

KERR, Colin (Mr) Date of Birth: **29-Nov-1979 (46y)**

Report Path: Local Record

Acorn House, 116-118 Shoreditch High Street, London, E1 6JN

NHS Number: 624 191 1090

Usual GP: BURRIDGE, Matthew (Dr)

Consultations

Date	Consultation Text
25-Jun-2026 15:22	Face to face consultation (Health E1, Homeless Medical Centre) BURRIDGE, Matthew (Dr)
Problem	Frozen shoulder (Review) Laterality: Left
History	x-ray result is normal
Follow up	Diary Entry Medication review (22-Dec-2026)
Regime Review	Medication review with patient
Problem	Knee injury (Review)
History	x-ray result is normal says that nefopam is a problem at acorn ho as shows up on drug screen and so cannot use to try topical meds instead
Medication	Diclofenac diethylammonium 2.32% gel When Required, maximum three times per day 100 gram
Problem	Dyspnoea (Review)
History	again complaining of shortness of breath he has had CXR that was normal last year now having shortness of breath on exertion when assessed before, was thought to have been related to anxiety/mental health issues etc
Comment	His overall presentation still suggestive of a mental health aetiology however, due to prev Hx of crack use for another CXR review with the result
Test Request	X-ray - Unknown specimen Test Request : XR Chest
Problem	Mental health review (Review)
History	today limited eye contact it would appear that MH issues are at least part of what is behind his presentations due to see MH nurse on 7.7.26
19-Jun-2026 12:41	Externally Entered MITCHELL, Sarah (Dr) Entered By: , System User ()
Lab Results	Plain X-ray foot (SM11) - Normal - no action
18-Jun-2026 08:23	accuRx Consultation AHMED, Jamil (Mr)
Comment	Dear Mr Kerr, The surgery will be closed from 1pm today due to staff training, we will re open again as usual from tomorrow at 08AM, any urgent medical assistance please contact NHS 111 Thanks, Health E1 NHS app message sent on 18/06/2026 08:23:16
16-Jun-2026 14:41	Administration note (Health E1, Homeless Medical Centre) HURST, Catherine (Mrs)
Problem	Mental health review (Review)
History	Due to move to a share house in Lewisham in the next couple of weeks Would like to see mental health team once he moves I will call back in two weeks to review this Likely has Cptsd I think would benefit from psychiatrist review for medication
09-Jun-2026 15:02	Telephone consultation (Health E1, Homeless Medical Centre) HURST, Catherine (Mrs)
Problem	Mental health review (Review)
History	No change with increase of mirtazapine 45mg

Promethazine aided sleep for a couple of night sbut then idn't find helpful
 No change in PTSD symptoms
 Would like referral to mental health team but is due to move. Once he know where he will
 be I am happy to make the referral to a local team
 I will call again next week to check in about this

05-Jun-2026 16:03	Outbound Referral (Health E1, Homeless Medical Centre) BRAHMAVARA SHANKARA, Rajesh Kumar (Mr) Entered By: KAMRUZZAMAN, Rashed (Mr)
Comment	Done by Mimi - re sent because ERS said below: CANCELLED REFERRAL Remove from worklist Cancellation date 27 May 2026 Reason OtherComments Referral corrupt, please re-submit
Document	e-RS Letter (05-Jun-2026) NHS e-Referral UBRN 000480623363 for Referral to musculoskeletal clinic, NHS e-RS UBRN 000480623363 for Referral to musculoskeletal clinic
Referral	Referral to musculoskeletal clinic To: NHS e-Referral Service
02-Jun-2026 16:46	Administration note (Health E1, Homeless Medical Centre) HURST, Catherine (Mrs)
Comment	Called no answer I left a message for f2f next week
26-May-2026 16:50	Administration note (Health E1, Homeless Medical Centre) HURST, Catherine (Mrs)
Problem	History of ACEs (Adverse Childhood Experiences) (First)
History	F2f Poor eye contact at times Normal speech rate/tone/volume Dressed appropaitely for the weather Colin was tearful at times throughout consultation Presenting concern - Flash Backs, Hypervigilance, Nightamres, panic attacks Adverse childhood experiences reported - Reports he was sexually abused in foster care aged 2. Reports he witnessed a very violent attack towards his step dad Jerry when colin was aged 5., these people used axes to attack his step day. Was sexuall abused age 7 Reports that a few years ago that his grandson died in a car accident and his daughter was criminally proseceted for negligence manslaughter and he didn't feel any emtion towards this Discussed that he has always covered up what has happened to him by drugs and alcohol, then wokring a lot he has not had the time to expereinces these memories and feelings Said that he is highly distrubed by nightly bad dreams. Has had a reoccurring dream since he was 5 of worms crawling over his body. Said that whenever he hears a bang or sudden noise he has flash backs of seeing an axe hit a wall when he was a child Said he is always on the look out for danger, can't rest when he is out in the street. He is spending a lot of time in his room as he struggling to be around other epople as he is easily triggered to anger or fear. Struggling to sleep due to waking up with the nightmares. Start to explore some of his childhood trauma but he does not have a trusting relationship with his therapist currently, doesn't feel that he can explore things with her Due to move to a sober house in south london in a month. Unsure about the next steps due to his fear ON mirtazepine 30mg. Said he feels less 'manic' on mirtazepine, said normally by now in rehab he would be trying frantically to fix everything in his life. Whereas now he feels a bit more slowed down and disconnected. Said that frantic engergy is often partly leads to relapse, so he is happy to continue mirtazapine Previous adverse reactions to SSRI Impression - Likely CPTSD symptoms Discussed that PTSD is best helped with spetic trauma therapy, holistic methods and there is limited evidence for medications We have discussed grounding methods adn anxiety management. I will write a letter for Colin to show rehab to recommend that he access trauma therapy in the future
Comment	Letter - for Trauma Therapy Discuss with Kasia re medication options Call back tomorrow

If actively harming or planning to end life contact 999 or Tower Hamlets Crisis Service: 0800 073 0003 or attend A+E

Discussed with pt anxiety management methods - Controlled breathing, mindfulness methods, grounding, increasing exercise and good nutrition ect. Pt resources to be sent via text.

Document

To whom it may concern letter written  Blank ELFT Letterhead Template- Latest