

PSYCHOSOCIAL HISTORY

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What do we mean by “psychosocial history”?

- Social & psychological aspects of a person’s life such as:
 - Cognitive function
 - Emotional health
 - Social history
 - Support System
 - Financial & Legal issues
 - Spirituality
 - Elderly Mistreatment

How to assess cognitive function?

- Mini Mental Exam:
 - Orientation
 - Registration
 - Attention & Calculation
 - Recall
 - Language

The Mini-Mental State Exam

Patient _____ Examiner _____ Date _____

Maximum Score

5 ()
 5 ()

Orientation

What is the (year) (season) (date) (day) (month)?
 Where are we (state) (country) (town) (hospital) (floor)?

3 ()

Registration

Name 3 objects: 1 second to say each. Then ask the patient all 3 after you have said them. Give 1 point for each correct answer. Then repeat them until he/she learns all 3. Count trials and record.
 Trials _____

5 ()

Attention and Calculation

Serial 7's. 1 point for each correct answer. Stop after 5 answers.
 Alternatively spell "world" backward.

3 ()

Recall

Ask for the 3 objects repeated above. Give 1 point for each correct answer.

2 ()

Language

Name a pencil and watch.

1 ()

Repeat the following "No ifs, ands, or buts"

3 ()

Follow a 3-stage command:

"Take a paper in your hand, fold it in half, and put it on the floor."

1 ()

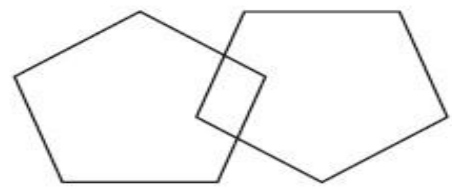
Read and obey the following: CLOSE YOUR EYES

1 ()

Write a sentence.

1 ()

Copy the design shown.



Total Score

ASSESS level of consciousness along a continuum _____

Alert Drowsy Stupor Coma

Emotional Health

最近 2 週間に、以下の点について悩んだことがありますか		全く なかった	2~3 日 あった	週の 半分以上 あった	ほとんど 毎日 あった
(A)	物事に対して興味が無い、 または楽しめなかった	0	1	2	3
(B)	気分が落ち込む、憂うつになる、または 絶望的な気持ちになった	0	1	2	3
(C)	寝つきが悪い、途中で目が覚める、または 逆に寝すぎたりすることがあった	0	1	2	3
(D)	疲れた感じがする、または気力がなかった	0	1	2	3
(E)	食欲が無い、または食べ過ぎた	0	1	2	3
(F)	自分自身が悪いと気に病む —または、自分は失敗した、あるいは 自分または家族に申し訳ないと感じた	0	1	2	3
(G)	新聞を読む、またはテレビを見ることなどに 集中することが難しかった	0	1	2	3
(H)	他人が気づくくらいに動きや話し方が遅くなる、 あるいはこれと反対にそわそわしたり、 落ち着かず、普段よりも動き回ることがあった	0	1	2	3
(I)	死んだほうがましだ、あるいは自分を 何らかの方法で傷つけようと思ったことがあった	0	1	2	3

※ 最近 2 週間に悩んだこと (A)、(B) について、「週の半分以上あった」「ほとんど毎日あった」(上表の網掛け部分) のどちらか 1 項目以上のチェックに該当し、かつ、(A) ~ (I) のうち、上表網掛け部分 2 個以上該当する回答者を「うつ病、うつ状態」、その他を「非うつ状態」とする。

※ 「うつ病、うつ状態」は、それぞれの項目に対する回答の合計点により、次の 4 つに分類。

- 軽症: (A) ~ (I) 項目の総得点が 9 点以下
- 中等症: (A) ~ (I) 項目の総得点が 10 点~14 点
- やや重症: (A) ~ (I) 項目の総得点が 15 点~19 点
- 重症: (A) ~ (I) 項目の総得点が 20 点以上

出典: Spitzer, R.L. et al.: JAMA 282(18):1737, 1999[L20030701066]

Kroenke, K. et al.: J Gen Intern Med 16(9): 606, 2001[20080128008]

The Patient Health Questionnaire (PHQ-9)

Patient Name _____ Date of Visit _____

Over the past 2 weeks, how often have you been bothered by any of the following problems?

	Not At all	Several Days	More Than Half the Days	Nearly Every Day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling asleep, staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself - or that you're a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or, the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

10. If you checked off any problems, how difficult have those problems made it for you to
Do your work, take care of things at home, or get along with other people?

Not difficult at all Somewhat difficult Very difficult Extremely difficult

Social History

- Alcohol Abuse – “CAGE”
- Tobacco
- Recreational Drugs
- Nutrition & Exercise
- Bladder Incontinence/Hearing/Vision
- Education
- Housing
- Transportation

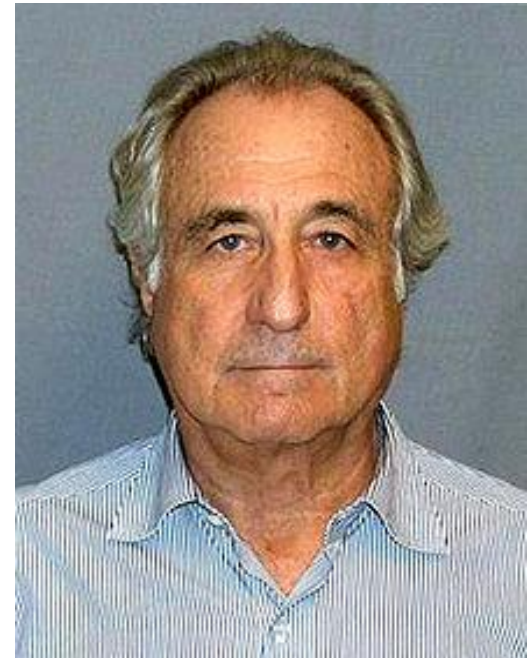
Support System

- Residence
 - Alone
 - With family
 - Nursing home
 - Assisted Living
 - Hospice



Financial & Legal Issues

- Medical Bills
 - Be cost efficient
- Debt
 - Gambling, mortgage, credit cards
- Family



Spirituality

Be aware of different religions
and religious practices



Elderly Mistreatment

- Physical
- Psychological/ Emotional
- Financial Abuse
- Sexual Abuse
- Scams
- Neglect



Case Study

- Mr. Jones, 79 yo retired lawyer, residing in Williamsville
- Barely meets monthly expenses
 - Living alone in his 4 bedroom home
 - Paying for medications and co-pays for medical visits to manage Parkinson's, diabetes and hypertension
 - Son asks for money for investments
- Married 52 years: wife died 6 months ago
- No family or friends in the area
 - Children live in NYC, occasionally visit
 - Most friends passed away
 - Stopped going for walks after wife died
- Each night, alone in his kitchen, he sips several glasses of red wine and ponders the meaning of life

Psychosocial Problems

- Financial stress
- Grief from loss
- Social isolation
- Depression
- Possible suicidal ideation