



# VA Blue Button: Exploring Your Mental Health Notes

## Common Abbreviations and Acronyms

*This is a list of some common abbreviations and acronyms used in mental health clinical notes. If you see an acronym not in this list, use the [Veterans Health Library](#) or [Medline Plus](#) for more information.*

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	2 / 2	secondary to (due to)
<b>A</b>	A&O	alert & oriented
	ACT	acceptance and commitment therapy
	AH/VH	auditory/visual hallucinations
	AMA	against medical advice
<b>B</b>	BP	blood pressure
	BPD	borderline personality disorder
<b>C</b>	c/o	complaint of
	CABG	coronary artery bypass graft
	CBT	cognitive behavioral therapy
	CPT	cognitive processing therapy
	CVA	cerebrovascular accident (also known as a stroke)
<b>D</b>	d/c	discharge or discontinue
	d/o	disorder
	DBT	dialectical behavior therapy
	DM	diabetes Mellitus
	DSM	Diagnostic & Statistical Manual of Mental Disorders
	Dx	diagnosis
<b>E</b>	etoh	alcohol

**F**

f/u follow up  
fmh or FH family medical history

**G**

GAF global assessment of functioning

**H**

h/o or hx history of  
HPI history of presenting illness  
HR heartrate  
HTN hypertension

**I**

ICD-9/10 International Classification of Diseases (diagnostic codes)

**L**

LOC loss of consciousness

**M**

MDD major depressive disorder  
MHC mental health clinic  
MI myocardial infarction  
MI motivational interviewing  
MSE mental status exam  
MST military sexual trauma  
MVA motor vehicle accident

**N**

nka no known allergies  
nm nightmare  
NOS not otherwise specified

**O**

O/Vs objective/vital signs  
OCD obsessive compulsive disorder  
OD overdose

**P**

PARQ procedures, alternatives, risks and questions  
PCP primary care provider  
PE prolonged exposure therapy  
pt patient  
PTSD posttraumatic stress disorder

**R**

r/t related to  
RO rule-out  
ROS review of systems  
RTC return to care  
Rx medication

**S**

S.O.A.P subjective, objective, assessment, plan  
s/p status post (after)  
SA suicide attempt  
se side effects  
SI/HI suicidal ideation/homicidal ideation  
SO significant other  
SUD substance use (disorder)  
sx symptoms  
sz seizure

**T**

TBI traumatic brain injury  
tx treatment

**U**

UDS urine drug screen

**W**

w/u work up (diagnostic tests)  
wnl within normal limits  
Wt weight



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