

PATIENT ASSESSMENT

Patient's Name	Patrick Cummings	Date of Birth	
Address		Phone	
Carer details and/or emergency contact(s)		Other care plan	YES <input type="checkbox"/>
GP Name / Practice		Eg GPMP / TCA	NO <input type="checkbox"/>
AHP or nurse currently involved in patient care		Medical Records No.	

PRESENTING ISSUE(S) What are the patient's current mental health issues	<p>Impaired social and occupational function (deterioration in school performance, social withdrawal) over the last six months</p> <p>Recent self-harm</p> <p>Seems to be talking to himself, agitated, withdrawn and fearful</p>
PATIENT HISTORY Record relevant biological psychological and social history including any family history of mental disorders and any relevant substance abuse or physical health problems	<p>Until 6 months or so ago, Patrick seemed to be a normal teenager. Then his behaviour began to change. He became withdrawn and surly and his schoolwork deteriorated markedly. He now appears to be agitated and fearful of someone or something.</p> <p>No relevant family history</p> <p>No known substance abuse or relevant physical health problems</p>
MEDICATIONS (attach information if required)	Risperidone 4 mg od (diazepam 10 mg bd given in hospital when acutely unwell)
ALLERGIES	Nil known
ANY OTHER RELEVANT INFORMATION	Admission to adolescent mental health unit for 4 weeks – date Family unit stable and supportive
RESULTS OF MENTAL STATE EXAMINATION Record after patient has been examined	<p>Dishevelled personal appearance</p> <p>Inappropriate affect (conveying alarming information without evident emotion).</p> <p>Mental health status questionnaire 4/10</p> <p>Delusions (belief in alien conspiracy to abduct him)</p> <p>Hallucinations (hearing alien voices talking to and about him through his radio)</p>
RISKS AND CO-MORBIDITIES Note any associated risks and co-morbidities including risks of self harm &/or harm to others	Nil known

OUTCOME TOOL USED	RESULTS
DIAGNOSIS	

GP MENTAL HEALTH CARE PLAN (MBS ITEM NUMBER 2710)

PATIENT PLAN

PATIENT NEEDS / MAIN ISSUES	GOALS Record the mental health goals agreed to by the patient and GP and any actions the patient will need to take	TREATMENTS Treatments, actions and support services to achieve patient goals	REFERRALS Note: Referrals to be provided by GP, as required, in up to two groups of six sessions. The need for the second group of sessions to be reviewed after the initial six sessions.		
<p>First psychotic episode – recent hospitalisation</p> <p>Complete schooling</p> <p>Stay well</p>	<p>Improve function</p> <p>Avoid relapse</p> <p>Monitor for drug side effects</p>	<p>Continue risperidone – 12 months recommended minimum Regular GP review Address school and peer issues, avoid illicit drugs Healthy diet and exercise</p> <p>Regular review Ask about side effects at review visits Develop emergency plan Support and foster family relationships</p>	<p>already referred to adolescent mental health unit and psychiatrist</p>		
CRISIS / RELAPSE If required, note the arrangements for crisis intervention and/or relapse prevention	<p>Early signs of relapse include: reduced concentration and attention, reduced drive and motivation, depressed mood, sleep disturbance, anxiety, social withdrawal, suspiciousness, deterioration in role functioning, irritability</p> <p>Contact numbers for: local mental health services GP Psychiatrist</p>				
<p>APPROPRIATE PSYCHO-EDUCATION PROVIDED provided as needed at review visits</p>	<p>YES <input type="checkbox"/> will be</p> <p>NO <input type="checkbox"/></p>	<p>PLAN ADDED TO THE PATIENT'S RECORDS</p>	<p>YES tick yes <input type="checkbox"/></p> <p>NO <input type="checkbox"/></p>	<p>COPY (OR PARTS) OF THE PLAN OFFERED TO OTHER PROVIDERS</p>	<p>YES tick yes <input type="checkbox"/></p> <p>NO <input type="checkbox"/></p> <p>NOT REQ'D <input type="checkbox"/></p>
<p>COMPLETING THE PLAN On completion of the plan, the GP is to record that s/he has discussed with the patient:</p> <ul style="list-style-type: none"> - the assessment; - all aspects of the plan and the agreed date for review; and - offered a copy of the plan to the patient and/or their carer (if agreed by patient) 		<p>Copy of plan given to Patrick and his family</p>			
DATE PLAN COMPLETED	REVIEW DATE (initial review 4 weeks to 6 months after completion of plan)				

REVIEW COMMENTS (Progress on actions and tasks) Note: If required, a separate form may be used for the Review.

OUTCOME TOOL

RESULTS ON REVIEW

Assess presence of delusions,
hallucinations

Repeat Hahn mental status
questionnaire

Document function at school