

BIRP Note Template

Patient Information

Jesse Whitman
First Name Last Name
14/05/1990
Date of Birth

20/11/2022
Date

Behaviour

Jesse presented a tense posture and stance, with fidgeting hands and a shaking leg. When asked, Jesse explained "it's getting quite difficult for me to turn my brain off." Jesse responded to all questions with short statements, and did not care to elaborate. He elaborates that he feels more aggravated than usual, which could be due to fatigue. Jesse explained that he had been feeling "extremely tired the past week", with minimal sleep. He states that he has around 4 hours of sleep per night, and struggles to stay asleep if woken up.

Intervention


Jesse presents mild symptoms of anxiety, with fatigue and irritability. As a result, the patient was given some cognitive restricting methods to increase his mental wellbeing and how he perceives events and situations. Through talking therapy, Jesse was supported to identify his negative thinking patterns, and to know when to recognize his anxiety. Medication was discussed, however, because of recent development, I am hesitant at this stage to prescribe anxiety medication. Medication to aid in sleep was discussed and Jesse is encouraged to schedule an appointment with the GP to explore this option further.

Response

Jesse agreed with the medication plan, and also agreed to meet with the GP. As a result, I have referred Jesse to his GP to discuss options. Jesse also responded well to cognitive thinking exercises, and demonstrates good progress for one session of practice.

Plan

Jesse will see me in two weeks on September 15th. His goals are to improve cognitive thinking patterns when it comes to anxious thoughts, and to assess medication outcomes when it comes to increasing his hours of sleep.


Signature

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K Morrison



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The Top Books of the Year Sample Birp Progress Note The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Sample Birp Progress Note : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Sample Birp Progress Note : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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