

Discharge Sample

Patient Name: John Smith

Date of Discharge: 04/03/2022

Diagnosis at Discharge:

F33.41 Major Depressive Disorder, recurrent, in partial remission

Reason for Discharge:

John made significant progress in treatment and successfully met all treatment goals. He also chose to reduce his daily alcohol consumption which he felt contributed to both his sleep challenges and physical fatigue, as well as interpersonal conflicts. John learned and practiced a number of coping skills consistently over many months that improved his symptoms of depression and relationship with his partner. Moreover, John regularly used several CBT techniques at both home and work. Although the major depressive episode is not fully in remission, John is ready to end this episode of care. Additional validation for readiness to discharge is demonstrated on a recent PHQ-9 questionnaire which indicated mild symptoms of depression. No significant concerns noted on recent functional assessment.

Risk Factors at Discharge:

A potential risk factor for John is increased alcohol consumption.

Referrals to Resources at Discharge:

John attended one AA meeting prior to discharge, and plans to stay connected to that group. In addition, John has contact information for local agencies that provide sober social activities.