

Checklist for the GP Mental Health Care Assessment, Plan, Review & Consultation

Assessment

Make sure the assessment includes:

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

Plan

Make sure the plan includes:

- mental health formulation and/or 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 Care Plan.

Review

Make sure the review includes:

- patient's agreement for this GP Mental Health Care Plan
- review patient's progress against the goals outlined in the GP Mental Health Care Plan
- modify GP Mental Health Care 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 the when the GP Mental Health Care 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)

