

Health: Psychiatric Assessment

Briefing:

You are interpreting at a women's hospital in a meeting where patient's mental health is being assessed prior to discharge.

- X: Hello Mayu, how are you? I am Vin, the head psychiatrist at this centre. You remember me from a couple of weeks ago? I have come today to do an assessment of your mental wellbeing prior to discharge anytime this week depending on your condition. [45]
- Y: Yes, I remember you. I am OK now but I have been crying all night and felt anxious again this morning. I don't think I want to go back home and live again with my mother in law. I was so stressed on Wednesday and Monday when you send me back for a temporary visit. We just don't get along! I hate my partner, I hate everyone! [67]
- X: OK, can you tell me what happened during your visit back home? I have instructed the nurses to book me at any time for a follow-up meeting with you but since you haven't requested it I assumed that the encounter wasn't too bad. May I ask why haven't you asked to see me when you returned back to the ward? [60]
- Y: I was too tired and I felt like a failure because you said that just a couple of hours back home would be good in terms of transitioning and re-building the relationship with her but she was so cold, she didn't even say hello to me. She just went to her room and only came out when I was about to leave with my baby Shala. I offered her to hold the baby but she said something stupid like her hands were dirty from gardening or whatever else. She did have the energy to make a comment how Shala is rather skinny and that I should use more formula because my breast milk is probably not so nutritious! [118]
- X: Yes, well you did you part. You have offered her the baby as a symbol of peace and your willingness to cooperate with her in the upbringing of your child as well as building a more harmonious relationship within the household. It could have been her pride that may have stopped her, but let's focus on you instead of her. Have you been in touch with the councillor about your support network once you are discharged? We ensure that this is in place for all of our patients. [88]
- Y: Yes, Georgia has put together a list including my GP, the psychologist and also multicultural play groups that I can join. I didn't really enjoy the playgroup I went to last week. All of mums looked so healthy and positive about the childrearing.. I felt like I haven't made the cut, like I am just not good enough to be a mother. I then recalled an episode when my baby was sick and when my partner told me to hold on while he ran off to his mother's rum to consult with her about what should be done about Shala's fever. I think my partner has separation anxiety and that is why he always goes to his mum and expects her to run our

lives, it is unbearable! [128]

X: Have you spoken to your partner about how you feel? It is very important to express your inner feelings and verbalise it. Sometimes people don't get it unless you actually tell them. [32]

Y: Yes, I did have a long talk to him and I actually exploded at that time. He apologised in the end, but I am still anxious that he will do the same thing because that is probably what he has been doing all his life since he was a boy...My partner was a bipolar and he was teased a lot in school so that is why he dropped out of high school and ended up being a forklift driver instead of a musician. He abandoned his dreams! [87]

X: I believe you have told me that he is just about to launch an album and that he plays music at home, so perhaps he is balancing his two careers. But more importantly than that have you thought about how you can lead life in a less isolated fashion that before you got sick and depressed? [56]

Y: Yes, Georgia has booked a supported playgroup for me so I will have a change to become friends with other mums who have experience depression in the past and form my support networks outside home. Geoga said she will send off my discharge reports to my GP and the psychologist so that we are all on the same page and also medical records on Shala. She has given me the after-hours number to call in case I feel anxious or suicidal again and also the closest mental health clinics in my suburb. [92]

X: That sounds good. I will get you to come in on monthly basis for check-ups just to see how are you going and if there are any changes in your living circumstances and how you coping on the overall. I can say that you are in a much better shape than when you got here, the medication has worked well, and you are feeling more confident as a mother to take care of your baby and more stringer physically and mentally. All of these factors will help you to cope better with any challenges you encounter and remember we are just one phone call away! [105]

Y: Thank you Vin! [3]

English Words: 386

LOTE Words: 495