

9.2 Checklist for GP Mental Health Assessment, Plan, Review & Consultation

Assessment

Make sure the assessment includes:

- ▭ patient's agreement for the GP Mental Health Treatment Plan service
- ▭ relevant history
- ▭ mental state examination
- ▭ assess risk and co-morbidity
- ▭ a diagnosis
- ▭ outcome measurement tool

Plan

Make sure the plan includes:

- ▭ mental health formulation and diagnosis
- ▭ referral and treatment options with the patient
- ▭ agreeing goals with the patient
- ▭ provision of psycho-education
- ▭ crisis intervention and/or for relapse prevention plan if appropriate
- ▭ referrals, treatment, appropriate support services, review and follow-up
- ▭ documenting results in the patient's GP Mental Health Treatment Plan.

Review

Make sure the review includes:

- ▭ patient's agreement for this GP Mental Health Treatment Plan
- ▭ review patient's progress against the goals outlined in the GP Mental Health Treatment Plan
- ▭ modify GP Mental Health Treatment Plan if required
- ▭ check, reinforce and expand education
- ▭ crisis intervention and/or for relapse prevention plan if appropriate and if not previously provided
- ▭ re-administration of the outcome measurement tool (unless clinically inappropriate)

The Review is conducted 4 weeks to 6 months from when the GP Mental Health Treatment Plan was prepared

Consultation

Make sure the 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 (where applicable)

Australian General Practice Network (AGPN) is acknowledged as the original source of the information on this page. General Practice South has updated the information to reflect changes introduced by the Department of Health and Ageing on July 1 2009.