

# Sample Mental Health Care Plan

GP MENTAL HEALTH CARE PLAN (MBS ITEM NUMBER 2700,2701, 2715, 2717)			
PATIENT ASSESSMENT			
Patient's Name	<i>Eg. 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 Eg GPMP / TCA.	YES <input type="checkbox"/> NO <input 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?	<i>Can't sleep Tired all the time Teary Easily "flies off the handle" 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	<i>Usually well, infrequent presentation at surgery over the last 12 months Mild asthmatic Not sleeping well Doesn't go out much – often feels lonely Has a few extra drinks to get to sleep Married for 20 years, 3 teenage children at home 12 months ago retrenched from a supervisory position at steel works, has been unable to find work since Mother and father both well. Mother unwell after birth of her last child (Tom's younger brother)</i>		
MEDICATIONS (attach information if required)	<i>Ventolin – for asthma</i>		
ALLERGIES	<i>Nil</i>		
ANY OTHER RELEVANT INFORMATION	<i>Struggling financially</i>		
RESULTS OF MENTAL STATE EXAMINATION Record after patient has been examined	<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	<i>Low suicide risk Increased reliance on alcohol – complication presentation</i>		
OUTCOME TOOL USED	RESULTS <i>38</i>		
DIAGNOSIS	<i>Moderate Depression (reactive)</i>		

# Sample Treatment Plans For Mental Health

**JL Elias**



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