



Patient Psychological Assessment Results

BHI (Behavioral Health Integration) Care Management & Monitoring

Clinic	Provider Name	Patient Name	Date
PMC	COUGHLAN, RICH	TESTTESTTEST, TESTTESTTEST	10-27-2019

This patient has also undergone a battery of psychological tests and the results are reported below:

- GLOBAL / 45%
- GAD / 61% Moderate anxiety
- PHQ / 48% Minor depression, dysthymia, or major depression, mild
- Oswestry / 53% Severe Disability

This report includes information regarding the assessment and monitoring of patient wellness, behavioral health, and brain health in order to ensure optimal outcomes. We track each patient's function, anxiety, depression and pain levels over time in order to understand exactly what each patient is experiencing and what can help them most to maximize their daily function. Improving the way opioids are prescribed through clinical practice guidelines can ensure patients have access to safer, more effective chronic pain treatment while reducing the number of people who misuse, abuse, or overdose from these drugs. When considering long-term use of opioids for chronic, non-cancer pain, given the potential risks of opioids, careful and thorough patient assessment is critical. Studies show that 30 to 50 percent of people struggling with chronic pain also have a mood disorder such as depression and anxiety that may impact their perception of pain and their outcomes.

As part of improving continuity of this patient's behavioral mental health as a result of their behavioral health condition, we have taken an active role in assessing these patients ongoing with recommended interventions to help this patient as communicated by the team. Requirements for billing 99484

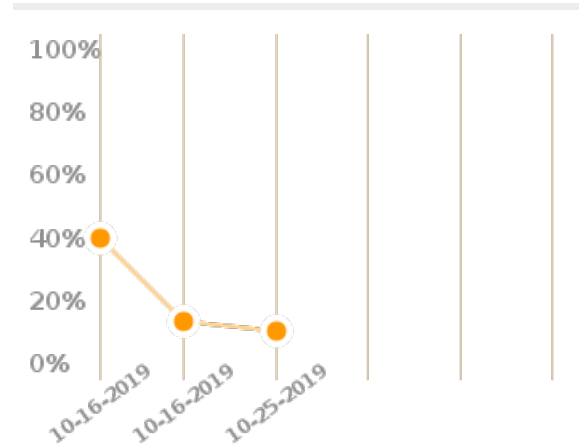
- 1 Initial assessment and follow-up monitoring, including use of the following applicable validated rating scales: Global Pain Assessment, GAD 7 Anxiety Assessment, PHQ 9 Depression Screening, OSWESTRY Functional Assessment
- 2 Behavioral health care planning in relation to behavioral/psychiatric health problems, including revision for patients who are not progressing or whose status changes.
- 3 Facilitating and coordinating treatment such as psychotherapy, pharmacotherapy, counseling and/or psychiatric consultation; and
- 4 Continuity of care with a designated member of the care team.

Patients visit with the provider or clinical staff on a monthly basis. They also may complete assessments daily and/or weekly from home. If the patient has objective evidence of severe depression and/or anxiety, then consider referral to a mental health professional.

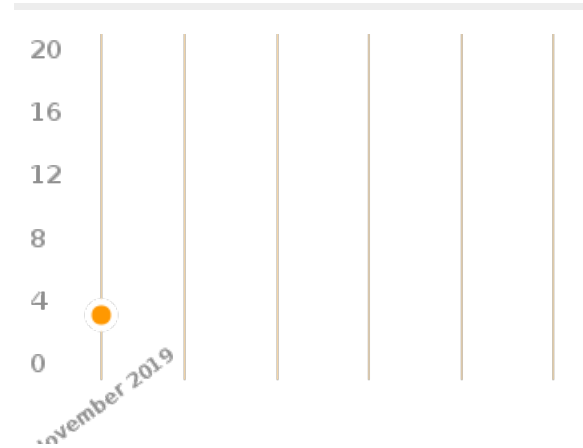


Patient Psychological Assessment Results

WellBrain BrainHealth score:



of Mindful Meditation Sessions:





Patient Psychological Assessment Results

GLOBAL

On a scale of 0-10, describe how intense your physical pain feels.

- 4

On a scale of 0-10, describe the level of pain you feel emotionally.

- 5 - Moderate Pain

How many times have you been to the emergency department or been admitted to the hospital in the last 60 days for pain?

- 3

GAD

How often do you feel nervous, anxious or on edge?

- Nearly every day

How often are you not able to stop worrying?

- More than 4 days a week

How often do you find yourself worrying too much about many different things?

- 1 or 2 days a week

How often do you have trouble relaxing?

- More than 4 days a week

How often do you find yourself being so restless that it is hard to sit still?

- 1 or 2 days a week

How often do you find yourself becoming easily annoyed or irritable?

- More than 4 days a week

How often do you find yourself feeling afraid as if something awful might happen?

- More than 4 days a week



Patient Psychological Assessment Results

PHQ

How often do you find yourself feeling little interest or pleasure in doing things?

- More than 4 days a week

How often do you find yourself feeling down, depressed, or hopeless?

- More than 4 days a week

How often do you find yourself having trouble sleeping or sleeping too much?

- 1 or 2 days a week

How often do you find yourself feeling tired or having little energy?

- More than 4 days a week

How often do you find yourself having a poor appetite or overeating?

- More than 4 days a week

How often do you find yourself feeling bad about yourself, or that you are a failure, or that you have let yourself or your family down?

- 1 or 2 days a week

How often do you have trouble concentrating on things, such as reading or watching television?

- More than 4 days a week

How often do you find yourself either moving so slowly that other people have noticed, or being so fidgety or restless that you have been moving around a lot more than usual?

- Not at all

How often do you find yourself thinking that you would be better off dead or of hurting yourself in some way (please alert your doctor today if you feel that this is an issue for you)?

- 1 or 2 days a week

Oswestry

Part 1: What is your typical pain intensity?

- The pain is moderate at the moment

Part 2: What about how you are able to care for yourself?

- I need some help but manage most of my personal care

Part 3: How well do you lift objects?

- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned.

Part 4: How well can you walk?

- I can only walk using a cane or crutches.

Part 5: How well can you sit?

- Pain prevents me from sitting for more than 30 minutes

Part 6: How well can you stand?

- Pain prevents me from standing for more than 1 hour.

Part 7: How well can you sleep?

- Because of pain I have less than 4 hours of sleep.

Part 8: How is your social life affected?

- Pain has no significant effect on my social life, but limits more energetic interests (eg sports).

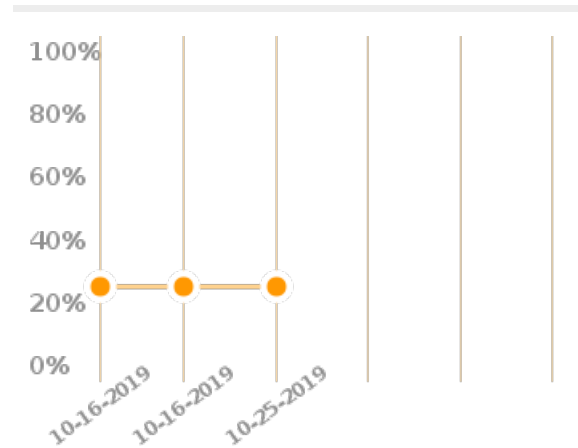
Part 9: How is your ability to travel?

- Pain restricts me to journeys of less than one hour.

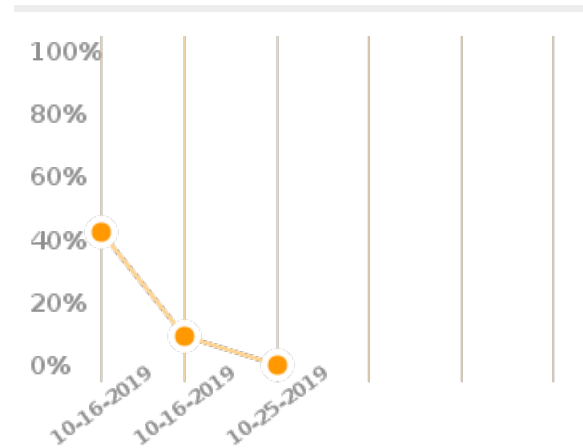


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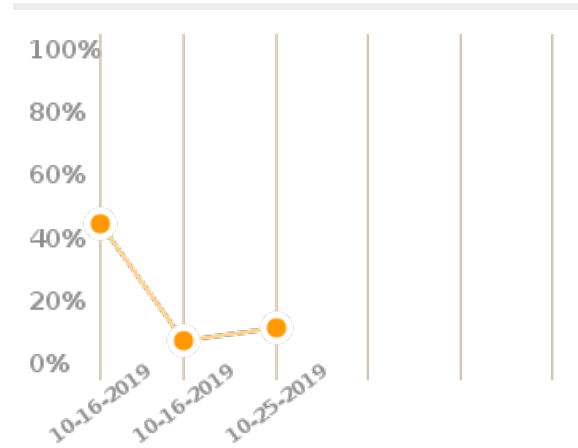
GLOBAL



GAD



PHQ



Oswestry

