

Toby's Troubles

OVERVIEW:

Toby has recently experienced anxiety and trouble sleeping. He has scheduled a visit to the psychiatry practice that your team runs. Can you help Toby determine what his problem is and how to treat it in order to improve his quality of life?

GOAL:

Gather subjective information in a thorough and organized way, and use the data as evidence to form a logical conclusion.

ROLE:

You are a team of psychiatrists (physicians who practice mental health care) in a clinical practice that specializes in anxiety disorders.

OBJECTIVE:

PH1.9: Recognize, gather, and organize subjective data in a simple patient case scenario.

DELIVERABLES:

- 1) SOAP Note
- 2) 2-4 minute presentation of conclusion (Toby's diagnosis and supporting evidence from the Assessment section)

ASSESSMENT:

Your SOAP note Subjective section will be evaluated on a rubric. You will present your conclusions (diagnosis and treatment plan), which will be evaluated for Claim, Evidence, and Reasoning (CER).



Case Introduction:

Toby, a 23-year old construction worker, is single and a non-smoker. Toby has no known allergies and currently taking Lozol as prescribed by his doctor. Toby's father has hypertension and his mother has Obsessive Compulsive Personality Disorder.

Toby has been back home in Chicago for 6 months after serving a 1-year military tour of Afghanistan where he experienced frequent combat. He has been complaining of nightmares and anxiety to his general practitioner for about 6 months, so she referred him to a psychologist for an evaluation. He claims that traffic makes him very anxious.

Toby has gotten into the habit of drinking 1-3 alcoholic beverages each night before he goes to bed because they help him sleep soundly and reduce nightmares. A high school athlete, Toby had always been a big sports fan, but has recently stopped going to games and following his favorite teams.

Subjective & Objective:

Record the information from Toby's story in the appropriate sections of the SOAP note. *Note: There will be some rows left blank due to lack of information.*

SOAP Note	
Subjective:	
Signs & Symptoms	
Allergies	
Medications	
Past medical history	
Last oral intake	
Events leading to injury or illness	
Frequency	
Associated Symptoms	
Radiation	
Character	
Onset	
Location	
Duration	
Exacerbating Factors	
Relieving Factors	
Objective:	
Measurements	
Vital Signs	
Exam Results	
Lab Results	

Research:

Make brief hypotheses about what types of illnesses or disorders Toby may have. Use your initial list to form research questions. An example is listed below:

Research Question	Owner/Source	New Information
<p>Example: <i>What disorders cause someone to have trouble sleeping?</i></p>	<p>Example: John <i>psychcentral.com/disorders/sleep</i></p>	<p>Example: <i>Insomnia: symptoms: trouble falling or staying asleep; causes: stress, unknown</i></p>

Assessment:

Write a short summary of the patient's situation, then complete a differential diagnosis including at least three possible diagnoses. Before you make your final diagnosis and support it with evidence and reasoning, move on to the next page and determine whether you need any additional information. Then come back to the assessment box on this page and write your final diagnosis.

Assessment:	
Summary	
Differential Diagnoses	1. 2. 3.
Final Diagnosis	Claim: Evidence: Reasoning:

Data Collection:

Determine what additional information you need, if any, to make a final diagnosis. Write any additional questions for Toby in the space below.

Questions for Toby

(OPTIONAL: If time permits.)

Plan:

Create a plan for Toby, using information you research about the treatment and management of his diagnosed illness or disorder.

Plan:	
<p style="text-align: center;">Steps of Plan</p> <p><i>(Consider mental, social and physical health; short- and long-term needs, and follow-up care required)</i></p>	

Final Presentation:

Prepare a 2-4 minute presentation to the psychiatric team at your clinic, covering Toby's diagnosis. Be sure to include all portions of the Assessment box (summary, differential diagnosis and claim/evidence/reasoning in the final diagnosis.)

PRESENTATION PLANNING		
Team Member	Portion of Presentation	Notes

Rubric:

You will be graded on the stated objective (PH1.9: Recognize, gather, and organize subjective data in a simple patient case scenario) using the rubric below:

PH1.9: Recognize, gather, and organize subjective data in a simple patient case scenario

Needs Improvement	Emerging Mastery	Partial Mastery	Mastery
Data is unorganized and not recorded with precision, clarity, and accuracy, and very little data is aligned within the appropriate section or category; much essential data is missing	Some data is organized and recorded with precision, clarity, and accuracy, and some data is aligned within the appropriate section or category; some essential data may be missing	Most data is organized and recorded with precision, clarity, and accuracy, and most data is aligned within the appropriate section or category	All data is organized and recorded with precision, clarity, and accuracy, and all data is aligned within the appropriate section or category

Post-Case Wrap-up Questions:

Unit 1 Learning Objectives:
PH1.1: Identify three main components of health, given a scenario.
PH1.2: Distinguish between self-esteem, self-image, and self-efficacy.
PH1.3: Analyze the causes & effects of stress.
PH1.4: Analyze risk factors and protective factors for depression.
PH1.5: Identify the five determinants of health.
PH1.6: Describe stigma and its relationship to mental illness.
PH1.7: Identify mental illnesses by their symptoms.

ANSWER THE FOLLOWING QUESTIONS ON A SEPARATE SHEET OF PAPER.

PH1.1: What are 3 ways Toby can cope with his illness? (List at least one that relates to his **physical health**, **mental health**, and **social health**.)

PH1.2: Imagine you are Toby's psychologist and you are working through his illness with him by using talk therapy. List one statement that he could make that would demonstrate positive **self-efficacy**.

PH1.3: Toby experienced high levels of stress. Name at least one **cause** and one **effect** of his stress.

PH1.4: Two months later, Toby returns to your clinic and reports that he is worried he will become depressed. He asks for your professional opinion on what factors might increase his risk for depression. List at least 3 factors:

PH1.5: Choose any 2 of the 5 **determinants of health** and describe how Toby's diagnosis relates to each.

PH1.6: Explain how **stigma** might relate to Toby's mental health dilemma.

PH1.7: Name 1 similarities and 1 difference between Toby's correct final diagnosis and Generalized Anxiety Disorder (GAD).