



Professor Leon Piterman

Professor of General Practice
Monash University

Friday, August 12, 2016

(Room 2)

14:00 - 14:55 WS #31: Case Studies in Mental Health

15:05 - 16:00 WS #41: Case Studies in Mental Health (Repeated)



MONASH
University

MONASH

Office of the
Pro Vice-Chancellor
Berwick & Peninsula

GP CME CONFERENCE
Christchurch, New Zealand
11-14 August 2016

Case Studies for Workshops

1. DEPRESSION

Professor Leon Piterman AM
Professor of General Practice



1. History

You are working in a general practice.

Your patient is Tom 22 -year-old electrician who has attended your clinic in the past for sporting injuries.

His girlfriend Emma insisted that he sees you because he does not feel like going to work, is having trouble sleeping (wakes at 4am), has a poor appetite and has lost 5 kg in weight in the past 3 months.

He has no formal past psychiatric history, but has taken ecstasy on 3 occasions at parties and occasionally binge drinks 12 -15 beers and spirits on weekends.

He appears withdrawn and says that he no longer has any pleasure in recreational activities (sport, movies), is finding it difficult to concentrate at work and fears that he might lose his job.

2. Other History

He is an only child.

He still lives with his parents but spends a lot of time with Emma and plans to get married.

His parents are well but his maternal grandfather committed suicide aged 47.

He had been in a psychiatric hospital for some time.

3. Examination

Physical examination is unremarkable.

Vital signs all within normal range.

On Mental Status Examination, he presents as a young man, casually dressed and, unshaven.

He is difficult to engage, answering questions without elaboration.

His mood is described as depressed, his affect is depressed. Thought content is difficult to elicit.

He denies perceptual disturbance.

He has reasonable insight, acknowledging that there must be something wrong, and asks for treatment for this.

4. Questions

- **4.1** What is your probability diagnosis at this stage?
- **4.2** What further information do you need?
- **4.3** What investigations if any would you undertake?
- **4.4** What is your management plan?