**NEUROPSYCHOLOGICAL EXAMINATION**

**September 18, 2014**

**Name of Psychologist, Address, City, State**

**Client: Emma Molton**

**LNC Observer: Patricia Iyer MSN RN LNCC**

Emma Molton arrived for her examination at 9:50 AM, dressed in black pants and a sleeveless black and white blouse. The receptionist explained she was being examined and not treated and asked her to sign a form, which Emma did.

At 10:00 AM, Dr. Kensington came to the waiting room, introduced himself and brought Emma and me to an interview room that consisted of a side table, desk and two chairs. We sat opposite him on the chairs. He took notes on a lined pad and did not refer to medical records during the exam. He used the side table to keep copies of tests he gave to her. I discussed the plan to audio record the interview. He refused to allow this, saying he did not know it was to be done. Had he known, he would have brought a recorder to record himself. Because of the proprietary nature of the tests, he would not allow it.

**Introduction and Biographical Information** Dr. Kensington explained to Emma that he was working on behalf of NJ Manufacturers. Since Emma claimed to have neuropsychological injuries, he was asked to examine her. They had no doctor-patient relationship and there was no confidentiality to their interview.

Dr. Kensington established that Emma is 50 years old, born on 2/9/64 and is right handed. She has been married for 25 years, never married before and has two children age 21 and 17. The 17-year-old lived with her and her husband and the 21-year-old is going back and forth to college. She lives in Toms River and is not working. The last day she worked was in October 2013 the day before the accident, which took place on a Saturday. She stated the accident was October 21. He corrected her and said he had the 19th as the day of the accident.

Emma explained that she was a physical therapist and had been the physical therapy manager of HealthSouth Rehab in Gurra. She had been a physical therapist for 18 years and worked as the manager for 12 years.

**Details of Accident** When Dr. Kensington asked her what happened and what she remembered, as opposed to what others might have told her afterwards, she said she was in the car by herself. She had a seatbelt on. She was heading on Washington Street East. It is a “2 road” (meaning two lanes). A car heading in the opposite direction came into her lane and hit her head on at 7 PM. She was headed to pick up her daughter from a band competition.

 When asked if she recalled the impact, she said “I was awake, confused, in a lot of pain. It was traumatic. I started screaming. The airbags deployed. I don’t remember all of the time. I was in a daze.” When asked what she recalled, and if she tried to avoid the other car, she said she did, but she was struck flush (head on). The headlights were in her headlights. Dr. Kensington said he knew the driver was intoxicated and got a ticket for DUI. It was in the police report he read.

 Dr. Kensington asked about the impact – did any part of her hit the surface of the car? She said her right knee hit the dashboard. She had pain everywhere. She was bracing herself against the steering wheel. She did not remember the airbags going off. She was in a daze with lots of pain in her head, neck and arms. She held her hands up in the air (afterwards) and remembered people knocking on the door asking her to open the door. She said she did not remember all things.

 Dr. Kensington commented that he knew she went to the hospital but when asked if she lost consciousness, she said, “No”. She said she did not remember much. He replied, “I don’t want to mislead you, just understand.” She replied that at the time she thought she did not lose consciousness, but later she believed she did. She was dazed, confused, and in shock. Dr. Kensington said, “You mean emotional shock?” She said, “Emotional and physical. I could not control my body.” She was looking at me as she spoke, and Dr. Kensington said, “Don’t look at her. She is just an observer.”

 When asked how she got out of the car, she said the EMS got her out. He asked if she could walk. She said the EMS slid her onto a stretcher. They asked her to calm down and stop screaming. She said she kept screaming. Her neck, head and arms hurt a lot.

**Treatment after Accident**

 Dr. Kensington said, “You were boarded. Where did they take you?” She said she went to Community Medical Center, where they took x-rays, CT scans, and a blood test before they would give her anything for pain. They gave her medications to calm down. Her husband arrived. She was in a lot of pain. The ER doctor discussed the CT findings and said a neurosurgeon on staff could not come in so they were sending her to a trauma center, Jersey Shore. It was a horrendous ambulance ride. She was in a lot of pain. She remembered every bump. Jersey Shore retook the x-rays and CT scan and found fractures of her left elbow and right fibula. Community Medical Center findings were incorrect; they missed the fractures. She thought she had a broken collarbone and ribs, but they were OK.

 Emma had pain in other parts of her body – her right wrist was sprained. She was admitted for 5 days. She was dizzy, had headaches and nausea. She developed septicemia from a urinary tract infection that went to her blood. She received IV antibiotics. Her main concerns were nausea, severe headache and pain. She was discharged to home. She wore a neck brace and could walk with help. She was dizzy at home and had a severe headache.

 After discharge, Emma was not able to work. She never returned to work. The first doctors she saw were an urologist, an infectious disease doctor, Dr. King (who saw her first at the hospital), and Dr. Bloom (a trauma orthopaedic doctor) who treated her knee, elbow, shoulder and wrist. Emma said she knew her shoulder was not right. An MRI showed she had a rotator cuff tear and then surgery by Dr. Borton on 12/19/13. When asked if it was better, she said yes, she had rehab, but then developed a frozen shoulder. She explained that Dr. Borton ordered 12 physical therapy treatments and she had received 6. Physical therapy would end after 6 more treatments.

 Dr. Kensington asked her if there were other physicians she was seeing. She said she wanted to see Dr. King, but was denied, and did not see other doctors.

**Dr. King** Dr. Kensington said he wanted to discuss Dr. King’s treatment. “He saw you in the hospital. What was wrong with you?” She said she hit her head on the air bag. She had a head injury and was sensitive to light. She said, “Based on my knowledge as a therapist I knew what was causing my symptoms.” At this point Dr. Kensington seemed to bridle at what she was saying and questioned her on the source of her knowledge. She replied she knew the impact of a head injury could cause her symptoms. He said, “You diagnosed yourself?” She said, she had treated patients with the same symptoms. He asked if she had formal training in head injury. “No”, she said, “it is part of my knowledge. And my physician told me I had these symptoms due to the impact with the air bag.”

**Symptoms** Dr. Kensington asked about what symptoms she had now. She said she had dizziness on and off, intermittently, with sudden movement, when she looked up, got up, or was fatigued. He asked if she had a cluster of symptoms or were they independent of each other. She said that when she was dizzy she was also fatigued. The symptoms were related. She knew she needed to stop and rest to help the symptoms.

 When asked what other symptoms she had, she said they were mainly cognitive. She had short term memory issues, trouble multitasking and was distractible with a horrible attention span. She got lost even if she had directions. She was a fearful driver and forgot where she was going. She used the GPS even if she thought she knew the directions. She was anxious when she drove. Dr. Kensington asked her to rate her anxiety from 1-10 when she drove. She rated it a 4. She would not drive on a parkway. She could not go to Virginia to see her mother (4 hour trip) and got clammy just thinking about it.

 Emma explained she had a job that required a high level of concentration and the ability to finish a task. (She talked as if she was currently working. Dr. Kensington confirmed that she was not.) She could not do this. She felt her concentration was “wasted” due to distraction and a headache. Her job required using Excel and creating narrative reports. She could not do that now. She felt “off”. Dr. Kensington asked her what made her think she could not do this. She said she did the bills at home using Excel. This is a basic task compared to what she did at work. Doing the bills gave her a headache.

 Dr. Kensington asked her what she did at work that required cognitive activities. She replied that she created policies, the budget, end of month reports, analysis and correlated reports at work. He asked her if she had to crunch financial data. She said she did, and had to compare it to data, supervise other staff of 12, but did not have a caseload of patients.

 Dr. Kensington asked her what she was doing now. She explained she was terminated from her job in June. She wanted to return to work if they would take her back. “They’ve been very civil. The staff loved me. I’m sore about being terminated, I worked so hard. But I can’t blame them.” When asked if she felt capable of working, she said yes and acknowledged that she was looking for a job. She would take any job; she felt like she was starting over. “I used to hire people. I have to start over. It will be hard for me to start over. I have skills and 25 years in the field.”

At this point Dr. Kensington began to argue that she would not have to start over. She had skills as a manager. “Would anyone consider your manager experience?” She replied that she hoped so. This was the longest lapse she had without working. “It was depressive” and made her anxious. “My work was taken away from me.” She outlined a plan to work part time. “If I push myself it will give me more stress. I will have to go back slowly.”

**Dr. King** “I want to return to Dr. King. He saw you in the hospital and in his office and did testing. Was that before or after he started treating you?” She replied that Cheryl did the cognitive testing for three and one half hours before she got treatment. When asked if they went over the results of testing and how she did, she said she learned she did not do too good. “I deny. It is hard to accept my deficits.” He asked her what her deficits were. She said, “Concentration, memory, and organizing my thoughts.” He said, “Dr. King gave you three kinds of therapy: counseling, biofeedback and cognitive.” She explained that she was denied more cognitive treatment after 3 or 4 sessions. She continued receiving psychotherapy. Counseling and biofeedback helped her get insight into her stress. Counseling helped with depression. “I’m still a little depressed.” Dr. King helped with day to day issues. “I denied” (I had deficits). I realized I needed to rest when I had a headache and he got me to slow down. This is commonsense but I needed to be told.”

 Dr. Kensington asked her why she did not see Dr. King. She said she was denied. The last time she saw him was a month ago for the last time. She wanted to continue. He asked what type of therapy she wanted to continue. She said all three kinds. “I did the cognitive work with computers. It gave me a headache and I got frustrated. It was hard for me. I worked with shapes and puzzles, different parts of drawing and figuring out what was missing. I would do exercises at home. I never got the benefit as much as I wanted.”

 He asked about what she did for her memory. She said she was taught to write things down. She had a home program that involves using a website, doing exercises and completing 2 assignments.

**Biographical information** Emma was born in the Philippines. She had a brother and three sisters and all her biological siblings were raised together by her parents. She was the youngest. She denied having medical illnesses or being sexually abused. She had a good childhood and did very well in school. She had no learning disabilities. She did well in high school; she was not athletic but enjoyed music – piano and singing. She completed a physical therapy degree in the Philippines and came to the United States afterwards in 1986 for her first job. She was single and met her husband here. He works for the lottery for Northstar Marketing.

 Emma denied having a prior head injury or concussion or any work-related injuries. She said she was not really in a motor vehicle accident before, but in the 1990s she was in a fender bender that did not require any medical treatment; she had no injuries. She denied needing psychiatric or other types of prior counseling. She had not previously been diagnosed with or treated for depression, anxiety or panic attacks.

**Testing 10:40 AM** Dr. Kensington instructed Emma to do the best she could.He asked her to do these tasks.

1. On a blank piece of paper, write your full name. (She did.)
2. Draw two circles, a triangle and a square. (She did.)
3. Under the circle print the word circle, the same for the triangle and square. (She wrote “circle” under one of the two circles, and correctly labeled the triangle and square.)
4. “Write ‘The knight rode the white horse.’” (She did and correctly spelled ‘knight’.)
5. What is today’s date? (She first said, 4/18/14 and then changed it to 9/18/14.)
6. Who is the president? (Obama)
7. Who was the president before him? (Bush)
8. Who is the NJ Governor? (Christie)
9. Who is the mayor of New York City? (“I don’t know. That is embarrassing. I don’t know.”)
10. Spell world. (She correctly spelled it.)
11. Spell world backwards. (She was hesitant but spelled it correctly.)
12. Count by 3s. (She counted forward from 1-40 correctly.)
13. I am going to tell you a story. I am going to ask you to tell as much of it back to me as you can: “Anna was living in South Boston. She was a cook. She was held up on State Street and robbed of $56. She had four kids and the rent was due. She had not eaten in 2 days. The police felt bad for her and took up a collection.” Emma said, “Anna was a cook. She had children. She was robbed of her money. She needed it for rent. The police felt bad and set up a collection.” When asked if she could remember other details, she said, “Did I say she had two kids?” He said, “No, you said she had children.” She said that was all she could remember.
14. Trail Making Test: Dr. Kensington showed her a sample test and asked her to connect the numbers in order until she reached the end. She had to keep the pencil point on the paper. The practice test did not count. After doing a simple practice test, he handed her a more involved one with more numbers. He timed how fast she could do it without making mistakes. The test had numbers scattered on the page up to 25. She correctly did both the practice and actual test.
15. Trail Making Test part B: Dr. Kensington showed her a practice test involving numbers and letters. She was to start with number 1, find letter A, then go to number 2, letter B, and to keep alternating with the point of her pencil on the paper. Next, he gave her the real test, which had paired numbers and letters up to the letter “L”. She did this correctly as he timed her.
16. Proverb: What does it mean to strike while the iron is hot? (She said it means that you should act quickly while the opportunity is there.) He replied, “Sounds good.”
17. Dr. Kensington showed her a piece of paper with five rows of three objects (letters or symbols such as ABC, 123, abc, shapes and roman numerals). He showed it to her for 10 seconds and then took away the paper and asked her to draw as many as she remembered. She drew four of the five rows and missed the fifth one.
18. Memory: Dr. Kensington asked her to repeat numbers, starting with two digits (17, 63), then three (582, 694), then four (6439, 7286), then five (42731, 75836). Emma became hesitant at 42731 and was incorrect in remembering 619473. She said, “619437”and then said, “was it 619473?” When Dr. Kensington asked her to remember another set of 6 numbers, she was incorrect and could not remember 7 numbers.
19. Memory: Dr. Kensington gave her a series of numbers and asked her to say them backwards. She was accurate with a number that had three digits but could not remember four and five digits. She became flustered and said, “I know you can’t say that number again. I have it wrong.” He told her to concentrate and do her best. “I am missing one. I can’t remember. I am trying to write it in my head.” He stopped the test.
20. What is a thermometer used for?” (Temperature)
21. Where does the sun rise? (In the east.)
22. How many weeks in a year? (52)
23. Who wrote “Hamlet”? (Shakespeare)
24. What continent is Brazil in? (South America)
25. Who was Martin Luther King Jr.? (He was against black rights.) Dr. Kensington asked, “Was he *against* them?” She corrected herself and said, “No, he was for them.”
26. Who was the president during the Civil War? (Lincoln)
27. Who was Cleopatra? (Queen of the Nile)
28. What is the capital of Italy? (“Rome, I think.”)
29. Who is known as the author of the theory of relativity? (Einstein)
30. Where did the Olympic Games start? (Greece)

**Symptoms** Dr. Kensington asked the patient if her sleep was OK or if it was disturbed by worry. She said she slept 6 continuous hours but before the accident she slept 10 hours and needed 8 hours. She admitted to having nightmares on and off. She was uncomfortable when she thought about the accident and got upset when she was asked questions about it. She thought about that night. She acknowledged remembering being in the car. When asked if the memories of that night intruded into her thoughts, and how often, she said, “Infrequently.” Dr. Kensington asked her if when she heard about or saw accidents, did she startle to them. She was continuously nodding her head as he asked her about this and admitted that accidents upset her. When she drove on a “2 road” where there was a car coming towards her it made her nervous.

Dr. Kensington asked about her appetite. She said she lost 10 pounds after the accident. He asked her if she knew what post traumatic stress disorder was. She said, “PTSD? Yes, I know what it is but I don’t think I have it. I am in denial.” He started smiling and she clarified that the doctors had told her to try to shove the accident out of her head. He asked if she was motivated, and she said she got sad when she thought about what she had lost. She had pain and stiffness after the accident, and had to put in extra effort to get back to life. She tried to not get depressed.

**BDI-II Questionnaire** Dr. Kensington instructed her to focus on her feelings about the accident. He said to complete this based on how she was feeling in the last 2 weeks and not right after the accident. He gave her a 21 questionnaire with four choices. 0 = “I don’t have” and 3= “so much I am freaking out.” While she completed this he talked to me and asked questions about me. She stopped filling out the questionnaire to join into the conversation about Kessler, where Dr. Kensington used to work. She said, “As one professional to another, I have to say I don’t appreciate being denied (therapy).” She wanted to know if Dr. Kensington would go along with a decision to deny her treatment. He replied that he was not sure what is being asked for. Sometimes patients are denied because the documentation is not correctly filled out. He said he would look at the records, there was no reason not to see the records. He needed to look at everything. He said that therapy‘s effectiveness was determined by what her problem was and what is being asked for.

 Emma completed the questionnaire and then said she was “at the verge”. If she had not seen Dr. King she would have been more depressed. “I am motivated, I know I need help. Some of my friends ask why I am happy. I refused to be that person. I am motivated to go back to work.”

 Dr. Kensington said he knew the other driver was under the influence and it was not her fault. She said the driver was on heroin and drugs. She was a parent advocate. She talked to her kids about drugs. She knew heroin was in Toms River.

As we left the office he shook Emma’s hand and my hand and said, “I hope I behaved myself.”

 The exam was over at 11:10 AM.