

Clinical Update Form

Purpose: measurement of clinical data for evidenced-based psychiatric decision making

Users: Patients, parents, clinicians, teachers, or any other well-informed observer

Name		Date of Birth	
Completed By		Email	
Current Date		Next Appt	
Unit		Therapist	

Medications taken	Daily Dose (mg)	Days left	Refills Left	Your opinion of Effectiveness	Side-effects
				High—Med--Low	
				High—Med--Low	
				High—Med--Low	
				High—Med--Low	

Over the past 4 weeks N= Never, S= Sometimes, O=Often, A=Always	N	S	O	A
1. Use of alcohol or recreational drugs				
2. Aggression (hitting, kicking, pushing, threatening, etc.)				
3. Hurting self (cutting or burning skin, attempting suicide)				
4. Defiance of authority at home, school, or work				
5. Difficulties focusing on tasks, trouble getting things done, distractible				
6. Physical restlessness , fidgeting, hyperactivity				
7. Antisocial/delinquent behaviors (lying to con others, stealing, vandalism, etc.)				
8. Depressed moods (sad, low, negative, can't have fun, crying spells)				
9. Low energy , fatigue, tiredness				
10. Irritable moods , grouchy, over-reactive to stress				
11. Moody: moods change quickly without any clear reason				
12. Elevated moods: too happy, giddy, or low inhibitions <i>lasting more than hours</i>				
13. Too much energy (taking on too many projects, unable to relax)				
14. Sleep: difficulty falling or staying asleep				
15. Sleep: sleeping too many hours				
16. Sleep: able to get by on very little sleep without really missing it				
17. Low appetite or weight loss				
18. High appetite or weight gain				
19. Anxiety: worrying too much, can't relax, feeling tense or scared				
20. Anxiety: obsessive, unwelcome thoughts that you can't get off your mind				
21. Anxiety: compulsive rituals that you must do to feel better				
22. Anxiety: panic attacks (suddenly feeling terrified, overwhelmed, sick)				
23. Anxiety: fearful of being in public or being around other people				
24. Anxiety: memories of earlier bad experiences intruding on daily life				
25. Memory problems (forgetting important things, confusion, disorientation)				
26. Hearing voices or seeing visions that no one else can				
27. Strong beliefs or worries that other people say can't be true				
28. Thoughts confused , speech that doesn't make sense				
29. Not taking care of self , low interest in others				
30. Other: (specify)				
Comments/Questions:				

An enhanced electronic version of the **Clinical Update** is posted at www.JeffTurley.com. The online version rank-orders symptoms and can be used to maintain a database of information across dates. Processed data can be submitted directly to any recipient via email. Contact doctor@JeffTurley.com for hosting options and modifications.

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