

GP Mental Health Care Plan

Provides a structured approach for the management of patients with mental disorders

Patient Assessment

Record the patient's agreement for this service

Relevant history taking
Mental state examination

Assessing associated risk and co-morbidity

Diagnosis/
Formulation

Administration of an outcome tool (except where considered clinically inappropriate)

Preparation of the GP Mental Health Care Plan

Discuss assessment with the patient
Discuss referral & treatment options
Agree goals with the patient and any patient actions
Provision of psycho-education
Crisis Intervention and/or Relapse prevention plan, if appropriate at this stage
Arrange for required referrals, treatment etc
Document all in the patient's GP Mental Health Care Plan

Claim Item Number 2710

100% rebate \$150

The GP Mental Health Care Plan

Eligible patients are those with a mental disorder who would benefit from a structured approach to the management of their care needs. In addition to normal referral arrangements, patients with a GP Mental Health Care Plan are eligible for access for up to 12 Medicare rebates per calendar year for focussed psychological strategies or psychological therapies – (six initial services with possibility of re-referral for a further 6 services subject to GP assessment of need) A rebate will not be paid within 12 months of a previous claim for the same item or within 12 months of a claim for a 3-Step Mental Health Process—1 per patient per calendar year or within 3 months following a claim for a review
A new plan should not be prepared unless clinically required

GP Mental Health Care Review

Enables a review of the patient's progress against the goals outlined in the GP Mental Health Care Plan

Record the patient's agreement for this service

Review patient's progress against the goals of the GP Mental Health Care Plan

Modify documented GP Mental Health Care Plan if necessary

Check, reinforce, expand education

Crisis intervention and/or relapse prevention plan – if appropriate and not provided previously

Re-administration of the outcome tool used in the assessment stage – except where considered clinically inappropriate

Claim Item Number 2712

100% rebate \$100

The GP Mental Health Care Review

Initial Review between 4 weeks and 6 months after the completion of the GP Mental Health Care Plan
Further review 3 months after the first review if required
The review item may also be used where a psychiatrist has prepared an assessment and management plan, (Item 291) for GP management of a patient
A rebate will not be paid within 3 months of a previous claim for the same item or within 4 weeks of a claim for a GP Mental Health Care Plan item.

GP Mental Health Consultation

An extended consultation with a patient where the primary treating problem is related to a mental disorder

Take relevant history and identify patient's presenting problems (if not previously documented)

Provide treatment, advice and/or referral for other services and treatment

Document the outcomes of the consultation in the patient's medical records and other relevant mental health plan (where applicable)

Claim Item Number 2713

100% rebate \$66

The GP Mental Health Consultation

Consultations should be at least 20 minutes duration
May be used for ongoing management of a patient with a mental disorder, including for patients being managed under a GP Mental Health Care Plan