

E-consult

Friday Virtual Clinic for NIMHANS Digital Academy-Virtual Knowledge Network Accredited Doctors

To be used for Non-Emergency cases

Each Friday between 9AM to 5PM the Specialist from NIMHANS Digital Academy will be available to take case discussion from the Digital Academy Accredited Doctors/Experts ([LINK](#)). They can send this case summary by email any time of week. Our Specialist will be in touch with you on Friday between 9 AM to 5AM. 5 AMs is meant for Non-Emergency cases only. This is a pilot project for six months.

email: econsult@vknimhans.in Mobile number: Dr Sumit 9164749509 or Dr Prabhat: 9845313617

NIMHANS DIGITAL ACADEMY

E-consult Proforma

Questions to the NIMHANS e-Consult Specialists

1. Diagnosis
2. Pharmacological management
3. Non-Pharmacological Management
4. Other issues

NIMHANS Digital Academy Accredited Doctor or other professionals

Name

Mobile number

Date

Sociodemographic Proforma

Name: only initials. E.g.- Mr. A (Do not Mention Full Name because of Confidentiality issues)

Age: __ years

Gender: M/F **New Case:** OR Follow-up: _____

Socioeconomic status: Lower/Middle/Upper

Occupational status:

Place: Urban/Rural

Informants: (from whom you are getting information)

Patient/informant Mobile number

Presenting Problems

Patient's reason for seeking treatment: E.g. decreased sleep, tremor, weakness, reduced concentration, reduced appetite, restlessness, increase in alcohol consumption etc.

Onset: abrupt/acute/insidious

Course: continuous/episodic.

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Duration:

Predisposing or Precipitating factors :

Psychiatry Symptoms (Tick or Circle) which is appropriate

Depression:	Mania:	Anxiety:	Psychosis:
Insomnia/hypersomnia	Over activity	Hypervigilance	Delusions
Diminished Interest	Excessive happiness	Increased Startle	Hallucinations
Worthlessness/Guilt	Distractibility	Avoidance	Auditory/Visual/Tactile
Loss of energy	Indiscretion (dangerous activities)	Negative Cognitions	Disorganized behavior
Diminished concentration	Grandiosity	Excessive Worry	
Significant weight loss	Flight of ideas	Panic Attacks	
Reduced appetite	Activity Increase	Obsessions	
Irritability	decreased need for Sleep	Compulsions	
Psychomotor agitation/retardation	Talkativeness		
Suicidal ideation/thoughts of death	DURATION:	DURATION:	
DURATION:			

History of present illness (a brief summary)

Substance Use History:

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Substances	Quantity	Frequeny	Last Use	Route	Duration
Alcohol	Ex: 60ml				
Tobacco					
Others					

Any Other Mental Health Issues:

Actively Suicidal: Yes/NO

Suicide attempt: N If yes, date of last attempt:

Non-suicidal Self-Injurious Behaviors: N If yes, date of last NSSIBs:

Homicide attempt: N

Medical Comorbidities:

1. Diabetes
2. Hypertension etc.

Past psychiatric history

Family Psychiatric History and Family relationship

General physical examination

Pallor/icterus/cynosis/lymphadenopathy/clubbing/edema

Height- weight- BMI-

Pulse rate- BP- CVS- RS- P/A- CNS-

Mental Status Exam:

General Appearance & Behavior-

Psychomotor activity- normal

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Speech (tone/tempo/volume)- normal

Mood- Subjective: "I am fine"

Objective: Euthymic

Thought-

Perception-

Cognitive functions- adequate

Judgment (Personal, Social and Test)-

Insight-

Proposed Diagnoses:

- 1.
- 2.
- 3.
- 4

Current Management or Proposed Management

Pharmacological

Antidepressants	Antipsychotics	Anxiolytics/ withdrawal	Mood Stabilizers	Others
Ex: Fluoxetine/Escitalopram	Ex: Risperidone/Olanzapine/haloperidol	Ex: Diazepam/lorazepam	Ex: Valproate/lithium	Ex: Baclofen/disulfiram

Non-pharmacological Interventions Tried:

	TRIED?	HELPFUL?
Psychoeducation	Y/N	Y/N

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Motivational Interviewing	Y/N	Y/N
Relaxation Strategies	Y/N	Y/N
Other:	Y/N	Y/N