

QC54 Foundations of Risk Assessment and Management eLearning course scenario

Suni's (his/him) care plan goals

Immediate management plan

<p style="text-align: center;">Progress notes</p> <p>Facility.....</p>	<p>URN: Family name(s): Given name(s): Suni Address: Date of Birth: / / Sex M X F</p>
Date and time	Make all notes concise and relevant
<p>24/06/20XX 1400 hrs</p>	<ul style="list-style-type: none"> Develop a safety plan with Suni and provide helpline numbers – Alex Buddy, CN by 4pm today (24/6/20XX). Jenny Pal, Social Worker, to contact Suni's employer with Suni to discuss work shifts for the next fortnight, with an aim of having at least four shifts during day time hours. By 25/6/20XX. Seek collateral from Suni's GP and from Suni's wife (consent provided) about previous depressive episodes – Alex Buddy, CN. By 24/6/XX. Make an appointment with Dr. Lani Amiga, Psychiatrist, for full medical assessment and consideration of treatment for depressive symptoms – by 28/6/XX.

Care plan

Clinical goal:	Develop safer ways for Suni to socialise and feel connected to others.		
Aligns to recovery goal:	I want to not feel so lonely and sad.		
Strategies, intervention and involvement of other service providers	Person/service responsible	Target date	
Engage with Suni in counselling and education to explore opportunities for socialising, including support groups and other services to enhance connection.	Anna Day, Psychologist with Suni	25/7/XX	
Involve Suni's key friends in identifying other practical ways to support Suni. Share information on drugs, alcohol, and depression to assist (with Suni's consent).	Jan Arnold, clinician Suni and friends	30/7/XX	
Schedule drug and alcohol counselling session for Suni to understand the role alcohol and cannabis play in his feelings of loneliness and sadness and discuss harm minimisation when spending time with friends.	Suni and Dr Lani Amiga	7/8/XX	