

This form has been designed by IMHS to assist GP's in making an assessment of any distressed patient. The form should be attached to the usual IMHS referral form if the patient is referred. If no referral is necessary the form can be kept in the patient file

PATIENTS IN DISTRESS – A GUIDE FOR GP ASSESSMENT

These questions are to assist you in the assessment of patients presenting to the surgery with potential mental health problems. They will guide you as to the urgency for mental health referral and safety of the patient until review by a mental health professional.

What is the problem?

Suicidal Depressed Anxiety/Panic attacks Intoxicated Overdose
 Delusional Agitated Thought disorder Aggression
Hallucinating Stressed/not coping D&A withdrawal

Problems underlined may require immediate measures to prevent the patient leaving the surgery prior to transport to hospital.

Why has the patient presented now?

E.g. Deliberate self-harm, concern from others, personal crisis, self-referral.

Are they accompanied by anyone else? Yes No

If yes, who?

Is there a past history of mental illness?

Yes No Don't know

If yes, what is the diagnosis?

What does the patient want?

Someone to talk to Detox Mental Health assessment Medication

Is the patient at risk of self-harm?

Yes No

If the patient is at risk of self-harm ask the following:

- Have you thought that life isn't worth living? Yes No
- Have you thought of harming yourself? Yes No
- Are you thinking of suicide? Yes No
- Have you thought about how you would do it? Yes No
- Do you have access to the method? Yes No
- Have you made an attempt in the past? Yes No

Consider if the patient is safe to be left alone.

Suicide Risk Factors

Definite plan
Hopelessness
Depression
Single men

Recent Suicide attempt
Homelessness
Increase in D&A use
Indigenous

Debilitating Illness
Recent loss
Dysfunctional family
History of abuse (physical, sexual)

If you have concerns about the patient's or others safety contact the Community Assessment and Treatment Team on 4799 9480.

Please give this form to the patient to take with them to their appointment.