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Chief Executive: Pamela Dudek
NHS Highland, Assynt House, Beechwood Park, INVERNESS IV2 3BW
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Physiotherapy Discharge 11/08/14

Dr Lydon

GOLABEK, AMANDA 1211799123

Date of Birth: 12/11/1979

GP Practice: Ainess/Invergordon Medical Group

Source of Referral: Self referral

Date of Receipt of Referral: 10/06/2014

Review Date:

Urgent?: Urgent

Service referred to: Physiotherapy

Category: MSK

Primary Intervention:

Caseload: Lorna Levey

Treatment Location: County Community Hospital Invergordon

Status: Discharged

Treatment Goal Outcome: Patient stopped treatment

Referring Specialty:

CSP (SLT Only)?: Neither

P.C.

*Weak rotator cuff- left

*Psychosocial issues

Intervention:

Note: *Living life leaflet provided to patient as she mentioned on her referral form that her pain 'makes me feel suicidal'.

*Rotator cuff strengthening exercises

*Reassurance

*Bra advice

Outcome:

P.T.O.



*The patient failed to attend her follow up appointment. No contact has been made in over 1 month.

Contacts:

Date	Type	Location	HCP	Service
11/06/2014	One to One	County Community Hospital Invergordon	Lorna Levey	Physiotherapy
04/07/2014	DNA	County Community Hospital Invergordon	Lorna Levey	Physiotherapy

A handwritten signature in black ink, appearing to be 'Lorna Levey', is written over the bottom right of the table.

Head and Neck Tumours
Congenital Anomalies
Hypospadias/Genital Anomalies
Facial Palsy Reconstruction
Hand Surgery
Limb Trauma
Skin and Soft Tissue Tumours
Breast Reconstruction
Micros Surgery
Laser
Cleft Lip and Palate
Burns

Department Plastic Surgery
Reconstructive Hand Surgery
Acute Services
NHS Tayside
Ninewells Hospital
Dundee
DD1 9SY



01382 660111
01382 425644
www.nhstayside.scot.nhs.uk

Dr A M Farquhar
Kirriemuir Health Centre
Tannage Brae
Kirriemuir

Date	29/07/2011
Clinic Date	22/07/2011
Your Ref	
Our Ref	MH/AF/ 1211799123
Enquiries to	Anne Finnie
Extension	40364
Direct Line	01382 740364
Email	annefinnie@nhs.net

Dear Dr Farquhar

Amanda Golabek, 66 Knowehead Crescent, Kirriemuir, DD8 5AH DOB: 12/11/1979

Thanks for referring this 31 year old lady who has some home made tattoos on her left forearm. She said these were done when she was age 12. She feels very self-conscious about it now and wishes them removed.

On examination she has some darker pigmented tattoo marks on the posterolateral aspect of her forearm. I think these types of tattoos respond best to a specific kind of laser which is either a ruby or an alexandrite laser. I don't believe this procedure can be sanctioned on the NHS and in any case I don't believe we have this kind of laser in-house anyway. I will enquire as to whether this is possible but if it is not the case as I have intimated to Amanda today then I am afraid we won't be able to help her. I will update her when I have more information.

Kind regards.

Yours sincerely

A handwritten signature in black ink, appearing to be 'M Hough', written over the words 'Yours sincerely'.

Mr Matthew Hough
Consultant Plastic Surgeon

electronic Notification of Cervical Cytology Results Service

New Result

CHI Number	1211799123
Name	GOLABEK, AMANDA
Date Of Birth	12/ 11/ 1979
GMC Code of Registered GP	3321193
Practice Code	T13532
Smear Taker	Nurse Rachel Stephens
Reporting Location	Tayside Cervical
SCCRS ID	1261578717
Laboratory ID	13T1012236
Smear Taken Date	03/ 06/ 2013 00:00:00
Result	Negative (4K22.)
Report Comments	
Recommended Management	Routine Recall
Recall Date	03/ 06/ 2016

electronic Notification of Cervical Cytology Results Service

New Result

CHI Number 1211799123

Name GOLABEK, AMANDA

Date Of Birth 12/ 11/ 1979

GMC Code of Registered GP 3321193

Practice Code T13532

Smear Taker Lead Practice Nurse Gillian Henderson

Reporting Location Tayside Cervical

SCCRS ID 1133955557

Laboratory ID 10T1011287

Smear Taken Date 24/ 05/ 2010 00:00:00

Result Negative (4K22.)

Report Comments Infection present : Fungal.

Recommended Management Routine Recall

Recall Date 24/ 05/ 2013

Hospital No:
CHI: 1211799123
Doc ID: 5670701
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Dr Calum Laird

Department of General Adult Psychiatry
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
01463 253624



SENSITIVE

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Dr E Barr
Croyard Road Surgery
1 Croyard Road
Beauly
IV4 7DJ

Our Ref: CTL/FMK/
Clinic Date: 12/02/2025
Date Dictated: 12/02/2025
Date Typed: 17/02/2025



Dear Dr Barr,

Amanda Golabek

DOB: 12/11/1979

CHI: 1211799123

61 Highfield Circle, Muir Of Ord, Ross-Shire, IV6 7TF

Diagnosis: Complex PTSD
Harmful use of alcohol

Current Psychotropic Medication: Citalopram 20mgs mane
Propranolol

I met Amanda again in clinic on 12th February 2025 at New Craigs. She attended alone.

Amanda said that things were "going better" with her mental health. She said that she was "trying to live life better". She said she had cut down on her use of alcohol and was going to the gym more regularly.

Amanda said that she used to drink alcohol every night, sometimes to excess. She is now drinking around four nights per week, which would usually be on successive days over the weekend. She denied any physical features of withdrawal, or any fits or seizures. However she did describe what appeared to be cravings for alcohol, saying that she would think about when she would be able to next go to the pub. She said she has previously drunk up to ten pints of beer in an evening.

Amanda continues on her medication as above. She had previously been prescribed prazosin for PTSD-related nightmares but said that she had never taken this medication because she wanted to be on as little medication as possible. She did think her current medication was of benefit. She said that she had had a brief prescription of diazepam over the winter, finding the shorter days more difficult.

Amanda said she got mixed up over her first appointment for the survive and thrive group. On attending the second appointment, she said she had got as far as the building in which it was being held, but saw so many people thought the window of the room that she had turned back without going inside.

Today, Amanda was well dressed and well kempt. She was polite and settled with reasonable eye contact. Speech was normal in rate, rhythm, tone and volume. Objectively and subjectively her mood was euthymic. Thought form and flow was normal. There was no evidence or description of any delusional thinking or any perceptual abnormalities. She denied any thoughts of self harm or suicide. Insight was present.

Impression:



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Doc ID: 5546234
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Miss Amanda Golabek
61 Highfield Circle
Muir Of Ord
Ross-Shire
IV6 7TF

Department of General Adult Psychiatry
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
01463 253624



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Our Ref: CL/gm/
Clinic Date:
Date Dictated: 15/10/2024
Date Typed: 21/10/2024



Dear Miss Golabek,

Amanda Golabek **DOB: 12/11/1979** **CHI: 1211799123**
61 Highfield Circle, Muir Of Ord, Ross-Shire, IV6 7TF

I was sorry that you cancelled your recent outpatient appointment with me. I note that you have not attended your last two appointments with me also. I hope you are able to attend the next appointment with me. However if you do not attend this appointment or cancel the appointment at short notice, then I am afraid we will be left with no option but to discharge you from the clinic.

Yours sincerely

Dr Calum Laird
Consultant Psychiatrist

Authorised on 05/11/2024 16:19:17 by Calum Laird.

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(D) Dr E Barr
Croyard Road Surgery
1 Croyard Road
Beaully
IV4 7DJ



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Dr E Barr
Croyard Road Surgery
1 Croyard Road
Beaulieu
IV4 7DJ

Department of General Adult Psychiatry
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
01463 253624



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Our Ref: CTL/FMK/
Clinic Date: 10/07/2024
Date Dictated: 15/07/2024
Date Typed: 15/07/2024



Dear Dr Barr,

Amanda Golabek **DOB: 12/11/1979** **CHI: 1211799123**
61 Highfield Circle, Muir Of Ord, Ross-Shire, IV6 7TF

Amanda did not attend her outpatient appointment on 10th July 2024, after she had opted in for this appointment. I note that she did not attend her previous appointment also. Given this I am discharging her from the outpatient clinic.

Yours sincerely

Dr Calum Laird
Consultant Psychiatrist

Authorised on 15/07/2024 12:36:14 by Calum Laird.

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Miss Amanda Golabek
61 Highfield Circle
Muir Of Ord
Ross-Shire
IV6 7TF

Department of General Adult Psychiatry
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
01463 253624



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Our Ref: CL/FMK/
Clinic Date: 07/02/2024
Date Dictated: 21/05/2024
Date Typed: 21/05/2024



Dear Miss Golabek,

Amanda Golabek **DOB: 12/11/1979** **CHI: 1211799123**
61 Highfield Circle, Muir Of Ord, Ross-Shire, IV6 7TF

I am sorry that we were not able to contact you for your appointment with me on the 15th May 2024.

Please contact my secretary on 01463 253624 to arrange a mutually convenient appointment.

If we do not hear from you by the **21st June 2024** we will assume that you no longer wish to be seen by our service and discharge you back to the care of your GP.

Yours sincerely

Dr Calum Laird
Consultant Psychiatrist

Authorised on 21/05/2024 15:06:43 by Calum Laird.

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Beauly
IV4 7DJ



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Doc ID: 5383373
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Dr E Barr
Croyard Road Surgery
1 Croyard Road
Beauly
IV4 7DJ

Dr Calum Laird
Consultant Psychiatrist
Department of General Adult Psychiatry
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
01463 253624

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Our Ref: CL/TS
Clinic Date: 15/05/2024
Date Dictated: 15/05/2024
Date Typed: 17/05/2024



Dear Dr Barr

Amanda Golabek
61 Highfield Circle, Muir Of Ord, Ross-Shire, IV6 7TF

DOB: 12/11/1979

CHI: 1211799123

Amanda did not attend an outpatient appointment on 15th May 2024. We will send her an opt-in letter but if she does not respond to this, she will be discharged from the clinic.

Yours sincerely

Dr Calum Laird
Consultant Psychiatrist

Authorised on 20/05/2024 15:38:56 by Calum Laird.



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Dr E Barr
Croyard Road Surgery
1 Croyard Road
Beaully
IV4 7DJ

Dr Calum Laird

Department of General Adult Psychiatry
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
01463 253624

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Our Ref: CTL/FMK/
Clinic Date: 30/10/2023
Date Dictated: 07/11/2023
Date Typed: 08/11/2023



Dear Dr Barr,

Amanda Golabek
61 Highfield Circle, Muir Of Ord, Ross-Shire, IV6 7TF

DOB: 12/11/1979

CHI: 1211799123

Diagnosis: Complex PTSD

Current psychotropic medication: Citalopram 20mg mane
Propranolol 120mg mane
Diazepam prn
Start prazosin 1mg nocte, increasing to 2mg nocte after one week

I met Amanda again in clinic on 30th October 2023 at New Craigs. She attended alone.

Amanda reported that the court case regarding an abusive relationship had finished. She said she was feeling "a lot better", now this had finished and that she had moved on. She said her mood could still "change with the weather". She said she had experienced flashbacks "a lot of the time", to her childhood and teenage years. She said that this could be triggered by a song or smells. She said she experienced night terrors most nights.

Amanda acknowledged that sometimes she uses alcohol, in particular to help sleep. At present she said she was using alcohol most nights, between four to eight pints of beer. She denied any cravings for alcohol but said she would "look for an excuse to have it". She denied any fits or seizures.

Impression:

Amanda's presentation was consistent with complex PTSD. She describes alcohol misuse but she did not wish for referral to help with this. She felt she could manage to get her alcohol back under control again but was aware that she could self refer for help with this. Given her experience of night terrors, it seems reasonable to try Prazosin.

Plan:

1. Start Prazosin as above if her blood pressure is satisfactory, given co-administration of propranolol
2. I will refer her again to the Survive and Thrive group by means of a copy of this letter.
3. I will see her again in clinic in around four months time.

Yours sincerely



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Dr E Barr
Croyard Road Surgery
1 Croyard Road
Beaulieu
IV4 7DJ

Dr Calum Laird

Department of General Adult Psychiatry
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
01463 253624



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Our Ref: WVO/VW/
Clinic Date: 25/04/2023
Date Dictated: 25/04/2023
Date Typed: 26/04/2023



Dear Dr Barr,

Amanda Golabek
61 Highfield Circle, Muir Of Ord, Ross-Shire, IV6 7TF

DOB: 12/11/1979

CHI: 1211799123

Working diagnosis: To be established yet, possibly no major mental disorder

Differential diagnosis: Alcohol use and misuse 6C40.0/1
Personality Disorder NOS 6D10.0/6D10.Z

Medication: Citalopram tablet, 40 mg once daily in the morning
Propranolol tablet MR, 160 mg once daily, possibly in the morning
Medications are prescribed for anxiety and, subjectively, both medications are helpful to treat anxiety

Physical health problems

No acute physical health problems reported.

Social situation

Details, see below.

Progress since last review

Ms Golabek reports that since about eight years she lives in Muir of Ord. She came by car and can focus on the road. She is still struggling, which means in her case sleep problems, experiencing night terrors; at night she may wake up with nightmares. She may be shaking when she wakes up.

She reports that her mood is okay, but she always feels anxious. Her mind is busy, always, she is over thinking, she thinks about the past a lot.

She lives on her own, independently, with her son aged 17, who is doing well in life. She has one daughter, 22, who lives independently in Inverness. She is well as well. She is contact with her daughter. She engages in meaningful social contacts, with some friends. She is socially not isolated.

She reports that she uses alcohol; it started about eight years ago and at the moment she uses most nights, five days out of seven, six to ten pints of beer, which is clearly more than ten units daily. She reports that she uses it to sleep, she can't stop because she uses it to sleep. Once she has started drinking, she is not able to stop. No other substances are used or misused.



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MENTAL HEALTH ASSESSMENT		Assessment date:	23/01/2022
NAME	Amanda Golabek	GP	Barr
CHI	1211799123	PRACTICE	55709
DOB	12/11/1979	REFERRER	
ADDRESS	61 Highfield Circle, Muir Of Ord, Ross-Shire, IV6 7TF	ADDRESS	Mental Health Liaison Team Raigmore Hospital Old Perth Road Inverness Inverness-shire IV2 3UJ
PHONE	07419320291	PHONE	01463 706224
CARER/ CONTACT DETAILS	N.ok Tina Golabek 07731832227		

Situation

Had called Police following argument with daughter, then took tablets in a setting of having had 4 beers, ambulance called by Police, seen in A&E. Mixed OD of Propanolol 40mg x 14, Paracetamol x 10, Penicillin 250mg x 20 Ibuprofen 200mg x 18 Calpharm Flumax x 8, Superdug max Cold and Flu x6

Background

Known to services, open to Dr C laird, CPN Shirley Hynan and to Womens Aid. Long history of anxiety, abusive relationships and trauma symptoms. Currently lives with younger son age 16 and daughter has own place but usually at hers which causes conflict. Due to attend as witness against previous abusive partner- case postponed x2. Recent trigger of her male friend being assaulted by her older son. Had contacted OOH's yesterday as out of Citalopram for previous 4 days – given prescription for Diazepam 2mg x 6 and Citalopram 40mg

Assessment

Pleasant 42 year old lady, lying on trolley, appeared well kempt, quiet spoken, we appeared to develop a reasonable rapport and she displayed good eye contact. Amanda was fully orientated and although feeling tired was relatively bright and reactive. Her speech was normal in rate and tone. Her mood was described as low and this was reactive to her current and previous traumas, with her son assaulting her friend had rekindled her own experiences. Stated she wasn't sure what she wanted to achieve when took the overdose. No ongoing planning or intent and evidence of future planning with returning to work and regaining contact with Womens' Aid. States had been considering suicide for 2-3 weeks triggered by distress in dealing with family. Drinks 4-5 nights a week, agrees she needs to reduce this as recognises effect on her mood. No evidence of thought disorder or perceptual abnormalities. Sleep described as reasonable lately, appetite poor ever since having Covid with loss of taste. Limited support network, sees extended family as part of her problems.

Risk

Further self harm in response to distress from family dysfunction/ crises
STORM completed

Recommendations *including diagnosis (ICD 10) if appropriate*

Request soon appointment with Dr Laird
Request urgent appointment with CPN

Hospital No:
CHI: 1211799123
Doc ID: 4256832
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Dr Calum Laird

Department of General Adult Psychiatry
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
01463 253624



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Dr E Barr
Croyard Road - Beaulieu
The Surgery
Croyard Road
Beaulieu
IV4 7DT

Our Ref: CTL/RHD/
Clinic Date: 28/04/2021
Date Dictated: 28/04/2021
Date Typed: 05/05/2021



Dear Dr Barr,

Amanda Golabek
61 Highfield Circle, Muir Of Ord, Ross-Shire, IV6 7TF

DOB: 12/11/1979

CHI: 1211799123

Diagnosis: Under review

- History of abusive relationships and anxiety

Current Psychotropic Medication:

- Citalopram 20mg once daily
- Propranolol

I met Amanda again in clinic on 28/04/2021, by telephone due to the Covid pandemic. She attended alone.

Amanda described her mental health as being "better than it has been". In particular, and importantly, she disclosed that she had ended a 6 month abusive relationship in February. She felt that this relationship had been the likely cause of her depersonalisation and anxiety. Amanda said the relationship had been controlling and that he had threatened to harm her if she did not have sex with him. She said that she had gone to the police and that her ex-partner was being charged. She said there were a number of different witnesses and that he had sent over 100 abusive text messages to her, which she had retained. She said that she was due to appear in court as a witness on 13/05/2021 and that she was receiving support from Women's Aid.

Amanda said that she was having frequent nightmares, intrusive thoughts, and possibly flashbacks about this relationship. She said that she had been in previous bad relationships also. Amanda felt that Citalopram had been of some help in managing her mood.

Today, Amanda was polite, appropriate and engaged throughout. Her speech was normal in rate, rhythm, tone and volume. Objectively and subjectively her mood was euthymic. Thought form and flow was normal. No evidence or description of any delusional thinking or any perceptual abnormalities. She denied any thoughts of self harm or suicide. Insight was present.

Impression:

Amanda's mental health seemed to have improved now that she is no longer in an abusive relationship. However she still has the significant stressor of appearing as a witness at the trial of her ex-partner for abuse. Amanda continued to experience intrusive thoughts and nightmares about this relationship. I explained to Amanda that longer term interventions to manage some of these symptoms would be ineffective until there was greater resolution of her current stressful circumstances, hopefully after the trial. I also explained to Amanda



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that some of her symptoms could begin to resolve without treatment once her circumstances were more settled. At present her current support through Women's Aid seemed most appropriate but in due course we could look at interventions such as the Survive & Thrive group. I did not look at any changes to medication today given the risk of destabilising Amanda's mental health before the trial.

Plan:

1. Continue current medication.
2. I will see her again in about 6 month's time.

Yours sincerely

Dr Calum Laird
Consultant Psychiatrist

Authorised on 14/05/2021 13:16:56 by Calum Laird.

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Dr Calum Laird

Department of General Adult Psychiatry
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
01463 253624



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Dr E Barr
Croyard Road - Beaulieu
The Surgery
Croyard Road
Beaulieu
IV4 7DT

Our Ref: CTL/RHD/
Clinic Date: 16/11/2020
Date Dictated: 22/11/2020
Date Typed: 27/11/2020



Dear Dr Barr,

Amanda Golabek
61 Highfield Circle, Muir Of Ord, Ross-Shire, IV6 7TF

DOB: 12/11/1979

CHI: 1211799123

Diagnosis: F41.1 – Generalised anxiety disorder

Current Psychotropic Medication:

- Taper and stop Sertraline **then start**
- Citalopram 20mg once daily
- Stop promethazine

I met Amanda for the first time on 16/11/2020, by Near Me video call due to the Covid pandemic. Also present was Josh, 4th Year Medical Student from Aberdeen University.

Amanda said that every few years she would experience an episode of "bad anxiety". She said that her anxiety had been particularly bad since August when she had a panic attack getting out of bed in August. She felt she was unable to "balance herself". She had palpitations and she could not sit still. Amanda would still have some days which were okay, usually when she was not too busy. She would normally work part-time, but not over the last two weeks, and had cancelled a college course she was due to start.

Amanda would also experience feelings of depersonalisation. This first occurred when she was 14-15 years old after taking cannabis, with feelings of being "not here" and of things being artificial. She had started to experience again these feelings of depersonalisation.

Amanda was sometimes able to go into Inverness by herself. However sometimes she would feel like she was being studied by other people. Amanda has had a number of negative life events since July 2019. There was the sudden death of her best friend and the suicide of her brother. She denied flash-backs around these events. She would get intrusive thoughts less than once a week. She would sometimes have nightmares about what had happened and these tended to come in clusters.

Amanda did not describe a pervasive low mood. She would have fleeting thoughts of self harm but she was clear that she would never act upon these.

Past Psychiatric History:



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Department of General Adult Psychiatry
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP



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Private & Confidential

Miss Amanda Golabek
32 Balvaird Terrace
Muir Of Ord
Ross-Shire
IV6 7TR

Our Ref: CTL/RHD/R302538
Date Dictated: 22/09/2020
Date Typed: 22/09/2020



Dear Miss Golabek,

Re: OUT PATIENT APPOINTMENT

You have been referred to Psychiatric Outpatient Clinic. Please contact Rosemary Dolan (Secretary) on 01463 253624 to arrange a mutually convenient appointment.

Please note due to the current Covid situation face-to-face appointments are not taking place. When you call please let us know whether you would prefer a video appointment or a telephone appointment.

Please note that as it is your initial assessment you will need at least 1 hour of time.

A medical student may be present and if you are unhappy about this please let us know.

Doctors treat all information that you give us as confidential as per the GMC Guidelines.

If I do not hear from you by **19 October 2020** I will assume you do not wish an appointment and remove your name from the waiting list.

I look forward to hearing from you.

Yours sincerely

Dr Calum Laird
Consultant Psychiatrist

Authorised on 22/09/2020 16:27:16 by Typist Rosemary Dolan, following manual verification by Calum Laird who accepts responsibility for the content of the electronic version.

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(D) Dr G Patterson
Croyard Road - Beaully
The Surgery
Croyard Road
Beaully
IV4 7DT



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Chief Executive: Paul Hawkins
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Emma Sutherland
Community Mental Health Team
Maywood
Ferry Road
Dingwall
IV15 9QX



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01349 869231

www.nhshighland.scot.nhs.uk

Dr G Patterson
Croyard Road - Beauly
The Surgery
Croyard Road
Beauly
IV4 7DT

Our Ref: ES/md/
Date Dictated: 17/09/2020
Date Typed: 17/09/2020



Dear Dr Patterson,

Amanda Golabek
32 Balvaire Terrace, Muir Of Ord, Ross-Shire, IV6 7TR

DOB: 12/11/1979

CHI: 1211799123

Thank you for your referral of the above named client who was discussed at the Multi disciplinary team meeting on Thursday 17th September 2020.

The team decision is to allocate the above client to the Psychiatry team for an outpatient appointment.

I trust this meets with your approval but should you have any further questions please do not hesitate to contact me.

Yours sincerely

Emma Sutherland
Community Psychiatric Nurse

Authorised on 17/09/2020 13:04:17 by Emma Sutherland.

Copied to: (D: Digital copy; P: Printed copy; O: Outsourced printed copy)



Chair: Professor Boyd Robertson
Chief Executive: Paul Hawkins
NHS Highland, Assynt House, Beechwood Park, INVERNESS IV2 3BW
Highland NHS Board is the common name of Highland Health Board

Mid Ross Community Mental Health
Team
Maywood
Ferry Road
Dingwall
IV15 9QS

Tel : 01349 869231



30 DEC 2015

Dr R Jaffrey
Croyard Medical Practice
Croyard Road
Beauly
IV4 7DJ

Date: 24th December 2015
Ref: HN/md
Please ask for: Helen Neville

Dear Dr Jaffrey,

Re: Amanda Golabek – 32 Balvaird Terrace, Muir of Ord, IV6 7TR
(DoB: 12/11/1979 CHI: 1211799123)

The above named patient was discussed at our Allocations Meeting today with Dr I Sundeep, Consultant Psychiatrist, in attendance.

It was agreed that Dr Sundeep will offer an appointment in the near future.

I trust this meets with your approval but should you have any further concerns, please do not hesitate to contact me.

Yours sincerely

A handwritten signature in dark ink, appearing to read 'Helen Neville'.

Helen Neville
Team Leader

Cc: Dr Sundeep



Chair: Gary Coutts
Chief Executive: Elaine Mead
NHS Highland, Assynt House, Beechwood Park, Inverness, IV2 3BW



Private & Confidential

Psychology Department
New Craig's Hospital
Leachkin Road
Inverness
IV3 8NP

www.nhshighland.scot.nhs.uk

Date: Tuesday, 22 December 2020

Enquiries to: Fiona van Buren

Direct line: 07812 519068

Email: Fiona.vanburen@nhs.scot

Patient: Amanda Golabek
CHI No: 1211799123

Dear Dr Patterson,

Thank you for referring Amanda to Beating the Blues. The patient has now been sent an email link to sign up for the program.

Should you have any questions about the program or how to use it please contact: Fiona van Buren, cCBT coordinator on 07812 519068 or by email on fiona.vanburen@nhs.scot

Yours sincerely,

Fiona van Buren

Fiona van Buren
cCBT Co-ordinator – North Highland



Headquarters: Assynt House, Beechwood Park, Inverness, IV2 3BW

Chair: Professor Boyd Robertson (Interim Chair)
Chief Executive: Pam Dudek
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Hospital No:
CHI: 1211799123
Page 1 of 1

SENSITIVE

Dr Isaac Sundeep
Consultant Psychiatrist
New Craigs
Leachkin Rd
Inverness
IV3 8NP

Mr Alex Hamilton

Department of Psychological Services
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
01463 704686
01463 704650
www.nhshighland.scot.nhs.uk



Our Ref: AH/LK/
Clinic Date:
Date Dictated: 08/06/2016
Date Typed: 16/06/2016



Dear Dr Sundeep,

Amanda Golabek **DOB: 12/11/1979** **CHI: 1211799123**
32 Balvaire Terrace, Muir Of Ord, Ross-Shire, IV6 7TR

Thank you for referring this patient to Psychological Services. Amanda cancelled her assessment appointment on 1st June, this being rearranged for 8th June. It transpired that she did not attend this appointment and therefore, in line with departmental policy, she is being discharged.

Yours sincerely

Alex Hamilton
CBT Therapist

Authorised on 17/06/2016 11:27:24 by .

(D) Dr R Jaffrey
Croyard Road - Beaulieu
The Surgery
Croyard Road
Beaulieu
IV4 7DT



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Chief Executive: Elaine Mead
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Hospital No:
CHI: 1211799123
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SENSITIVE

Dr Isaac Sundeep
Consultant Psychiatrist
New Craigs Hospital
Leachkin Road
Inverness
IV3 8NP

Dr Doug Hutchison

Department of Psychological Services
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
01463 704686
01463 704650
www.nhshighland.scot.nhs.uk



Our Ref: DH/LK/
Clinic Date:
Date Dictated: 25/04/2016
Date Typed: 25/04/2016



Dear Dr Sundeep,

Amanda Golabek
32 Balvaird Terrace, Muir Of Ord, Ross-Shire, IV6 7TR

DOB: 12/11/1979

CHI: 1211799123

The above patient was referred to the Community Mental Health Team by you or your colleague, and allocated to Psychological Services.

Following the receipt of your referral, we sent the above patient an opt in letter and as they have not contacted the department to opt in to our service, they have now been discharged from our service. If you feel it appropriate, please feel you can re-refer at some time in the future.

If you have any queries, please call us on 01463 704686, quoting the above reference and case number.

Yours sincerely

Dr Doug Hutchison
Clinical Psychologist

Authorised on 25/04/2016 15:43:23 by Typist Lisa Kennedy, not verified by the author.

(D) Dr R Jaffrey
Croyard Road - Beaully
The Surgery
Croyard Road
Beaully
IV4 7DT



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CHI: 1211799123
Doc ID: 2287854
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Dr Isaac Sundeep

Medical Secretariat Department
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
Tel: 01463 253624



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Dr R Jaffrey
Croyard Road - Beaulieu
The Surgery
Croyard Road
Beaulieu
IV4 7DT

Our Ref: IS/RHD/R302538
Clinic Date: 08/03/2016
Date Dictated: 08/03/2016
Date Typed: 18/04/2016



Dear Dr Jaffrey,

Amanda Golabek

DOB: 12/11/1979

CHI: 1211799123

32 Balvaire Terrace, Muir Of Ord, Ross-Shire, IV6 7TR

Thank you for referring this lady to our services on 21 December 2015. I saw her in clinic for the first time today and she was subsequently reviewed by Dr Sundeep. She attended alone.

PRESENTING COMPLAINT:

Amanda was referred to us due to experiencing depersonalisation and derealisation. Amanda describes an episode of depersonalisation and derealisation which started in November 2015 and lasted until mid-January 2016. This episode started after she experienced a panic attack after drinking heavily. She describes the experience like "being on mushrooms" with colours being brighter. There are also associated feelings of detachment and alienation. These feelings are relieved by distractions and are worse when she is at home. Prior to this episode she was assaulted whilst returning home from work after she responded to some negative verbal abuse. The case was dismissed at court due to lack of evidence.

She also describes feeling anxious all the time describing feelings of "butterflies", sweatiness, chest pains, shaking, palpitations and dry mouth. This is independent of any episodes of depersonalisation and derealisation. During Dec-Jan she felt her anxiety was the worst it had ever been and was associated with depression. She describes the depression as feelings of hopelessness, low self esteem, low mood and no motivation. She describes over sleeping especially during the day and felt scared to leave the sofa. She resigned her job and did not sign on for benefits. She was not paying her bills and signed on for job seekers allowance only about 4 weeks ago. At that time she went to her GP as she was scared that she was "going to do something to myself". However this was no true suicidal ideation but rather a fear of things deteriorating to the point that she would feel suicide was the only way out.

Currently she feels that things have been more under control however she still experiences anxiety and describes herself as worrying about everything. However she says that her mood is much better and she feels more motivated. She is due to start a job tonight as a kitchen porter in a Spanish restaurant in town. She looks forward to keeping busy and appreciates being able to do "normal things" again. She feels her sleep and self esteem are better. Her appetite has remained stable. Her GP asked her to increase her Citalopram to 40 mg however she felt this was too much and has been taking 30 mg. She is "unsure" whether this has helped.



Chair: Mr Garry Coutts
Chief Executive: Elaine Mead
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CHI: 1211799123
Doc ID: 2287759
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Dr Isaac Sundeeep

Medical Secretariat Department
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
Tel: 01463 253624



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Dr D Hutchison
Department of Psychology
New Craigs Hospital
Leachkin Road
Inverness
IV3 8NP

Our Ref: IS/RHD/
Date Dictated: 08/03/2016
Date Typed: 11/03/2016



Dear Dr Hutchison,

Amanda Golabek DOB: 12/11/1979
32 Balvaird Terrace, Muir Of Ord, Ross-Shire, IV6 7TR

CHI: 1211799123

I seek your help in the further management of the above mentioned patient who suffers from **Generalised Anxiety Disorder** the hall mark of which is depersonalisation and derealisation.

My colleague Dr Curtis-Barton will send you the initial clerking as soon as it ready but please do not hesitate to contact me for any further information.

Yours sincerely

Dr Isaac Sundeeep, MBBS, MRCPsych
Consultant Psychiatrist
GMC: 6058820

Authorised on 14/03/2016 16:15:42 by Dr Isaac Sundeeep.

(D) Dr R Jaffrey
Croyard Road - Beauly
The Surgery
Croyard Road
Beauly
IV4 7DT

(P) Miss Amanda Golabek
32 Balvaird Terrace
Muir Of Ord
Ross-Shire
IV6 7TR



Chair: Mr Garry Coutts
Chief Executive: Elaine Mead
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CHI: 1211799123
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Dr Isaac Sundeep
Medical Secretariat Department
New Craigs Hospital
Leachkin Road
Inverness
Inverness-shire
IV3 8NP
Tel: 01463 253624



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Miss Amanda Golabek
32 Balvaire Terrace
Muir Of Ord
Ross-Shire
IV6 7TR

Our Ref: IS/RHD/
Date Dictated: 20/01/2016
Date Typed: 20/01/2016



Dear Miss Golabek,

Re: OUT PATIENT APPOINTMENT

You have been referred to see me in my clinic. Kindly contact my secretary Ms Rosemary Dolan on 01463 253624 to arrange for a mutually convenient appointment.

Please note that as it is your initial assessment we will need at least 1½ hours of time. It will also be very helpful if someone who can give us corroborative information accompanies you.

The initial clerking will be done by my trainee and I will see you after that. Mrs Maree Todd our pharmacist or a medical student may be present and if you are unhappy about this please let us know.

Doctors treat all information that you give us as confidential as per the GMC Guidelines.

If I do not hear from you by 19 February 2016 I will assume you do not wish an appointment and remove your name from the waiting list.

I look forward to hearing from you.

Yours sincerely

Dr Isaac Sundeep, MBBS, MRCPsych
Consultant Psychiatrist
GMC: 6058820

Authorised on 20/01/2016 16:00:24 by Typist Rosemary Dolan, not verified by the author.

(D) Dr R Jaffrey
Croyard Road - Beaulieu
The Surgery
Croyard Road
Beaulieu
IV4 7DT



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Chief Executive: Elaine Mead
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1/2

Angus Adult Psychological Therapies
Team,
Stracathro Hospital,
Brechtin,
DD9 7QA
Tel: 01356 692865
Fax: 01356 692864
www.nhstayside.scot.nhs.uk



Dr Alan Farquhar,
Kirriemuir Health Centre,
Tannage Brae,
Kirriemuir.
DD8 4ES

Date 27 May 2013
Your Ref
Our Ref MR/MEV/121179/9123
Date Dictated 16.05.13
Date Received 15.05.13

Enquiries to Ms Mairi Reid
Extension 65865
Direct Line 01356 692865 (Secretary)
Email maureen.vettese@nhs.net

Dear Dr Farquhar,

**RE: AMANDA GOLABEK, D.O.B. 12.11.79/9123
66 KNOWEHEAD CRESCENT, KIRRIEMUIR. DD8 5AH**

Amanda presented with longstanding feelings of depersonalisation and derealisation that had waxed and waned over the years with the first onset of symptoms occurring when Amanda was 16 years of age. Re-occurrence of such symptoms appeared to occur in summertime 2012, following drinking a mixture of Red Bull and having been unaware of drinking this caffeinated drink. She reported experiencing anxiety surrounding the sensations that she felt and had feared that her drink may have been spiked. As mentioned in assessment, there were attempts to distract herself from symptoms of derealisation and depersonalisation and Amanda described controlling such symptoms in order to prevent her fearful belief that she would lose her mind should she not control them. We discussed these control attempts reinforced this unhelpful belief.

Two assessment sessions were held and Amanda attended four treatment sessions. During our contact there were two non-attendances within the middle of the therapy process. Amanda read information provided on depersonalisation and feelings of unreality and we looked at the maintenance of this and drew out a formulation diagram from the information that she provided. Amanda was encouraged to prolong activities that she had been avoiding or escaping from and engaging in the task at hand such as having an external focus rather than focussing upon her internal sensations.

Our last appointment was held on the 3rd May and Amanda informed of a significant improvement. She informed me that she had split up from her long-term partner and had described generally feeling much happier and had begun socialising more with her friends. Amanda also described her depersonalisation and feelings of unreality sensations having almost entirely disappeared with Amanda attributing this change to her antidepressant medication and also to not focussing so much on the sensations. Amanda's interpretation of these sensations has also changed in that she had initially catastrophised and wondered whether they were a sign of her losing mental control. She now does not pay too much attention to the sensations which can occur when she is tired or very bored. There have been changes to her behaviour and she is now able to walk down the brae without thinking "I'm going to fall over" and she does not employ the 'safety behaviour' of walking near the side. She can walk in open spaces, such as the park and does so without panicking when walking her dog. Similarly, Amanda can have a bath without requiring to close her eyes or having her music on and without smelling her shower gel to control or avoid the sensations she had been experiencing.

Working with you for better health and better care
Headquarters: Ninewells Hospital & Medical School,
Dundee, DD1 9SY

Chairman, Mr Sandy Watson OBE DL
Chief Executive, Mr Gerry Marr



KIRRIEMUIR HEALTH CENTRE – FAMILY PLANNING SERVICES

Protocol for Repeat Supply of Combined Oral Contraceptive by Practice Nurse

Name of Patient Amanda Golabek DOB/CHI 12.11.79 9123

Is the client happy with this method?		☒ Yes	☐ No
Does she wish to continue?		☒ Yes	☐ No
Date:	<u>19.10.10</u>		
L.M.P.	<u>8.10.10</u>		

IF THE ANSWER TO ANY OF THE FOLLOWING IS YES, THEN REFER TO THE GUIDELINES

Is there a risk of pregnancy?	Yes	☒ No
Inappropriate pill taking?	Yes	☒ No
Diarrhoea and/or vomiting?	Yes	☒ No
Concurrent drug use??	Yes	☒ No
Missed withdrawal bleed(s)?	Yes	☒ No

SINCE THE LAST VISIT, HAS THERE BEEN ANY EPISODES OF:

Post coital bleeding?	Yes	☒ No
Breakthrough bleeding?	Yes	☒ No
Unusual headache?	Yes	☒ No
Focal or crescendo migraine?	Yes	☒ No
Pain, swelling or superficial swelling in calves?	Yes	☒ No
Numbness or tingling in fingers or toes?	Yes	☒ No
ABNORMAL chest pain, breathlessness or cough?	Yes	☒ No
ABNORMAL vaginal discharge or irritation?	Yes	☒ No
Dyspareunia	Yes	☒ No
Breast Problems	Yes	☒ No
IS THE CLIENT A CURRENT SMOKER – NUMBER SMOKED DAILY <u>< 10 a day</u>		
Is she > 35 years old	Yes	☒ No
ANY OTHER MEDICAL CONDITION?	<u>—</u>	
CURRENT MEDICATION	<u>—</u>	

REVIEW FAMILY HISTORY SINCE LAST VISIT – has a first degree relative developed any of the following?			
Cardiovascular problems? (under age 45)	Yes	☒ No	
Thromboembolism?	Yes	☒ No	
Breast cancer?	Yes	☒ No	
BLOOD PRESSURE	Yes	☒ No	
HEIGHT	150/86		
WEIGHT			
BMI	22.6		
Is the systolic equal or above 160mmHg?	Yes	☒ No	
Is the diastolic equal or above 100mmHg?	Yes	☒ No	
Is the BMI at or above 30?	Yes	☒ No	
Is there concern regarding weight change?	Yes	☒ No	
Check when cervical smear due	up-to date		
Does the client have any concerns?	/		
Health promotion	/		
Any additional comments?	/		
IF ANSWER TO ALL QUESTIONS ABOVE IS NO, PROCEED AS IN GUIDELINES.			
PREPARATION	Microgynon. 30.		
QUANTITY SUPPLIED	6/12.		
SIGNATURE OF NURSE	G. Henderson	DATE	19.10.10.
DATE OF REVIEW	6/12.		
CHEMIST			

Date of Approval: March 2002
Date of Review: March 2003