Mental State Assessment

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What is expected?

- Confidentiality
- Expertise
- Professional confidence
- Warmth and guidance
- Non judgmental attitude
- Insight of patient himself

Why?

For,

- An accurate diagnosis

- Planning

- Intervention

How?

- Presenting complaint – current problem, for how long
- Precipitating factors for the current problem if any
- Progression of the illness
- If diagnosed to have a psychiatric illness,
  when diagnosed
  who diagnosed
  drugs taken
  relapses

- Medical hx : co – morbidities
- Past psychiatric hx : as above
- Personal hx : birth complications, parent conflicts, sibling rivalries, schooling, educational level, love affairs, suicidal attempts, substance abuse etc
- Drug hx : treatment which the patient on. Their side effects, any change in drugs, compliance
- Allergy hx
- Pre morbid personality – cheerful or not, interests, hobbies
- Social hx – social, family support, financial level

Examination

1. Appearance – grooming, personal hygiene, appropriateness of clothing, posture, gestures, attention

2. Behaviour – eye contact, body language, responses to others

3. Mood – subjectively and objectively

4. Speech – volume, tone, speed, quantity, flow

5. Thought content – thought process and perception(delusions, hallucinations)

6. memory – short/ long term memory

7. Insight – subjectively and objectively

- Mini-Mental State Examination will be discussed in " Dementia " lecture

Exercise 01

- Discuss how would you intervene a patient coming to ward with,

  - depression

  - BAD

  - Schizophrenia