



Dr Anthony  
**MANDER**

Consultant Psychiatrist  
Suite 62, Hollywood Medical Centre, 85 Monash Avenue, Nedlands, WA 6009  
P (08) 9386 7855; F (08) 9386 7466; E [reception@62hmc.com.au](mailto:reception@62hmc.com.au)  
[www.tonymander.com.au](http://www.tonymander.com.au)

Name: \_\_\_\_\_

Date \_\_\_\_\_

Time for your Annual Review! If you were seen last year you may complete this form if you have no problems and don't need to come into the office. Please sign the disclaimer at the end of this document which reminds you of the key issues associated with stimulants, particularly standard dexamphetamine.

List all current medications:


What physical problems do you have?


What is your Blood Pressure and Pulse (can be self-monitored or taken by your GP or local chemist)

BP	/	Pulse	beats per min
----	---	-------	---------------

Treatment Related Side Effects

Please tick any side effects you **currently** have from treatment:

Symptom	Tick if Present	Symptom	Tick if Present
Decreased appetite		Irritability	
Dry mouth		Diarrhoea	
Headache		Fatigue	
Feeling jittery		Sweating	
Poor sleep		Decrease libido	
Sore throat		Runny nose	
Nausea			
Unintentional weight loss – if yes how much?			kg
Increased heart rate – if yes how fast? (beats per min)			bpm

Current Symptoms

<i>Check the box that best describes how you have felt and conducted yourself over the past 6 months.</i>	Never	Rarely	Sometimes	Often	Very Often
How often do you have difficulty concentrating on what people are saying to you even when they are speaking to you directly?					
How often do you leave your seat in meetings or other situations in which you are expected to remain seated?					
How often do you have difficulty unwinding and relaxing when you have time to yourself?					
When you are in a conversation, how often do you find yourself finishing the sentences of the people you are talking to before they can finish them themselves?					
How often do you put things off until the last minute?					
How often do you depend on others to keep your life in order and attend to details?					

**TOTAL**

Disclaimer

I understand that with stimulants (especially standard dexamphetamine), tolerance and dependence can occur. Doses above those prescribed, or mixed with alcohol or illicit drugs, are especially dangerous. If you do this your decision making ability will be affected, you will be a serious danger on the roads and risk of psychosis significantly increased. Monitoring of your blood pressure is important and raised blood pressure can lead to cardiomyopathy. Stimulants may interfere with some brands of the contraceptive pill and although they are not absolutely contraindicated in pregnancy it is better to be off them if possible. If you are on standard dexamphetamine there is a stricter monitoring regime in place and your ongoing management fee will be slightly higher as a result

\_\_\_\_\_

I understand the above and am entirely satisfied with my treatment. I do not need to see Dr Mander at this time but will contact him if I have any concerns.

Signed \_\_\_\_\_

Date \_\_\_\_\_