



Albury Wodonga Regional GP Network

Diagnosing & treating Psychological disorders

Instructions:

Introduction:

The contents of this program have been prepared for local GPs in response to our GP Survey and Mental Health Survey conducted in 2009 and 2008 respectively. The program is designed to improve GPs level of knowledge and confidence when diagnosing, treating and referring patients with a mental illness.

This program will consist of the following:

1. **Pre-disposing Activity** – You will be asked to complete a brief questionnaire designed to prepare you for the structured learning component of the ALM. This will assist you to identify your own personal learning objectives for the activity.
2. **Pre-reading** – Relevant pre-reading will be provided upon registration to enable you to review current information leading up to the workshops.
3. **Workshop 1- presentation and case studies**
 - Analysing mental health disorders and Treatment options (Presentation)
 - Medication review and the debate on oversubscribing for depression (Presentation)
 - Case study – Dissection of a case study addressing presentation and symptoms, diagnosis, treatment options, Mental Health Treatment Plans, Medicare Item Numbers and practice systems (Group work)
4. **Workshop 2 – presentation, case studies and panel**
 - Comorbidity/Dual Diagnosis - co-occurring mental health and substance use disorders - Recognition and effective responses.
 - Guest speakers - A look into the real life effects on families and individuals living with mental illness.
 - Panel discussion
5. **Reinforcing activity – *Online activity*** to promote reflection of learning activities completed. Please note that this activity is FREE to RACGP members.

Non RACGP members must pay a fee of approximately \$85.00 to complete this activity. This amount will be reimbursed upon presentation of receipt. You will receive a certificate upon completion which you should submit with your evaluation form to achieve your full CPD points.

6. **Evaluation – *The evaluation form provided on completion of the second workshop must be returned with your online activity certificate for you to receive your full CPD points.***

An evaluation form will be included in your education activity pack. Extra copies can be downloaded from our website at

<http://www.bordergp.org.au/dnn/EducationEvents/Events/tabid/156/Default.aspx>

These documents can be returned via either of the following methods.

Fax	Heidi Neumeister, Albury Wodonga Regional GP Network – (02) 6049 1999
Email	hneumeister@bordergp.org.au
Mail	Heidi Neumeister, Albury Wodonga Regional GP Network, Suite 8/175 Lawrence Street, Wodonga Vic 3690

Learning Objectives:

Upon completion of the Diagnosing & treating Psychological disorders activity, participants should:

Feel more confident in diagnosing mental health conditions.

Have an increased level of knowledge regarding mental illness and the associated symptoms.

Be more confident in managing patients with a mental illness using the Better Access to Mental Health Care initiative.

Have an increased level of confidence in developing a Mental Health Care Plan for patients with a mental illness.

Feel more confident in their ability to identify appropriate treatment options and medication selection for application in relation to mental illness.

Have an increased ability to identify and treat patients exhibiting symptoms of co-morbidity.

Have greater confidence in communicating with patients presenting with a mental illness.

Have a greater depth of knowledge regarding the available management strategies for the various types of mental illness.

Have a greater understanding of and better access to current information on local resources and referral pathways available for patients with a mental illness.

Be more confident in incorporating the locally developed mental health pathways flow chart into their practice and use this as a tool when treating patients with mental illness.

Project Developers:

This program was developed by Heidi Neumeister, Albury Wodonga Regional GP Network in conjunction with Sarah Veitch GP, Daniel Whiting and the Mental Health Team.

Our thanks is extended to the Black Dog Institute, Beyondblue, GP Mental Health Standards Collaboration, John Forsythe, Dean Hyland, Gary Croton, Carmel Mulcahy, Barry and Margaret for their contributions and input into the training materials and presentation.



Albury Wodonga Regional GP Network

Pre-disposing Activity:

Name of GP participant:

RACGP/ACRRM Number:.....

This pre-disposing activity is a mandatory RACGP and ACRRM requirement of all Category 1 ALM educational activities.

The following questionnaire should take approximately 15 minutes to complete and is a prerequisite for you to attend the Workshops.

Please take a few minutes to consider your patient load and identify one or two of your patients of whom you are treating for a mental health disorder before responding to these questions.

Pre-disposing Questions:

1. Please provide a brief patient history (de-identified) including your patients presenting symptoms and ongoing treatment.

2. What aspects of your patient's symptom profile/s or treatment plan are you aiming to address with this activity?

3. Is there a current Mental Health Care Plan in progress for this/these patient/s?

Yes

No

4. What is your treatment plan for this/these patient/s?

5. How has the patient/s responded to the treatment so far? Have your expectations and the patient's expectations been met?

6. What aspects of the treatment have been successful / unsuccessful so far?

7. In terms of patient safety, what risks are you hoping to minimise or eliminate through the completion of this activity?

8. Which Mental Health Assessment tools are you currently using?

9. Are you currently claiming all of your entitlements under the GP Mental Health Care Plan Medicare Item Numbers?

Yes No

10. Are you currently using the following resources?

i) AGPN Mental Health Care Plan flow chart? Yes No

ii) AGPN Patient Pathways flow chart? Yes No

Thankyou for completing this questionnaire. Please submit to the CPD Coordinator of this event prior to the first workshop on the 11th November.

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Email	hneumeister@bordergp.org.au
Mail	Heidi Neumeister, Albury Wodonga Regional GP Network, Suite 8/175 Lawrence Street, Wodonga Vic 3690
In person	To Heidi Neumeister, Albury Wodonga Regional GP Network, Suite 8/175 Lawrence Street, Wodonga Vic 3690 or, Upon registration on the evening of the event.

Please note that you will not be eligible for CPD points if this questionnaire is not returned.