

CHECKLIST

2710 Preparation of a GP Mental Health Care Plan

\$150

Assessment and Plan can be conducted in same consultation in which the GP MHCP is developed.

An ASSESSMENT of the patient must include

- Recording the patient's agreement for the GP Mental Health Care Plan service;
- taking relevant history (biological, psychological, social) including the presenting complaint;
- conducting a **MENTAL STATUS EXAMINATION:**

Appearance & General Behaviour	Memory (short and long term)
Mood (depressed/ labile)	Insight
Thinking (content/rate/disturbance)	Anxiety symptoms (physical and emotional)
Affect (flat/blunted)	Orientation (time/place/ person)
Perception (hallucinations etc)	Sleep (initial insomnia/ early morning waking)
Appetite (disturbed eating patterns)	Cognition (level of consciousness/delirium/ intelligence)
Attention/concentration	Judgment (ability to make rational decisions)
Motivation/energy	

- assessing associated risk
 - suicide ideation
 - current plan
- assessing any Co-morbidity
- making a diagnosis and/or formulation; and
- administering an outcome measurement tool (Eg K10, DASS) except where it is considered clinically inappropriate.

- suicide intent
- risk to others

GP MENTAL HEALTH CARE PLAN - preparation

- 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;
- referral - making arrangements for required referrals, treatment, appropriate support services, review and follow-up; and
- **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 Care Plan**

2712 – REVIEWING a GP Mental Health Care Plan

\$100

REVIEW of a GP MHCP must 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 Care 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;
- and 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 (2713) between the patient and the GP as part of ongoing management.

Initial review service should occur 4 weeks to 6 months after completion of GP MHCP (2710)

A further review is permitted 3 months after the initial review.

Limit: 2 reviews in 12-month period (apart from exceptional circumstances)

2713 GP Mental Health Care Consultation

\$66

Extended consultation (>20minutes) where the primary treating problem is related to a mental disorder, including management under a GPMHCP. May be used for ongoing management of patient with a mental disorder. (Use 2710 for the development of GP MHCP)

The GP Mental Health Care Consultation must 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; and
- documenting the outcomes of the consultation in the patient's medical records and other relevant mental health plan (where applicable).