

Appendix E – Sample Completed Proforma

GP MENTAL HEALTH CARE PLAN (MBS ITEM NUMBER 2710)			
PATIENT ASSESSMENT			
Patient's Name	<i>Tom Stevens</i>	Date of Birth	<i>02 / 11 / 1965</i>
Address	<i>77 Brown Street, Geelong</i>	Phone	<i>9933 1166</i>
Carer details and/or emergency contact(s)	<i>Wife (Jane) as above</i>	Other care plan	YES <input type="checkbox"/> Eg GPMP / TCA NO <input checked="" type="checkbox"/>
GP Name / Practice	<i>Dr M Forman</i>		
AHP or nurse currently involved in patient care	<i>none</i>	Medical Records No.	<i>10945678</i>
PRESENTING ISSUE(S) What are the patient's current mental health issues?	<ul style="list-style-type: none"> - <i>Can't sleep</i> - <i>Tired all the time</i> - <i>Teary</i> - <i>Easily 'flies off the handle'</i> - <i>Wife made him attend the surgery today</i> 		
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	<ul style="list-style-type: none"> - <i>Usually well, infrequent presentation at surgery over last 12 months</i> - <i>Mild asthmatic</i> - <i>Not sleeping well</i> - <i>Doesn't go out much – often feels lonely</i> - <i>Has a few extra drinks to get to sleep</i> - <i>Married for 20 years, 3 teenage children at home</i> - <i>12 months ago retrenched from a supervisory position at steel works, has been unable to find work since</i> - <i>Mother and father both well. Mother unwell after the birth of her last child (Tom's younger brother)</i> 		
MEDICATIONS (attach information if required)	<ul style="list-style-type: none"> - <i>Ventolin - for asthma</i> 		
ALLERGIES	<ul style="list-style-type: none"> - <i>Nil</i> 		
ANY OTHER RELEVANT INFORMATION	<ul style="list-style-type: none"> - <i>Struggling financially</i> 		
RESULTS OF MENTAL STATE EXAMINATION Record after patient has been examined	<ul style="list-style-type: none"> - <i>Presents with moderate depression over the past 6 months due to retrenchment. At risk of continued alcohol abuse. Difficulty concentrating. Motivation low. Cognition normal. Insight good.</i> 		
RISKS AND CO-MORBIDITIES Note any associated risks and co-morbidities including suicidal tendencies and risks to others	<ul style="list-style-type: none"> - <i>Low suicide risk</i> - <i>Increased reliance on alcohol – complicating presentation</i> 		
OUTCOME TOOL USED <i>K10</i>	RESULTS <i>38</i>		
DIAGNOSIS	<i>Moderate Depression (reactive)</i>		