himself with TV and playing base.

He identified that he can be
affected by things that happen to
him, which exacerbate his
symptoms. He gave an example of
a cousin recently commenting that
he was a crap base player.

We discussed recent discharge
from OT caseload. Leon said this
was "bound to happen" as he
wasn't achieving his goals.

Otherwise Leon continues to have
his daily support from Richmond,
as well as fairly regular contact
with his befriender Georgie, and
occupies his time playing pool and
music. Not writing as much
recently but has written 4 books in
the past 2 years which will be
getting released this year.

Physical health wise, his feet are
much improved and he is bathing
them in oilatum every evening and
applying creams.

Has toothache presently which he
is treating with Paracetamol, and

15/04/2024 14:39

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

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

MH CMHT North East Fife

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 go's.

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.

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

05/03/2024 16:05

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

29/01/2024 14:15

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

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

MH CMHT North East Fife

Linked Appointment

26/01/2024 14:00

Update -

MH CMHT North East Fife

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.

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

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

Outcome: None

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.

18/12/2023 16:01

Team

MH CMHT North East Fife

Linked Appointment

14/12/2023 15:30

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
with Leon at 3.30pm on 14/12/23.

Update -

No significant change in mental
state since our last contact.

Mood low sometimes.

Feels he is making good progress
with tacking anxiety, with input
from OT. Working towards a goal
of going to the cinema.

Spending his time writing and
playing guitar.

Continued input from Richmond

Continues to see befriender
Georgie every fortnight.

Attended LINK befriending
Christmas lunch - was
disappointed with the quality of the
meal.

No recent contact from son Darren
(he doesn't have Darren's number
to contact him)

Visited by George (step dad) on
Monday, exchanged Christmas
presents.

Will be having a quiet Christmas
this year, staying at home. Will
have input from Richmond.

Plan -

No change to current plan of care.

Agreed a further telephone
appointment in 6 weeks time.
Letter sent for 25/01/24 at 13:00
hours.

22/10/2023 19:21

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

Scheduled telephone contact with
Leon on 19/10/23.

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

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.

31/08/2023 14:34

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

Leon attended a CPA meeting at Weston on 24/8/23 at 10.30am, he was in the company of his step father George as well as his son Darren.

MH CMHT North East Fife

Linked Appointment

24/08/2023 10:30

MH CMHT North East Fife

CPA has been typed up and is to be signed by Leon ahead of distribution to relevant people.

Linked Case

Case Team:

MH CMHT North East Fife

Home visit with Leon arranged for 5/9/23 at 10am to discuss/sign CPA care plan, Leon aware of this.

Care Start: 25/11/2020 15:11

Outcome: None

20/08/2023 21:00

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

Visited Leon at home on 18/8/23 in the company of St/N Lessels.

MH CMHT North East Fife

Linked Appointment

18/08/2023 15:00

MH CMHT North East Fife

Purpose of the visit was to offer support to Leon following the recent death of his father. Leon was understandably lower in mood than usual but overall he appeared to be coping well with the situation. He is keeping himself busy with his usual hobbies and interests. He says that he is sleeping and eating ok. Looking forward to seeing his befriender Georgie on Monday and hoping they will go for a game of pool together.

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Leon is aware of his forthcoming CPA meeting next Thursday, he is agreeable for this to still go ahead. Leon was encouraged to seek additional support at Weston should he require it in the meantime.

02/08/2023 22:49

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

Scheduled telephone appointment
with Leon on 31/7/23.

MH CMHT North East Fife

Linked Appointment

31/07/2023 13:00

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Leon shared that his Dad was in hospital following a fall in the bathroom, he is considered to be quite poorly with a worsening of his cancer. Leon is going down to Manchester to visit him, he is being collected by his step brother Sean who will also bring him home again. Leon advised that his Richmond worker has helped him to pack and he is ready to go but does not know exactly when this will be, he expects it to be in the next few days. He has 3 weeks supply of Clozapine left and will ensure he is back home in time for next clozapine clinic appointment.

Leon is understandably upset and anxious about this situation. He continues to cope by distracting himself with his music. Leon shared that he does have a bus pass (when asked) but he does not know where it is, he has also lost his door key and is currently using his spare key, he intends to try and find both which he believes are in his house somewhere.

On a more positive note Leon shared that he has been allocated a new befriender called Georgie. They have met twice and this is going well so far, they will meet on a fortnightly basis. Leon went to the Bothy last week and has plans to go to the pub at Springfield to play pool by himself this afternoon, he advised that he continues to abstain from alcohol and has no interest in it.

Our next appointment will be a telephone call on 23/8/23 ahead of

28/05/2023 08:24

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

MH CMHT North East Fife

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>

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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

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

MH CMHT North East Fife

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.

23/03/2023 13:55

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

Saw Leon at home for a scheduled appointment. His Richmond worker Lisa Biset was at his house during visit.

MH CMHT North East Fife

Linked Appointment

23/03/2023 11:00

MH CMHT North East Fife

Linked Case

Leon and CMHN read and discussed CPA care plan, Leon has agreed to care plan and signed it. This has now been passed on to Secretary Alison Breckons for distribution.

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Leon expressed that he does not yet know what is happening about the possible increase in allocation of hours from Richmond Fellowship. He is hoping to have a trip to the cinema soon. I advised that I would get in contact with SW Aggie Sikorska to establish any progress regarding this. Following conversation with Aggie, she is yet to process this but is fairly confident that a further 2 hours can be allocated to Leon and will email to advise the outcome.

Leon advised that his mood has been a bit on the low side due to a difficult week for him due to it being Mother's Day on Sunday and also his mum's birthday yesterday. He accepted that this was a normal emotional experience and did not anticipate that it would become problematic, however, we will continue to monitor his mood. He did enjoy a visit from his Auntie last Friday as it was his birthday and she took him for a steak at his local pub. Leon also voiced that he would like to spend Christmas in Warrington with his dad this year, it is hoped that this goal will help to motivate Leon to address his anxieties around using public transport.

21/02/2023 16:36

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

MH CMHT North East Fife

Linked Appointment

21/02/2023

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 today to collect his 14 days supply of clozapine medication. No concerns of note at this time. Next due to attend Weston for clozapine/bloods/physical healthcare monitoring on 7/3/23.

Later had a scheduled phone call with Leon. He reports being well apart from an ongoing head cold, which is improving. He is aware of CPA on Thursday and will attend with step father George, he has no anxiety about this meeting.

Spoke to Leon about missing medical review on 16/2/23, Leon said that he had just forgotten about it and was apologetic about this. He was wondering if he was going to be prescribed Metformin as had previously been discussed with me, following a suggestion from Dr Olley. I advised that this was something that was going to be explored at the medical review that he unfortunately missed last week. I have emailed a copy of an information sheet about Metformin for Leon to read in the meantime.

Plan:

CPA on Thursday 23/2/23 at 10:30 hours.

Clozapine collection and physical monitoring 07/03/23.

CMHN appointment home visit 28/3/23 at 11:15 hours.

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.

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.

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.

18/11/2022 08:47

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

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

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

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.

25/10/2022 11:36

Amanda White - Staff Nurse -
Community Psychiatric Nursing
next home visit will be 17/11/22 at
11:30am.

14/09/2022 17:42

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

I saw Leon at home for a planned
appointment today.

MH CMHT North East Fife

Linked Appointment

12/09/2022 13:00

MH CMHT North East Fife

Linked Case

Case Team:

MH CMHT North East Fife

Care Start: 25/11/2020 15:11

Outcome: None

Leon presented as bright in mood
and engaged well with myself. He
was pleased to tell me that he had
been out for a couple of short
walks with his support worker, he
hopes to continue this. He intends
on going to the Bothy this week,
although did report feeling an
increase in anxiety last time he
was there. We spent time
discussing how we can tackle
these symptoms of anxiety. I
suggested he refer himself to Step
on Stress, online course ran by
Access Therapies Fife. Leon
seemed genuinely keen to try this
and advised that he was able to
access the internet at home. I
have therefore left this with Leon
to arrange. We also identified
meditation/thai chi to be an
effective way to promote
relaxation, Leon is planning to
introduce this into his regular
routine.

Following the visit I have written an
up to date care plan and will go
through this with Leon at our next
appointment and adjust it
accordingly.

Next visit planned for 20/10/22.

26/08/2022 11:10

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

MH CMHT North East Fife

Linked Appointment

Yesterday (25/8/22) Leon attended Weston for his 6 monthly CPA review in the company of his Step Father George. Please see CPA care plan on forms.

25/08/2022 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

During the meeting, when discussing physical health, Leon mentioned that he continues to be bothered by heartburn, despite taking regular Omeprazole to help with this. He also complained of occasional dizziness and CMHN also noted frequent raised heartrate. Dr Olley has requested that Leon's pulse be tested in his home environment to see if this makes a difference to his heartrate due to level of anxiety when attending appointments.

Much discussion took place regarding Leon's lack of motivation and his avoidance behaviour regarding leaving his house and using public transport. Leon remains on the OT waiting list and in the meantime Richmond staff and CMHN will continue to support Leon in managing his anxiety and taking gradual steps towards his goal of using the bus and attending community based groups.

Next Wednesday (31/8/22) Leon plans to attend the Sunflowers Group at Cupar YMCA in the company of his support worker Lisa. Lisa will then feedback to CMHN regarding how this went. Leon has requested that he collect his medication from Weston on Wednesday next week instead of Tuesday, as he will be in Cupar. This was agreed.

15/08/2022 17:13

Amanda White - Staff Nurse -
Community Psychiatric Nursing

Team

I saw Leon at his home today for a scheduled appointment.

MH CMHT North East Fife

He reports that he feels his mental state is "grinding to a standstill" saying that he is tired all the time and sleeping more than usual. He described his mood as a bit depressed, which is mainly grief related. He spends a lot of his time thinking about his mum and the fact that he will never see or speak to her again, and also wondering how he will cope at times like birthdays and Christmas. He said that he has not got feelings of anger, whereas this has been something that has been a problem for him in the past. He advised me of some paranoid ideas that he has been having that people might rob him. His anxiety levels continue to be problematic, especially at night time. He continues to avoid going out because of this, but does manage his fortnightly outings to the Bothy.

Leon advised me that he has not heard from his son Darren for a number of weeks now which is concerning him and he has intrusive thoughts about Darren harming himself. He has regular contact with step father George who plans to attend Leon's CPA with him next week.

We explored how Leon has been in regards working towards identified goals from previous visit. Leon advised that he has not been leaving the house for short walks and has not yet made attempts to use buses to get around. I encouraged him to try this with his support workers, even if only for a very short journey, Leon stated that he would endeavour to do this. I also encouraged him to

Name: KEVIN CRATTON

CHI

1703751191



Alerts

e.g. Allergies, safety issues, gender based violence

CITRUS FRUITS.

National Insurance Number

JC196564A

Patient consent on information sharing obtained?

☒ Yes

☐ No

Comment on any limitations:

MHA Status

MHA Status	✓	Comment
Informal	☒	
Detained	☐	
CTO	☐	
Other	☐	

Information Leaflets on service given to patient?

☒ Yes

☐ No

Capacity

Is there reason to believe this person's capacity is impaired? ☐ Yes ☒ No

If YES please ensure capacity is included in the care planning process.

	YES	NO	DON'T KNOW	If YES name, contact and details
Finances managed under AWI/POA	☐	☒	☐	
Welfare managed under AWI/POA	☐	☒	☐	
Other Plans	☐	☒	☐	If YES where can this be obtained
CPA	☒	☒	☐	<u>nursing & medical notes</u>
WRAP Plan	☐	☒	☐	
Advanced Statement	☒	☒	☐	<u>nursing notes</u>

Associated Documentation Completed

Document	Required Y	N	Date Completed
SSA	☐	☒	
RA1 <u>working with risk</u>	☐	☒	<u>26/04/16</u>
RA2	☐	☒	
Other risk assessments	☐	☒	
CPA	☒	☒	
MHA Treatment Form (T2)	☐	☒	
MHS Treatment Form (T3)	☐	☒	
Power of Attorney/ Guardianship	☐	☒	
	☐	☒	
	☐	☒	

Other Relevant Information Regarding Admission

CLOZAPINE
THERAPY.