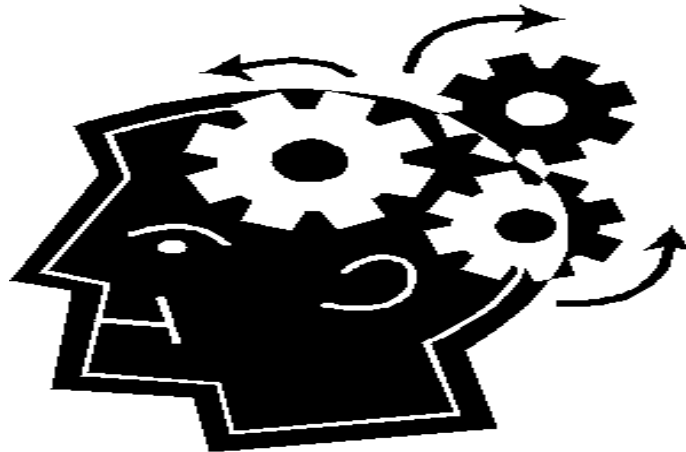


# Mental Health Resource Manual



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## Mental Health Referral Options

The **Better Access** initiative promotes a team approach to mental health care, with general practitioners encouraged to work with psychiatrists, clinical psychologists and other allied mental health professionals to increase the availability of care.

- Medicare rebates are available for GPs to provide early intervention, assessment and management of patients with mental disorders as part of a GP Mental Health Treatment Plan. The GP Mental Health Treatment Consultation item is available for GPs to provide continuing management of patients with mental disorders.
- The **Better Access** provides GPs with referral pathways:
  - ⇒ Medicare items are available to provide rebates for psychological assessment and therapy services provided by clinical psychologists.
  - ⇒ Medicare items also cover the provision of Focussed Psychological Strategies by psychologists, occupational therapists and social workers who are registered with Medicare.
  - ⇒ All GPs, including those from non-accredited practices, can refer eligible patients who are being managed under a mental health care plan through GP Mental Health Treatment items.
  - ⇒ All patients who are assessed as having a Mental Disorder (as defined in the MBS) are eligible for services under the initiative.
- **Access to Allied Psychological Services (ATAPS) Program** enables GPs, registered with the WentWest ATAPS program, to access up to 12 plus a further 6 sessions from allied health providers, to support their patients with mental health problems. This component is managed through WentWest, for further information or to register for the ATAPS program, please contact WentWest on 8833 8000.
- **Focussed Psychological Strategies** allow appropriately trained GPs to provide mental health counselling (evidence based Focussed Psychological Strategies) to patients. MBS item numbers are available for GPs that are Level 2 trained.
- **Patient Pathways:**
  - ⇒ Eligible patients are entitled to up to 12 Medicare rebated psychological services, with the GP Mental Health Treatment Review after the first 6 sessions.
  - ⇒ Eligible patients are also entitled to 12 group sessions in addition to or instead of individual sessions.

## Conditions eligible under the initiative

- |                                  |   |
|----------------------------------|---|
| • Alcohol use disorders          | • Drug use disorders                        |
| • Chronic psychotic disorders    | • Acute psychotic disorders                 |
| • Bipolar disorder               | • Depression                                |
| • Phobic disorders               | • Panic disorder                            |
| • Generalized anxiety            | • Mixed anxiety and depression              |
| • Adjustment disorder            | • Dissociative (conversion) disorder        |
| • Unexplained somatic complaints | • Neurasthenia                              |
| • Eating disorders               | • Sleep problems                            |
| • Sexual disorders               | • Hyperkinetic (attention deficit) disorder |
| • Conduct disorder               | • Enuresis                                  |
| • Bereavement disorder           | • Mental disorder not otherwise             |

\*Dementia, delirium, tobacco use disorder and mental retardation are not regarded as mental disorders for the purposes of the GP Mental Health Treatment Items.

## GP Mental Health Treatment Items

The **Better Access** initiative includes three Medicare items for GPs providing mental health care:

Name	Item Number	Medicare Fee	Patient Rebate	Claiming restrictions	Description
Preparation of GP Mental Health Treatment Plan	2710	\$156.85	\$156.85	One plan per patient not with in 12 months of previous plan or within 3 months following a claim for a review. There is provision for exceptional circumstances.	Provides a structured approach for the management of patients with mental disorders.
GP Mental Health Treatment Plan Review	2712	\$104.55	\$104.55	Twice in a 12 month period, with provision for exceptional circumstances. Initial review between 4 weeks and 6 months after completion of 2710. Further review 3 months after first review if required.	Enables a review of the patient's progress against the goals outlined in the GP Mental Health Treatment Plan.
GP Mental Health Treatment Consultation	2713	\$69.00	\$69.00	No restrictions. Consultations should be 20+ minutes.	Used for the ongoing management of a patient with a mental disorder, including for patients being managed under a GP Mental Health Treatment Plan.
<b>IMPORTANT:</b>					
<b>GPs should refer to the Medicare Benefits Schedule for details of the requirements for these items</b>					

### 1. Preparation of GP Mental Health Treatment Plan - Item 2710

#### **What must the assessment include?**

Assessment of a patient for the GP Mental Health Treatment Plan must include:

- Recording the patient's agreement for the GP Mental Health Care Treatment Plan service
- Taking relevant history (biological, psychological, social) including the presenting complaint
- Conducting a mental state examination
- Assessing associated risk and any co-morbidity
- Making a diagnosis and/or formulation
- Administering an outcome measurement tool, except where it is considered clinically inappropriate

#### **What must a GP Mental Health Treatment Plan Include?**

- Discussing the assessment with the patient, including the mental health formulation and/or diagnosis
- Identifying and discussing referral and treatment options with the patient, including appropriate support services
- Agreeing goals with the patient - what should be achieved by the treatment - and any actions the patient will take
- Provision of psycho-education
- A plan for crisis intervention and/or for relapse prevention, if appropriate at this stage
- Making arrangements for required referrals, treatment, appropriate support services, review and follow-up
- Documenting this (results of assessment, patient needs, goals and actions, referrals and required treatment/services, and review date) in the patient's GP Mental Health Treatment Plan
- Offering a copy of the written GP Mental Health Treatment Plan to the patient and/or carer (with patient's agreement)

## **2. GP Mental Health Treatment Plan Review – Item 2712**

The review item is a key component for assessing and managing the patient's progress once a GP Mental Health Treatment Plan has been prepared, along with ongoing management through the GP Mental Health Treatment Consultation item and/or standard consultation items. A patient's GP Mental Health Treatment Plan should be reviewed at least once.

### **What must the review include?**

- Recording the patient's agreement for this service
- A review of the patient's progress against the goals outlined in the GP Mental Health Care Plan
- Modification of the documented GP Mental Health Treatment Plan if required
- Checking, reinforcing and expanding education
- A plan for crisis intervention and/or for relapse prevention, if appropriate and if not previously provided
- Re- administration of the outcome measurement tool used in the assessment stage, except where considered clinically inappropriate

**Note:** This review is a formal review point only and it is expected that in most cases there will be other consultations between the patient and the GP as part of ongoing management.

### **When should the review occur?**

The recommended frequency for the review service, allowing for variation in patients' needs, is:

- An initial review, which should occur between four weeks to six months after the completion of a GP Mental Health Treatment Plan
- If required, an additional review three months after the first review is allowed in a 12 month period

## **3. GP Mental Health Treatment Consultation – Item 2713**

The GP Mental Health Treatment Consultation item is for an extended consultation with a patient where the primary treating problem is related to a mental disorder, including for a patient being managed under a GP Mental Health Treatment Plan. This item may be used for ongoing management of a patient with a mental disorder. This item should not be used for the development of a GP Mental Health Treatment Plan. Consultations associated with this item must be at least 20 minutes duration. There are no restrictions in the number of the GP Mental Health Treatment Consultations per year.

### **What must the GP Mental Health Treatment Consultation include?**

- Taking relevant history and identifying the patient's presenting problem(s) (if not previously documented)
- Providing treatment, advice and/or referral for other services or treatment
- Documenting the outcomes of the consultation in the patient's medical records and other relevant mental health plan (where applicable)

A patient may be referred from a GP Mental Health Treatment Consultation for other treatment and services as per normal GP referral arrangements. This does not include referral for Medicare rebateable services by Focussed Psychological Strategy services, clinical psychology or other allied mental health services, unless the patient is being managed by the GP under a GP Mental Health Treatment Plan or under a referred psychiatrist assessment and management plan (item 291).

## Questions Frequently Asked?

### **Can my practice nurse assist me with the Plan?**

All consultations conducted as part of the GP Mental Health Treatment items must be rendered by the GP. A specialist mental health nurse, other allied health practitioner or Aboriginal Health Worker with appropriate mental health qualifications and training may provide general assistance to GPs in the provision of mental health care where the GP considers they have skills appropriate to the assistance required. Please contact your Area Services Coordinator for further information.

### **What can I expect from the allied health professional?**

Allied mental health professionals must provide a written report to the referring practitioner following the first six visits and/or completion of the course of treatment. The written report should include information about any assessments carried out on the patient, any treatment provided and recommendations on the future management of the patient's disorder.

### **What are exceptional circumstances?**

There are minimum time intervals for payment of rebates for GP Mental Health Treatment items, with provision for claims to be made earlier than these minimum intervals in exceptional circumstances.' Exceptional circumstances' apply where there has been a significant change in the patient's condition or care circumstances that requires a new GP Mental Health Treatment Plan or a new Review, rather than, for example, amending the existing GP Mental Health Treatment Plan. Where a service is provided in exceptional circumstances, the patient's invoice or Medicare voucher (assignment of benefit form), should be annotated to briefly indicate the reason why the service involved was required earlier than the minimum time interval for the relevant item (e.g.: Annotated as clinically indicated, discharge, exceptional circumstances, significant change etc).

### **Can a separate consultation be done in conjunction with a GP Mental Health Care service?**

1. The GP Mental Health Treatment Plan, Review and Consultation items cover the consultations at which the relevant items are undertaken, noting that:
2. If a GP Mental Health Treatment item is undertaken or initiated during the course of a consultation for another purpose, the GP Mental Health Treatment Plan, Review or Consultation item and the relevant item for the other consultation may both be claimed
3. If a consultation is for the purpose of a GP Mental Health Treatment Plan, Review or Consultation item, a separate and additional consultation should not be undertaken in conjunction with the mental health consultation, unless it is clinically indicated that a separate problem must be treated immediately

**Note:** Where separate consultations are undertaken in conjunction with mental health consultations, the patient's invoice or Medicare voucher (assignment of benefit form) for the separate consultation should be annotated (e.g. separate consultation clinically required/indicated).

### **What do I need to do to make a referral?**

Patients must be referred for psychological therapy services by a GP managing the patient under a GP Mental Health Treatment Plan (Item 2710) and/or a psychiatric assessment and management plan (Item 291). You are not required to use a specific form to refer patients for these services. The referral may be a letter or note to an eligible mental health provider signed and dated by the referring practitioner.

## Outcome Tools

An outcome measurement tool measures the symptoms, quality of life, level of functioning and a patient's condition and change over time, all of which are essential in an evidence-based approach to mental health care. Outcome measurement tools are used to maintain high standards of patient mental health care and are important to both the patient and the clinician. For consumers, they are able to monitor progress; for clinicians, they can monitor the patient's progress and their own performance as a clinician.

An outcome measurement tool should be utilized during the assessment and the review of the GP Mental Treatment Plan and Review, except where it is considered clinically inappropriate.,

### What outcome measurement tools can I use?

The choice of outcome measurement tools to be used is at the clinical discretion of the GP. The following are examples of outcome tools available:

- K10 - Kessler Psychological Distress Scale
- DASS - Depression Anxiety Stress Scale
- Somatic and Psychological HEalth REport - SPHERE Questionnaire
- EPDS - Edinburgh Post Natal Depression Questionnaire
- HoNOS - Health of the Nation Outcome Scores

For further information on outcome tools please contact your Area Services Coordinator on 8833 8000 or refer to the AGPN website: <http://www.agpn.com.au/site/index.cfm?display=399>

### K10

For all questions, please fill in the appropriate response circle.

The maximum score is 50 indicating severe distress, the minimum score is 10 indicating no distress.

	1	2	3	4	5
In the past 4 weeks:	None of the time	A little of the time	Some of the time	Most of the time	All of the time
1. About how often did you feel tired out for no good reason?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. About how often did you feel nervous?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. About how often did you feel so nervous that nothing could calm you down?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. About how often did you feel hopeless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. About how often did you feel restless or fidgety?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. About how often did you feel so restless you could not sit still?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. About how often did you feel depressed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. About how often did you feel that everything is an effort?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. About how often did you feel so sad that nothing could cheer you up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. About how often did you feel worthless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Mental Health Training

- As of **1 January 2010** GPs wishing to continue claiming item number 2710 need to be accredited with the General Practice Mental Health Standards Collaboration (GPMHSC), and registered with Medicare Australia to claim 2710. GPs will need to have completed a Mental Health Skills Training course (MHST and previously known as Level 1) to gain accreditation.
- There are mandatory training requirements for Better Access for those GPs providing Focused Psychological Strategies (Level 2).
- See your Area Services Coordinator for more information about Level 2 Mental Health training.

## Level 2 Mental Health Training

Focused Psychological Strategies (FPS) is a specific mental health care treatment strategy, derived from evidence based psychological therapies. They have been shown to integrate the best research evidence of clinical effectiveness with general practice clinical expertise.

### **What strategies can be provided by GPs under the MBS item numbers for FPS?**

#### **1. Psycho-education**

- Including motivational interviewing

#### **2. Cognitive-behavioural therapies including**

- Behavioural interventions
  - ⇒ Behaviour modification
  - ⇒ Exposure techniques
  - ⇒ Activity scheduling
- Cognitive interventions
  - ⇒ Cognitive therapy

#### **3. Relaxation Strategies**

- Progressive muscle relaxation
- Controlled breathing

#### **4. Skills Training**

- Problem solving skills and training
- Anger management
- Stress management
- Communication training
- Social skills training
- Parent management

#### **5. Interpersonal Therapy (especially for depression)**

**Note:** A session of FPS by a GP should last a minimum of 30 minutes, and is delivered in 6 planned sessions. In some instances, following a review, a further 6 sessions may be conducted in any year to an individual patient and in exceptional circumstance, up to another 6 sessions can be offered in any calendar year.

## MBS Items Numbers for Level 2 GPs

Group	Level	In Surgery Consultation	Fee	Out of Surgery Consultation
Group A20	Level C (more than 30 mins)	2721	\$84.00	2723
Group A20 Medical Practitioner Attendances	Level D (more than 40 mins)	2725	\$120.25	2727

**Note:** Level Two GPs delivering FPS claim items 2721–2727 (see Group A20) in place of normal consultation items, attracting a 20% loading on the rebate for standard level C or D consultation.

## **ATAPS (Access to Allied Psychological Services) Program**

The Access to Psychological Services (ATAPS) program is funded by the Commonwealth Department of Health and Ageing (DoHA) to target local health needs through general practice. The ATAPS program is designed to provide GPs with support from allied health professionals treating people with a mental health disorder.

The aim of the ATAPS Program is to provide the GPs working in the WentWest area covering Auburn, Parramatta, Holroyd, Blacktown and Mt Druitt access to psychological services from qualified Allied Health Professionals to support patients who would otherwise be disadvantaged in accessing these services.

Allied health professionals are employed to deliver Focussed Psychological Strategies to patients referred by their GP. The allied health professionals that are able to provide these services include: Psychologists; Social Workers; Mental Health Nurses; Occupational Therapists; and, Aboriginal and Torres Strait Islander Health Workers. The delivered services include up to 18 time-limited sessions of Focussed Psychological Strategies (one hour per session).

### **GP Eligibility**

- All GP's including those from non-accredited practices, are eligible to refer to ATAPS.
- GP's wanting to refer to ATAPS must notify WentWest.
- An educational visit on the ATAPS program is recommended to all GP's wishing to refer.
- On referral from a GP, up to 12 individual allied mental health services in a calendar year. In addition the referring GP may consider that in exceptional circumstances the patient may require an additional 6 individual Focused Psychological Strategies above those already provided (up to a maximum total of 18 individual services per patient per calendar year)

**Note:** Exceptional circumstances are defined as a significant change in the patient's clinical condition or care circumstances which make it appropriate and necessary to increase the maximum number of services. It is up to the referring practitioner to determine that the patient meets these requirements. In these cases a new referral should be provided, and exceptional circumstances noted in that referral.

### **Program Target**

- Low Income Earners
- Culturally and Linguistically Diverse
- Aboriginal and Torres Straight Islanders
- Youth Health

### **Please contact:**

Access to Allied Psychological Services Program  
Ph: 02 8833 8000

[ataps@wentwest.com](mailto:ataps@wentwest.com)  
Fax: 02 8833 8019

## Useful Contact Numbers & Websites:

WentWest Limited	Phone: 02 8833 8000 Fax: 02 8833 8019 Email: <a href="mailto:support@wentwest.com">support@wentwest.com</a>
Australian General Practice Network	Email: <a href="mailto:mentalhealth@agpn.com.au">mentalhealth@agpn.com.au</a> Phone: 02 6228 0800 Fax: 02 6228 0899
General Practice Mental Health Standards Collaboration	Email: <a href="mailto:gpmhsc@racgp.org.au">gpmhsc@racgp.org.au</a> Phone: 03 8699 0554 Fax: 03 8699 0570
Royal Australian College of General Practitioners	Email: <a href="http://www.racgp.org.au/mentalhealth">www.racgp.org.au/mentalhealth</a>
Medicare Australia Registration with Medicare Australia	Medicare Australia: 132 150 (for GPs) 132 011 (for patients)
Australian Government Department of Health and Ageing	Website: <a href="http://www.health.gov.au">www.health.gov.au</a> (and use the 'A-Z Index' link to go to 'Mental Health Care – GP Medicare Items')
beyondblue: The National Depression Initiative	For GP and consumer information and fact sheets regarding depression, anxiety and related substance use disorders beyondblue information line: 1300 22 46 36 Website: <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>

## GP Psych Support:

### **Free urgent psychiatrist advice for GPs**

The advice can be accessed in the following ways:

Phone: 1800 200 588	Call this number and a mental health professional will ask some questions about your enquiry, provide a case identification number and a time when a psychiatrist will call back.
Fax: 02 9425 3879	A fax back form is available via the phone service or alternatively, GPs may use their own form. The information required on the form is very similar to the Mental Health Assessment in the 3 Step Mental Health Process. Fax 02 9425 3879 and a psychiatrist will phone or fax back.
Email: <a href="http://www.psychsupport.com.au">www.psychsupport.com.au</a>	<a href="http://www.psychsupport.com.au">www.psychsupport.com.au</a> is a secure, password protected website. Call 1800 026 965 for a username and password prior to accessing psychiatrist advice. Then register your question on the website and a psychiatrist will email a response.

The service will be available 24 hours a day, 7 days a week and a psychiatrist will reply within 24 hours.

**Note:** This service is for urgent advice only, for patients who are not at risk of harm to others or themselves and should not be used for crisis management or where emergency intervention is require.

## Proforma for the GP Mental Health Treatment Plan

<b>GP Mental Health Treatment Plan</b> Item No: 2710 (Plan)
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<b>Step 1 - Patient Assessment</b>
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<b>Patient Name:</b>		<b>Outcome Tool</b> K10	<b>Result</b>
<b>DOB:</b>	<b>Gender:</b>	<b>Date:</b>	
<b>GP Name:</b>			

Problem/Diagnosis	
Number 1:	
Number 2:	
Number 3:	

<b>Medications</b>

<b>Past History</b>

<b>Mental Health History/Treatment</b>
<p>Has the person ever received specialist mental health care? Yes/No</p> <p><b>Other Relevant Information:</b>            Language spoken at home:</p> <p>How well does the person speak English:</p>

<b>Family History</b>

<b>Social History</b>
<p><b>Does the person live alone:</b> Yes/No</p> <p><b>Highest education level completed:</b></p> <p><b>Other Relevant Information:</b>  <i>Alcohol:</i></p> <p><i>Smoking:</i></p>

<b>Personal History/Lifestyle Issues (eg childhood, substance abuse, relationship history, coping with previous stressors)</b>

**Relevant Physical and Mental Examination**

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**Investigations**

Attached/Not attached

**Mental Status Examination**

<b>Appearance and General Behaviour</b> <input type="checkbox"/> Normal <input type="checkbox"/> Other:	<b>Mood</b> (Depressed/Labile) <input type="checkbox"/> Normal <input type="checkbox"/> Other:
<b>Thinking</b> (Content/Rate/Disturbances) <input type="checkbox"/> Normal <input type="checkbox"/> Other:	<b>Affect</b> (Flat/blunted) <input type="checkbox"/> Normal <input type="checkbox"/> Other:
<b>Perception</b> (Hallucinations etc.) <input type="checkbox"/> Normal <input type="checkbox"/> Other:	<b>Sleep</b> (Initial Insomnia/Early Morning Wakening) <input type="checkbox"/> Normal <input type="checkbox"/> Other:
<b>Cognition</b> (Level of Consciousness/Delirium/Intelligence) <input type="checkbox"/> Normal <input type="checkbox"/> Other:	<b>Appetite</b> (Disturbed Eating Patterns) <input type="checkbox"/> Normal <input type="checkbox"/> Other:
<b>Attention/Concentration</b> <input type="checkbox"/> Normal <input type="checkbox"/> Other:	<b>Motivation/Energy</b> <input type="checkbox"/> Normal <input type="checkbox"/> Other:
<b>Memory</b> (Short and Long Term) <input type="checkbox"/> Normal <input type="checkbox"/> Other:	<b>Judgement</b> (Ability to make rational decisions) <input type="checkbox"/> Normal <input type="checkbox"/> Other:
<b>Insight</b> <input type="checkbox"/> Normal <input type="checkbox"/> Other:	<b>Anxiety Symptoms</b> (Physical & Emotional) <input type="checkbox"/> Normal <input type="checkbox"/> Other:
<b>Orientation</b> (Time/Place/Person) <input type="checkbox"/> Normal <input type="checkbox"/> Other:	<b>Speech</b> (Volume/Rate/Content) <input type="checkbox"/> Normal <input type="checkbox"/> Other:

**Risk Assessment**

<b>Suicidal Ideation</b>		<b>Suicidal Intent</b>	
<b>Current Plan</b>		<b>Risk to Others</b>	

**Key Family/Support Contact**

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**FORMULATION**
**Main Problems/Diagnosis**

(Risk/protective factors)

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**Other Mental Health Professionals Involved in Patient Care**  
**Name/Profession:**
**Contact Number**


**Patient Education Given**

Yes /No

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**Step 2 - Mental Health Treatment Plan**

<b>Problem/Diagnosis</b>	<b>Goal</b> (eg reduce symptoms, improve functioning)	<b>Action/Task</b> (eg psychological or pharmacological treatment, referral, engagement of family and other supports)
<b>Number 1:</b>		
<b>Number 2:</b>		
<b>Number 3:</b>		
<b>Emergency Care/Relapse Prevention</b>		
<b>Patient Education given:</b>	Yes /No	<b>Key family contact/support details/phone:</b>
<b>Copy of MH Plan given to patient:</b>	Yes/No	

**Initial Action Plan - to be considered for:** Taking into account the issues that you and the patient have identified, summarise the initial action suggested

<input type="checkbox"/> Diagnostic assessment	<input type="checkbox"/> Psycho-education	<input type="checkbox"/> Interpersonal Therapy
<input type="checkbox"/> Cognitive Behavioural Therapy (CBT)		
<input type="checkbox"/> Behavioural interventions	<input type="checkbox"/> Relaxation strategies	
<input type="checkbox"/> Cognitive interventions (specify)	<input type="checkbox"/> Skills training	
<input type="checkbox"/> Other CBT interventions (specify) :		
<input type="checkbox"/> Other (specify):		

**Joint Session Request (OPTIONAL):** Tick either first or last session AND either GP Practice or Res.Aged Care Fac.

First  OR  Last session **AT**  GP Practice **OR**  Residential Aged Care Facility

<b>Review Date:</b>	
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**Record of Patient Consent**

I, \_\_\_\_\_, (**patient** name - please print clearly)  
**Consent to this Treatment Plan to proceed and I agree to** information about my mental health being recorded in my medical file and being shared between the GP and the counsellor(s) to whom I am referred, to assist in the management of my health care.

\_\_\_\_\_  
**Signature (patient):**

\_\_\_\_\_  
**Date:**

I (GP) have discussed the proposed referral(s) with the patient and am satisfied that the patient understands the proposed uses and disclosures and has provided their informed consent to these.

\_\_\_\_\_  
**GP Signature**

\_\_\_\_\_  
**GP Name**

\_\_\_\_\_  
**Date**

## GP Mental Health Treatment Plan Review

Item No: 2712 (Review)

<b>GP Mental Health Treatment Review</b>	<b>Date:</b> <small>(4 weeks to 6 months from date of Plan)</small>	
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<b>Patient Name:</b>		<b>Outcome Tool</b> K10	<b>Result</b>
<b>DOB:</b>	<b>Gender:</b>	<b>Date:</b>	
<b>GP Name:</b>			

Problem/Diagnosis	Goal	Progress on Actions and Tasks
<b>Number 1:</b>		
<b>Number 2:</b>		
<b>Number 3:</b>		

<b>Follow-up Relapse Prevention Plan</b>

<b>Re-referral section if further Allied Health Practitioner sessions required: (Maximum of 6 further sessions)</b>

<b>Record of Patient Consent</b>		
<p>I, _____, (<b>patient</b> name - please print clearly)  <b>Agree to</b> information about my mental health and well being to be shared between the GP and the counsellor(s) to whom I am referred, to assist in the management of my health care.</p>		
<b>Signature (patient):</b>	<b>Date:</b>	
<p>I (GP) have discussed the proposed referral(s) with the patient and am satisfied that the patient understands the proposed uses and disclosures and has provided their informed consent to these.</p>		
_____	_____	_____
<b>GP Signature</b>	<b>GP Name</b>	<b>Date</b>

## **Checklist for the GP Mental Health Treatment Items**

### **Ensure the Assessment Includes:**

- Recording the patient's agreement for the GP Mental Health Treatment Plan service
- Taking relevant history (biological, psychological, social) including the presenting complaint
- Conducting a mental state examination
- Assessing associated risk and any co-morbidity
- Making a diagnosis and/or formulation
- Administering an outcome measurement tool, except where it is considered clinically inappropriate

### **Ensure the Plan Includes:**

- Discussion of the assessment with patient, including the mental health formulation and/or diagnosis
- Identifying and discussing referral and treatment options with the patient, including appropriate support services
- Agreeing goals with the patient – what should be achieved by the treatment – and any actions the patient will take
- Provision of psycho-education
- A plan for crisis intervention and/or for relapse prevention, if appropriate at this stage
- Making arrangements for required referrals, treatment, appropriate support services, review and follow-up
- Documenting this (results of assessment, patient needs, goals and actions, referrals and required treatment/services, and review date) in the patient's GP Mental Health Treatment Plan
- Offer a copy of the written GP Mental Health Treatment Plan to the patient and/or carer (with the patient's agreement)

### **Ensure the Review Includes:**

- Recording the patient's agreement for this service
- A review of the patient's progress against the goals outlined in the GP Mental Health Treatment Plan
- Modification of the documented GP Mental Health Treatment Plan if required
- Checking, reinforcing and expanding education
- A plan for crisis intervention and/or relapse prevention if appropriate and if not previously provided
- Re-administration of the outcome measurement tool used in the assessment stage, except where considered clinically inappropriate

**Note:** This review is a formal review point only and it is expected that in most cases there will be other consultations between the patient and the GP as part of ongoing management.

### **Ensure the Mental Health Treatment Consultation Includes:**

- Taking relevant history and identifying the patient's presenting problem(s) (if not previously documented)
- Providing treatment, advice and/or referral for other services of treatment
- Documenting the outcomes of the consultation in the patient's medical records and other relevant mental health plan