

**Glasgow City
Community Health Partnership**
North East Sector

Springpark Centre
101 Denmark Street
Glasgow
G22 5EU
Tel: 0141 531 9300
Fax: 0141 531 9304



CONFIDENTIAL

Dr Kennedy
Ashton Medical Practice
Cardonald Medical Centre
1831 Paisley Road West
Glasgow
G52 3SS

Dictated: 18/06/2014
Typed: 23/06/2014
Our Ref: AW/TL

Dear Dr Kennedy

Re: Kirsty Heggie, 21/3, 198 Balgaryhill Road, Glasgow, G21 3AL
CHI: 1910900389 PIMS: 2563191

Diagnosis: Previous Paracetamol overdose, for assessment of ?
Follow Up: Psychotic Episode
Discharge from clinic

Ms Heggie has missed her appointment for the third time today. I contacted her through her own phone number (07455272020). Ms Heggie was apparently on the bus to Edinburgh and said she had moved there 3 weeks ago. She cites the reason for this as she recently broke up with someone and wants to be close to her sister in Edinburgh. She mentioned that she was living in a hostel arranged by the council and has met some new friends. She has been trying to look for jobs and has done several music gigs.

When asked about her self harm, she mentioned that she had self harmed in "in some ways" and "it was not serious". She mentioned that because she was on the bus, she was not comfortable revealing too much. When asked whether the move would be permanent, she said that she was unsure but felt that she would be staying in Edinburgh for while.

I have advised her to register with a local GP as soon as she can. I have also advised Ms Heggie to present herself to A&E if she feels unwell. Ms Heggie knows that she could contact ourselves or her GP if she decides to come back to Glasgow.

I have discussed this with Dr Brown.

We will discharge her from the clinic and be more than happy to see her if you re-refer her.

Kind regards

Dr Alfred Wong
FY2 (Psychiatry)
Consultant – Dr Ward

**Glasgow City
Community Health Partnership
North East Sector**

Springpark CMHT
101 Denmark Street
GLASGOW
G22 5EU



Tel: 0141 531 9300
Fax: 0141 531 9304

Your Ref:
Our Ref: AW/RW/TL

Dict: 22/05/2014
Typed: 22/05/2014
CHI: 1910900389
PIMS: 2563191

CONFIDENTIAL

Kirsty Heggie
Flat 21/3, 198 Balgrayhill Street
Glasgow
G21 3AL

Dear Ms Heggie

At the request of Glasgow Liaison Psychiatry Service you have been referred to the Springpark Centre for medical review. In view of this we would like to offer you an appointment as follows:

With: Dr Alfred Wong, FY2 Psychiatry

Date: Wednesday 28th May 2014

Time: 10:00am

Venue: Springpark Centre

This appointment will last approximately one hour.

If this appointment is unsuitable please telephone us **immediately** to arrange an alternative.

We look forward to seeing you then.

Yours sincerely

APPOINTMENTS OFFICER
Springpark Centre

Copy: Jaquie Summers, Psychiatric Liaison Nurse, Liaison Psychiatry, GRI,
84 Castle Street, Glasgow, G4 0SF

**Glasgow City
Community Health Partnership
North East Sector**

Springpark CMHT
101 Denmark Street
GLASGOW
G22 5EU



Tel: 0141 531 9300
Fax: 0141 531 9304

Your Ref:
Our Ref: AW/RW/TL

Dict: 19/05/2014
Typed: 19/05/2014
CHI: 1910900389
PIMS: 2563191

CONFIDENTIAL

Kirsty Heggie
Flat 21/3, 198 Balgrayhill Street
Glasgow
G21 3AL

Dear Ms Heggie

At the request of Glasgow Liaison Psychiatry Service you have been referred to the Springpark Centre for medical review. In view of this we would like to offer you an appointment as follows:

With: Dr Alfred Wong, FY2 Psychiatry

Date: Wednesday 21st May 2014

Time: 10:00am

Venue: Springpark Centre

This appointment will last approximately one hour.

If this appointment is unsuitable please telephone us **immediately** to arrange an alternative.

We look forward to seeing you then.

Yours sincerely

APPOINTMENTS OFFICER
Springpark Centre

Encl: Patient Information Leaflet
Patient Confidentiality Leaflet

Copy: Jacqui Summers, Psychiatric Liaison Nurse, Liaison Psychiatry, GRI,
84 Castle Street, Glasgow, G4 0SF

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CONFIDENTIAL

Dr Kennedy
Ashton Medical Practice
Cardonald Medical Centre
1831 Paisley Road West
Glasgow
G52 3SS

Dictated: 21/05/2014
Typed: 04/06/2014
Our Ref: AW/TL

Dear Dr Kennedy

Re: Kirsty Heggie, 21/3, 198 Balgaryhill Road, Glasgow, G21 3AL
CHI: 1910900389 PIMS: 2563191

Re: New referral by Liaison Psychiatry

Paracetamol overdose on a background of ? Psychotic Episode

Past Psychiatric History: Previous diagnosis of Depression.
Previous suicide attempt

Follow Up: Re-send urgent appointment

This 23 year old lady was referred to us by Liaison Psychiatry as a new referral. Ms Heggie was recently admitted to GRI A&E following a case of paracetamol overdose. She was treated with Parvolex infusion and was reviewed by Liaison Psychiatry while an in-patient. Ms Heggie noted that the act itself was impulsive but for the psychiatric assessment it brought up a query of whether there was a psychotic episode in this incident. I note Ms Heggie has a significant mental illness family history where her biological mother possibly has Schizophrenia and her sister has ADHD and Bipolar Disorder respectively.

Ms Heggie was sent an urgent appointment. I understand that our secretary tried to contact Ms Heggie by telephone but there was no telephone number in the records. Ms Heggie unfortunately did not attend her appointment for this morning. We will arrange to send another appointment to Ms Heggie.

Kind regards

Dr Alfred Wong
FY2 (Psychiatry)
Consultant – Dr Ward

Mental Health Services

**Glasgow Liaison Psychiatry Service
2nd Floor, St Mungo Building
Royal Infirmary
84 Castle Street
GLASGOW
G4 0SF**

Date rec'd. 25 April 2014

Date typed. 29 April 2014

Our ref. JS/DF/T-2563191

Direct Line. 0141 211 4417 (24417)

Fax. 0141 232 0846 (20846)

Dr S G Davidson
Garthdee Medical Group
Health Centre
Garthdee Road
ABERDEEN
AB10 7QQ

Dear Dr Davidson

**RE: KIRSTY HEGGIE D.O.B. 19.10.90 (CHI:1910900389)
FLAT 21/3, 198 BALGRAYHILL ROAD, GLASGOW G21 3AL**

Thank you for referring this lady to our service. She arrived at the Accident & Emergency Department of Glasgow Royal Infirmary on 24 April 2014 at 9:43 p.m. She arrived by ambulance which she had called herself at 8:51 p.m. and this was following taking an overdose 20 minutes prior to this. The overdose was of Paracetamol x 60 tablets which was taken with alcohol. Miss Heggie also cut off her hair. Her Paracetamol level was 430 4 hours post-ingestion.

I was asked to carry out a psychiatric assessment of Ms Heggie while an in-patient in Ward 50 of Glasgow Royal Infirmary on 25 April 2014 at 11:00 a.m. At the time of assessment she was alert and orientated and willing to participate in psychiatric assessment. She informs me the overdose was an impulsive act. She states the night prior to her actions she had a gathering with friends and had had an enjoyable evening. On the morning of her actions she had breakfast with friends and again had enjoyed this and then planned to go out for a run. She initially went out for a run and then went into a local shop where she shoplifted wine, cookies and Paracetamol. She states this was an impulsive act and she had not been planning to take an overdose. She returned to her flat and took 60 Paracetamol with half a bottle of wine. She then wrote a suicide note to her flatmates. She informs me she quickly regretted her actions and called for an ambulance within 20 minutes of taking the tablets. At the time of assessment she was glad to be alive with no ongoing suicidality and no active suicide plan. She states prior to shoplifting she had an overwhelming feeling of worthlessness. She was unsure where this feeling came from but responded to this by taking an overdose.

Past Psychiatric History

Stabbed her wrist with a broken mirror as a suicide attempt 3 years ago, one previous overdose 4 years ago. She has had two psychiatric admissions to-date to

Cornhill Hospital, a 1 week admission 2 months ago and another 1 week admission 2 years ago. The admission was in relation to depression and fleeting thoughts of suicide. She is currently not open to services. She informs me she has been on Lithium medication and Mirtazepine medication in the past, although last took any of these medications 2 years ago. She stopped this medication without any medical advice. Her past psychiatric history appears to be in relation to depression.

Past Medical History

No abnormalities.

Drug, Alcohol & Smoking History

Ms Heggie described herself as a social drinker and occasional smoker. She has dabbled with illicit substance use, approximately 1 year ago she was dabbling with Speed, Cocaine and Ecstasy. She has abused Ketamine in the past, the last time being 3 months ago. She used to be a regular user of Cannabis although denies this at present.

Forensic History

She has two charges for shoplifting and a charge for possession of Cannabis. These resulted in fines. She has nothing pending and has spent no time in prison.

Personal History & Social Circumstances

Ms Heggie was born in Stirling and brought up in the Falkirk area by her adoptive parents. She was adopted with her three blood siblings and describes her upbringing as happy. She left Falkirk in 2008 and went to Aberdeen University where she studied English and completed her degree. From then she went travelling for a couple of months, walking on a pilgrim route in Spain. Over the past year she has lived with various friends in Edinburgh and Aberdeen and is currently in Glasgow. She has been in Glasgow for the past 2-3 months and plans to stay here. She is currently looking for employment as she is unemployed. She would like to work as a teacher or journalist. Ms Heggie has a distant relationship with her adoptive parents. She has close contact with her three siblings. She is the second eldest and has an older sister and a younger brother and sister. Her sister and brother remain in Falkirk, her older sister is currently studying in Edinburgh. She has close contact with her siblings. Ms Heggie has contact with her biological mum. [REDACTED]

[REDACTED] She has never met her biological father [REDACTED] She is not currently in a relationship. She has several close friends. Financially she is managing, she is on benefits, currently Job Seeker's Allowance. She sometimes busks in Glasgow City Centre where she can make some extra money. [REDACTED]

Mental State Examination

At the time of assessment her eye contact was good and her speech was clear and coherent and of normal tone. She appeared fairly well-kempt dressed in her own clothing, her hair was uneven as she had cut it off the night before. When asked about her mood she states she has been feeling low over recent months. She states her mood can be variable but she feels there is no spark. She is aware her mental health is problematic at present. She currently rates her mood as 2/10, 1 being the

lowest and 10 being the highest. She believes she has had three good days in the past seven. Her sleep pattern is intact, she has no difficulty falling asleep and no wakening throughout the night. Her appetite is good and she continues to enjoy her food. Her concentration is variable, she has been trying to read lately although has been struggling with this. She believes her memory to be poor which has been an ongoing problem. When asked about psychosis, she denied any auditory hallucinations. She appeared to have ideas of reference and believed when she was having conversations with people that they were scratching or touching their faces and that this had another meaning. She believes that when buses pass by with advertisements that this is in relation to her. She did complain of visual hallucinations. She states this is only on occasion. On suicidality, she is not actively suicidal at the time of assessment with no active plan. She has future plans to work and, as previously stated, would like to work as a teacher.

Impression

A 23 year old lady who appeared bizarre in affect at the time of psychiatric assessment. She had been admitted to GRI with an impulsive overdose and impulsively cutting off her hair. There is a detailed psychiatric history within this lady's family and she appears to have a psychiatric history from when she lived in Aberdeen, including two psychiatric admissions. She appeared emotionally blunted at the time of assessment. I felt this lady would benefit from further psychiatric assessment with further exploration of psychotic phenomenon. I discussed referral to Springpark CMHT with Ms Heggie and she was in agreement to same. She currently has concerns about her mental health. She made no demands but was in agreement with referral being made to the CMHT.

Yours sincerely

**JACQUI SUMMERS
PSYCHIATRIC LIAISON NURSE**

copy: Allocation Meeting, Springpark CMHT, 101 Denmark Street, GLASGOW G22
5EU

Mental Health Services

**Glasgow Liaison Psychiatry Service
2nd Floor, St Mungo Building
Royal Infirmary
84 Castle Street
GLASGOW
G4 0SF**

Date rec'd. 25 April 2014

Date typed. 29 April 2014

Our ref. JS/DF/T-2563191

Direct Line. 0141 211 4417 (24417)

Fax. 0141 232 0846 (20846)

Allocation Meeting
Springpark CMHT
101 Denmark Street
GLASGOW
G22 5EU

Dear Colleague

**RE: KIRSTY HEGGIE D.O.B. 19.10.90 (CHI:1910900389)
FLAT 21/3, 198 BALGRAYHILL ROAD, GLASGOW G21 3AL**

I carried out a psychiatric assessment of Miss Heggie while an in-patient in Glasgow Royal Infirmary following an impulsive overdose and impulsively cutting off her hair. Throughout assessment I felt this lady may be harbouring a psychotic episode and due to this felt she would benefit from further psychiatric assessment and follow-up via your team. I enclose a copy of my assessment. If you require any further information, please do not hesitate to contact me.

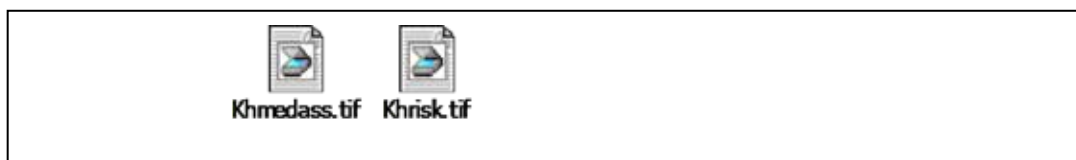
Yours sincerely

**JACQUI SUMMERS
PSYCHIATRIC LIAISON NURSE**
Enc

Glasgow Liaison Psychiatry

Scanned Document/s

Patient Name:	Kirsty Heggie	
DOB:	19.10.1990	
CHI:	1910900389	
DATE:	25.04.2014	
Type of Document:	Handwritten Assessment Form	☐
	Medical/Clinical Notes	☒
	Fax to GP	☐
	Referral Letter	☐
	Clinical Risk Screening Form	☒
	Other	☐



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