

GP MENTAL HEALTH TREATMENT PLAN (Item 2715 if new/2712 if review)

Patient name	Mr Anthony Bateson	Date of birth	25/07/1971																
Address	8 Reserve Road Freemans Reach 2756	Phone	0487 744 910																
Carer details and/or emergency contact(s)		Medicare number	2760796653																
Referring GP	Dr Matthew Kirkwood 6396623H																		
Allied Health Provider currently involved in patient care, if applicable																			
Presenting issue(s) What are the patient's current mental health issues?	<p>Low mood impacting ability to attend work. Recent relationship stressors with ex-partner and daughter.</p> <p>Long history of persistent dysthymia/depression</p>																		
Patient history Record relevant biological, physiological, social history including any family history of mental disorders, any relevant substance abuse, physical health problems or sexual abuse issues	<p>Works as a truck driver. On long-term duloxetine. Estranged from ex-wife which is impacting relationship with 12-year old daughter. Moderate-heavy alcohol intake. Ongoing issues with significant pain in neck/shoulders secondary to C5/6 degenerative disease with associated nerve impingement</p>																		
Medications (attached information if required)	<table border="0"> <tr> <td>Alvesco 160 160 mcg/actuation Inhaler</td> <td>1 inhal'n Daily.</td> </tr> <tr> <td>Asmol CFC-free Inhaler (with counter) 100mcg</td> <td>2 puffs Every 4 hours p.r.n.</td> </tr> <tr> <td>Champix Starter pack 0.5mg, 1mg Tablet</td> <td>0.5 mg orally, daily for 3 days, then 0.5 mg twice daily for 4 days, then 1 mg twice daily for the remainder of a 12-week course.</td> </tr> <tr> <td>Crestor 20mg Tablet</td> <td>1 Tablet In the morning.</td> </tr> <tr> <td>Cymbalta 60mg Capsule</td> <td>1 Capsule In the morning.</td> </tr> <tr> <td>Diazepam 5mg Tablet</td> <td>1-1.5 tablets 60min before planned procedure.</td> </tr> <tr> <td>Exforge 10mg;320mg Tablet</td> <td>1 Tablet In the morning.</td> </tr> <tr> <td>Pariet 20mg Tablet</td> <td>1 Tablet In the morning.</td> </tr> </table>			Alvesco 160 160 mcg/actuation Inhaler	1 inhal'n Daily.	Asmol CFC-free Inhaler (with counter) 100mcg	2 puffs Every 4 hours p.r.n.	Champix Starter pack 0.5mg, 1mg Tablet	0.5 mg orally, daily for 3 days, then 0.5 mg twice daily for 4 days, then 1 mg twice daily for the remainder of a 12-week course.	Crestor 20mg Tablet	1 Tablet In the morning.	Cymbalta 60mg Capsule	1 Capsule In the morning.	Diazepam 5mg Tablet	1-1.5 tablets 60min before planned procedure.	Exforge 10mg;320mg Tablet	1 Tablet In the morning.	Pariet 20mg Tablet	1 Tablet In the morning.
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	Quinate 300mg Tablet Varenicline 1 mg Tablet Varenicline Composite pack 0.5mg, 1mg Tablet	1 Tablet In the evening. 1 tab twice daily for remainder of the 23 week course. 0.5mg daily for 3 days, then 0.5 mg twice daily for 4 days, then 1 mg twice daily for the remainder of a 12-week course.
Allergies	Nil known.	
Other relevant information		
Risks and co-morbidities Note any suicidal ideation or intent, plans, means and or risks to others. Note protective factors preventing risks including family support and any agreed safety plans.	No current suicidal ideation or intent Protective factors: Close friends offering support	
Outcome tool used	K-10	Results / Score 32
Diagnosis	Major depression/ dysthymia	

MENTAL STATE EXAMINATION

Appearance

	Untidy	x	Casual		Well Groomed
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Behaviour (eye contact, facial expression, body language)

	Engaged	x	Disturbed (intermittent eye contact, closed-off body contact)
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Speech (rate, quantity, tone, volume, fluency, rhythm)

	Clear	x	Disturbed (reduced volume)
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Mood (patient's internal state)

	Normal	x	Low		High
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Affect (clinician's observation)

	Reactive		Flat	x	Congruent
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Thought (form, content)

x	Clear		Disturbed
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Perception (hallucinations)

x	Clear		Disturbed
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Cognition

x	Not assessed		MMSE score
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Insight

x	Present		Absent
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Judgement (ability to make rational decisions)

x	Clear		Disturbed
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Other factors:**Sleep**

	Normal	x	Disturbed
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Appetite

	Normal		Increased	x	Decreased
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Final comments

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PATIENT PLAN

Patient Needs/ Main Issues/ Problems	Goals Record the mental health goals agreed by the patient and GP and any actions the patient will need to take	Treatments Treatments, actions and support services to achieve patients goals	Referral to whom: Note: referrals to be provided in up to 2 groups of 6 and 4 sessions. The need for the second group of sessions is to be reviewed after the initial 6 sessions.
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	Improve mood Improve ability to function at work Reduce feelings of anger and frustration at work	CBT	X Better Access (MEDICARE)
			Patients cannot use their private health to cover the allied health gap fee, however gap costs to the patient count toward the patient's Medicare Safety Net.

Appropriate psycho-education provided (please mark with "X")				Plan added to patient's record (please mark with "X")				Copy (or parts) of the plan offered to other providers (please mark with "X")				
Yes	X	No		Yes	X	No		Yes	X	No		N / A

FINALISING THE PLAN			
Date plan completed	28/08/2025		Review date 3 months
<i>I confirm that I am the treating General Practitioner, who has gained consent to create this plan today and review at the agreed date. I have provided the patient with a copy and offered to share this with her carer and/or allied health professionals involved.</i>		GP Signature:	
<i>I confirm that I am the patient who has created this plan with Dr Matthew Kirkwood today. I give my consent to share this plan and clinical notes with herself, Nepean Medicare Local Mental Health Team and my treating Psychologist/s.</i>		Patient Signature:	
<div> <div>GP/PATIENT - REVIEW #1</div> <div>Item 2712</div> <div> Review comments (Progress on actions and tasks outlined in GP Mental Health Care Plan) </div> </div>			

Outcome tool (Results on review)			
Patient referred for another set of 6 sessions	<input type="checkbox"/>	Yes	<input type="checkbox"/> No
GP signature:	Date:		

GP/PATIENT - REVIEW #2			
Item 2712			
Review comments (Progress on actions and tasks outlined in GP Mental Health Care Plan)			
Outcome tool (Results on review)			
Patient referred for another set of 6 sessions (X)	<input type="checkbox"/>	Yes	<input type="checkbox"/> No
GP signature:	Date:		