

Room

Name MRN
DOB Age Sex
Guardian / PoA / MHD Insurance

vss / nnv bpm / ° %

ROS FC HA VA CP SoB NV GI GU WT WR

ED Course

bib p/f

PMH

LMP OB [G] [P]
Seizure
TBI LoC
CPAP

Labs

BMP CBC COVID
BAL UDS EKG
Preg UA

PSH

Allergies

Current Meds

generic	dose	route	frequency

CC

HPI

Substance Use

Tobacco	amount	frequency	last
Alcohol	amount	frequency	last
	withdrawal	seizure	DTs ICU
Cannabis	amount	frequency	last

Intravenous
Ψ effects

Rehab
Sober periods

Suicide wish thought plan intent prep attempt

Lifetime

Month

Inquiry frequency duration control deterrents

Firearm possess access

Risk means self-harm activating factors
treatment clinical status family hx

Protect fear/suffer immoral/faith responsible others
why live supportive other engage work/school

Ψ ROS

abnormal + normal -

Time

Depression	S I G M E C A P S	
Mania	D I G F A S T	
Psychosis	D P IoR AH VH DS DB NS	
Anxiety	R F C I M T S	
Panic	P S SoB CP H NT FoD	
OCD	OT CB LoF	
PTSD	T R A U M A D	
Borderline	I D E S P A I R R T	

Homicide target thought plan intent prep attempt

Social

Living
Education
Employment
Financial
Relationship
Children

Spiritual
Sexual
Fun
Military
Legal
Gambling

PΨH

Diagnoses
Past Hosp
Past Meds
Outpatient
Family Hx

MSE stated mood

Cognition

Orient: name city building year month day
Recall 3: food color vehicle clothes now [] > 5 min []
DoW [] MoY [] DLROW [] Serial 7s [93][86][79][72]

PE

Contacts [consent]

SIG-ME-CAPS (Depression)

- Sleep disturbance
- loss of Interest or anhedonia
- feelings of Guilt or worthlessness
- depressed Mood
- fatigue or loss of Energy
- Concentration disturbance
- Appetite changes or significant unintentional weight changes
- Psychomotor retardation, Psychomotor agitation
- recurrent Suicidal thoughts or ideation

DIGFAST (Mania)

- Distractibility
- Impulsivity or increased high-risk activities
- Grandiosity or inflated self esteem
- Flight of ideas or racing thoughts
- increased Activity or psychomotor Agitation
- Sleep deficit
- Talkativeness or pressure to keep talking

D P IoR AH VH DS DB NS (Psychosis)

- Delusions, Paranoia, Ideas of Reference
- Auditory Hallucinations
- Visual Hallucinations
- Disorganized Speech
- Disorganized or catatonic Behavior
- Negative Symptoms, diminished emotional expression, avolition

R F C I M T S (Anxiety)

- Restlessness, feeling keyed up or on edge
- being easily Fatigued
- having difficulty Concentrating or mind going blank
- Irritability
- Muscle Tension
- Sleep disturbance

P S SoB CP H NT FoD (Panic)

- Palpitations or fast, Pounding heart
- Sweating
- feeling Short of Breath or smothered
- Chest Pain or discomfort
- Heat sensation
- Numbness or Tingling
- Fear of Dying

OT CB LoE (OCD), n

- distressful Obsessive/intrusive/unwanted Thoughts, urges, images
- Compulsive repetitive Behaviors or mental acts unrealistically or excessively intended to prevent/reduce anxiety, requiring one or more hour per day
- causing significant distress or Loss of Function

TRAUMA-D (PTSD)

- experiencing or witnessing a Traumatic index event
- Re-experiencing distressing memories in dreams or flashbacks
- Avoiding distressing memories or triggers
- being Unable to function
- having symptoms for one Month or more
- increasing Arousal or physiological reactions to triggers
- being Disinterested in usual activities

IDESPAIRRT (Borderline)

- Identity disturbance or distorted self-image
- Disordered or unstable affect owing to a marked reactivity of mood
- chronic feelings of Emptiness
- recurrent Suicidal behavior, gestures, threats, self-mutilation, cutting
- Paranoid ideation, transient, stress-related, severe dissociating from body
- real or imagined Abandonment with frantic efforts to avoid, rushing to emotional/physical relations
- Impulsivity that is self-damaging in multiple areas (spending, sexual, binge eating/drinking, driving, etc.)
- inappropriate or intense Rage with difficulty controlling anger
- pattern of unstable and intense interpersonal Relationships, alternating extremes of idealization and devaluation of family, friends, partners
- trouble Trusting others and irrational fear of what other people are intending

ROS (Review of Systems)

- FC Fevers, Chills
- HA HeadAche
- VA Vision Changes
- CP Chest Pain
- SoB Shortness of Breath
- NV Nausea/Vomiting
- GI abdominal pain, problems defecating
- GU problems urinating
- WT difficulties Walking, Transferring/Toileting
- WR open Wounds, Rashes

SAFE-T (Suicide)

Inquiry of thoughts, plans, intent

- Frequency
 - < 1 / week, 1 / week, 2-5 / week, almost daily, > 1 / day
- Duration
 - < few minutes, < 1 hour, 1-4 hours, 4-8 hours, > 8 hours
- Controllability
 - easy, little difficult, some difficult, lots difficult, unable, no attempt
- Deterrents
 - Deterrents: definitely, probably, uncertain, likely not, definitely not
 - does not apply
- Reasons for Ideation
 - Attention, Revenge, or Reaction: completely, mostly, equally
 - does not apply
 - End or Stop Pain: equally, mostly, completely
 - does not apply

Risk Factors

- Activating Factors
 - Recent loss, negative events (legal, financial, relationship)
 - Pending incarceration or homelessness
 - Current or pending isolation or feeling alone
- Treatment History
 - Previous psychiatric diagnosis and treatments
 - Hopeless or dissatisfied with treatment
 - Non-compliant with treatment
 - Not receiving treatment
 - Insomnia
- Clinical Status
 - Hopelessness
 - Major depressive episode
 - Mixed affect episode (e.g., bipolar)
 - Command hallucinations to hurt self
 - Chronic physical pain or acute medical problem (e.g., CNS d/o)
 - Highly impulsive behavior
 - Substance abuse or dependence
 - Agitation or severe anxiety
 - Perceived burden on family or others
 - Homicidal ideation
 - Aggressive behavior towards others
 - Refuses or feels unable to agree to safety plan
 - Sexual abuse (lifetime)
 - Family history of suicide
- Access to Lethal Methods
 - Firearm in home or ease of access

Protective Factors

- Internal
 - fear of death, dying due to pain, suffering
 - identifies reasons for living
- External
 - belief suicide is immoral, high spirituality
 - responsibility to family, others, living with family
 - supportive social network, family, friends
 - engaged in work or school

Clinical Assessment of Risk

- High Suicide Risk
- Moderate Suicide Risk
- Low Suicide Risk