

GP MANAGEMENT PLAN - MBS ITEM No. 721 (DEPRESSION / ANXIETY DISORDER)

Patient's Name: Mr Donald Duck

Date of Birth: 10 Sep 1900

Patients Age:28y

Patient Gender: Male

Contact Details:

Address:

20 Street

Nunawading

3131

VIC

Email: dduck@mail.com

Mobile:

Phone: 9896290000

Medicare or Private Health Insurance Details:

Medicare Card No: 3416 90000 2

Healthcare Card No: 223344565789

Details of Patient's Usual GP:

Name:

Provider No:

Email:

Phone: 02 9690 8666

Address:

Lisa's Surgery

Level 1 83 Palmerston Crescent

Darlinghurst

NSW

2010

Details of Patient's Carer (if applicable):

Name:

Relationship:

Contact Details:

Date of last Care Plan/GP Management Plan (if done):

Comment:

Other notes or comments relevant to the patient's management plan:

Comment:

PAST MEDICAL HISTORY

Asthma - Patient is allergic to smoke and dust

Comment:

FAMILY HISTORY

Abuse;drug(s) - Family history of drug abuse - xxx

Addiction;smoking (tobacco) - A - xxx

Smoking (tobacco) - Patient is addicted to smoking - xxx

Comment:

MEDICATIONS

Salbutamol sulfate 100 mcg/1 dose 200 doses (AiroMir Autohaler Inhaler) Use three times a week

Comment:

ALLERGIES

20 Aug 2010 - Alcohol
09 Mar 2011 - Allergen extracts - Patient is allergic to dust and pollen

Comment:

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Patient problems / needs / relevant conditions	Goals - changes to be achieved (if possible)	Required treatments and services including patient actions	Arrangements for treatments/services (when, who, and contact details)
1. General			
Patient's understanding of depression / anxiety	Patient to increase their understanding of depression / anxiety and how it can be managed.	Patient education	GP Nurse Allied health professional
Symptoms	Improve mood, sleep, energy, attention, concentration, motivation, sexual function. Improve physical symptoms (eg fatigue, headache, muscle pains, weight loss). Increase self confidence Identify and address thoughts related to suicide.	Medication Consider: - CBT - Counselling - Psychotherapy - Relaxation training	GP Allied health professional Psychiatrist
Causes / stressors and precipitants	Identify stressors and precipitants such as relationship and family problems / negative thinking / loss and grief / coexisting physical conditions	Counselling Consider: - Problem solving - CBT - Interpersonal therapy - Marital / family therapy - Loss / grief counselling	GP Patient Allied health professional Psychiatrist
Maintenance / relapse prevention	Avoid relapse / decrease severity of relapse. Increase awareness of stressors / circumstances that could trigger a relapse.	Regular review. Address stressors and known risk factors for relapse. Early intervention of a recognised relapse	GP Patient Allied health professional Psychiatrist
2. Lifestyle			

Nutrition	Maintain healthy diet	Patient education OR As per Lifescripts action plan.	GP to monitor Dietitian
Weight	Your target: BMI < Ideal: BMI ≤ 25 kg/m ²	Monitor OR As per Lifescripts action plan.	Patient to monitor GP / nurse to review
Physical Activity	Your target: Ideal: At least 30 minutes walking or equivalent 5 or more days per week	Patient exercise routine: OR As per Lifescripts action plan.	Patient to implement GP / nurse to monitor and support Exercise physiologist
Smoking	Complete cessation	Smoking cessation strategy: Consider: - Quit - Medication OR As per Lifescripts action plan.	Patient to manage GP to monitor and support.
Alcohol	Reduce alcohol intake Your target: standard drinks per day Ideal: :: 2 standard drinks per day (men) :: 1 standard drinks per day (women)	Reduce alcohol intake Patient education OR As per Lifescripts action plan.	Patient to manage. GP to monitor and support.
Other substance abuse	Control substance abuse /dependence	Management of substance abuse Substance abuse program	GP Counsellor Allied health professional Drug addiction services
3. Medication			
Medication review	Correct use of medications, minimise side effects	Patient education Review medications	GP to review and provide education
4. Psychosocial			
Social functioning	Improve functioning in: - Family and personal relationships - Occupation - Social activities (avoid isolation) - Leisure activities	Counselling Support group Stress management program	GP Counsellor Psychologist
5. Co-morbidities			
	Treat underlying co-morbidities	As per diagnosis	GP and relevant others.

Copy of GP Management Plan offered to patient? Yes No

Comment:

Copy / relevant parts of the GP Management Plan supplied to other providers? Yes No

Comment:

GP Management Plan added to the patient's records? Yes No

Comment:

Date service was completed:

Proposed Review Date:

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I have explained the steps and any costs involved, and the patient has agreed to proceed with the plan YES <input type="checkbox"/>
GP's Signature: _____ Date: _____

Note: For editing form please select Review Tab>Protect Document>Restrict Formatting and Editing>Stop Protection.