

What Should Good Clinical and Rehabilitation Documentation Do?

Example # 1

TCM example

Purpose of visit: Goal # 1 - Met with Mary who called and said she hasn't been feeling very well and wanted help deciding what to do.

Intervention: Mary reported that for the last week she has had increased irritability, problems sleeping, and that she feels like crying. She feels this way off and on but not all the time. She said she wonders if she is starting the change of life but is uncomfortable talking to her general practitioner about this. When asked, Mary said she doesn't have an OB/GYN specialist. Helped Mary look up the names and numbers of female OB/GYN specialists at the local clinic. Encouraged her to call and see if they were taking new patients and if they take Medicaid. Looked at Mary's bus schedule with her to make sure she was familiar with the bus route to the clinic. Also gave Mary the phone number to Medicaid transport.

Response: Mary said she will be relieved to know if her problems are due to menopause rather than her mental illness.

Plan: Call Mary on Thursday to see if she arranged an appointment with an OB/GYN. Remind her how important it is to keep her appointment with her psychiatrist next week.

Example # 2

CPR Example

Purpose: Goal # 2 Offer support to guardian during meeting with school personnel regarding client's transition plan back to school after suspension.

Intervention: CSW met guardian at school for a meeting with principal, nurse, and special education teacher. CSW took a few minutes in the school parking lot to practice with mother deep breathing exercises.

During meeting CSW supported guardian's explanation of client's disorder. CSW offered alternative consequences to school personnel that may be appropriate to utilize in the future, as opposed to suspension. Also emphasized the importance of consistency and the immediacy of the consequences due to the client's cognitive functioning. CSW recommended appropriate transition plan for client's re-entry into the classroom. Developed appropriate consequences for the client and explained how the client will be informed of these consequences. CSW agreed to accompany client to school the first day to assure that transition into classroom occurs and to touch base with the teacher. CSW will maintain communication with guardian and teacher every day the first week of school to assist in transition issues.

Response: Guardian was able to maintain composure in meeting and talk in an even controlled voice. Thanked the CSW for support and verbalized that she felt hopeful regarding the plan. School personnel were amenable to transition plan of client back into the classroom. The Teacher was able to assist CSW in devising a list of consequences for behaviors the client displays in the class room.

Plan: CSW will accompany client to school on the first day to assure a smooth transition into the classroom. CSW will communicate with client, guardian and teacher before and after class during first week of school.

Example # 3

CPR example

Purpose of visit: Goal # 3 - Assist Joe to practice illness management skills in the community while doing needed chores for daily living (groceries).

Interventions: Joe was anxious because he had been fearful of going to the store because his auditory hallucinations were bothering him. Spent 10 minutes practicing relaxation exercise before going to the store, and discussed that his caffeine intake might contribute to his anxiety. Joe decided to stick a note on the fridge to remind himself to limit the number of cokes and coffee a day. While grocery shopping Joe became very anxious two times. Reminded him the first time he felt anxious to practice his relaxation technique. He practiced without prompting the second time he was anxious. 30 minutes in the car, Joe discussed visit with brother watching ballgame and reported argument about remote. We discussed the idea of telling brother how the symptoms make him edgy and to plan ahead for better ways to interact when he feels that way. Did short rehearsal of what he could say to brother.

Response to intervention: Joe will use post-it notes to remind himself about too much caffeine. He will use the "cheat sheet" from his symptom management group to remind him of ways to calm down before going to public places.

Plan: Worker will call Joe mid-week to prompt about use of these tools and determine if Joe can get to the store alone, and debrief any subsequent contact with brother.

Example # 4

TCM example

TCM assisted client to Dr. Smith's office. He was in a "good mood" however "stressed about bills". TCM also assisted him to the food pantry, and with grocery shopping. TCM also assisted client to pharmacy to pick up refills of medication. TCM assisted him back to his apartment following errands. His brother is still living with him which is causing some increase in stress by his report. CM to make follow up home visit on April 11, 2008.