



### **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