



What we will cover in the session



Overview of the Primary Care Nurses Role in Mental Health:

- Understand the impact of Complex Chronic Conditions on a patient's Mental Health
- Navigate Health Pathway s and MBS Billing for Mental Health Services
- Enhance Primary Care Mental Health Support with practical strategies

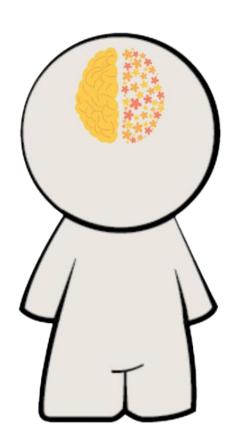






Mental Health Statistics





1 in 5 Australians experience mental health disorders each year, with those suffering from chronic conditions at a significantly higher risk of developing mental health problems.







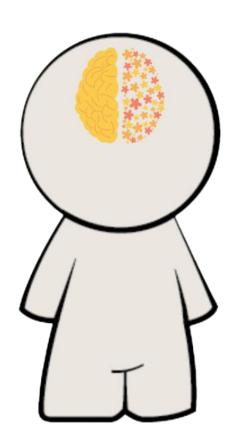






Mental Health Statistics





People with **two or more** chronic conditions are more likely to experience depression or anxiety compared to the general population.





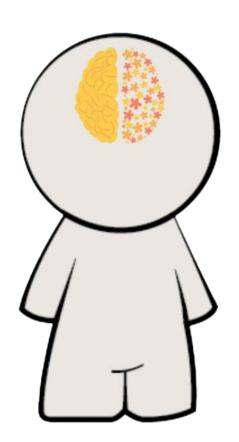












- Age and Gender
- Physical Health
- Psychosocial Stressors
- Medication Side Effects
- Disrupted Daily Routine







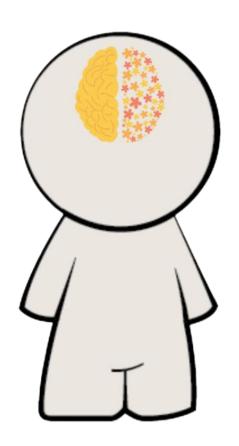






Mental Health Impacts





People with chronic diseases such as diabetes, asthma, and heart disease face a 50% higher risk of developing depression and anxiety compared to those without chronic conditions.













Mental Health Impacts





- Increased Risk of Depression and Anxiety
- Worsened Physical Health
- Increased risk of Disability
- Medication Non-Adherence
- Increase service needs







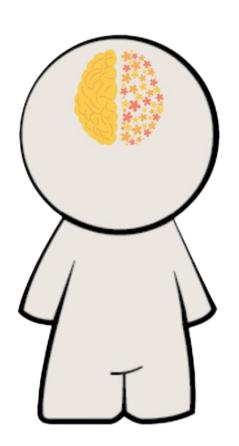






Chronic Condition Management CDMPLUS®





- Chronic Conditions and Mental Health are connected
- 2. Risk Factors contribute to Mental Health burden
- **Integrated Care is** essential













Case Study



Stuart presents for his Care Plan appointment with you. Stuart is 70yrs old and has a history of Diabetes, Asthma and Heart Disease.

Questions:

Does Stuart have an increased risk of developing a Mental Health Condition?

Answer:

Yes. People with chronic diseases such as diabetes, asthma, and heart disease face a 50% higher risk of developing depression and anxiety.





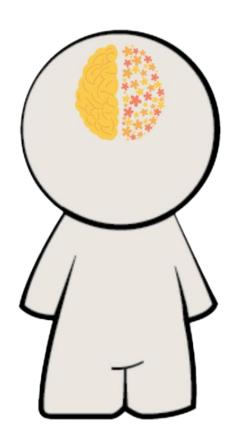






Mental Health Services





Patients can access Medicare benefits for selected mental health services provided by:

- GPs
- Non-VR Medical Practitioners
- Psychiatrists
- Clinical Psychologists
- Psychologists
- Social Workers
- Occupational Therapists







What is a GP MHTP?



"GP Mental Health Treatment Plans (GP MHTPs) provide a structured framework for GPs to undertake assessment, early intervention, and management of patients with a Mental Illness."

(General Practice Mental Health Stands Collaboration, 2024)

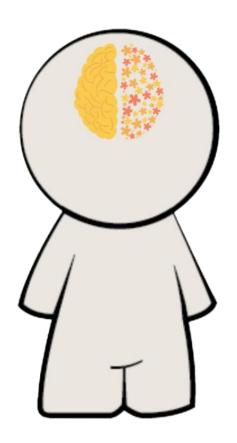






Eligible Patients





Patients must:

- have a mental disorder
- benefit from a structured approach to the management of their care needs













An Australian Government Initiative

Better Access Initiative





FACT SHEET FOR ALLIED HEALTH PROFESSIONALS

Better Access to Psychiatrists, Psychologists and General Practitioners through the MBS (Better Access) initiative

Medicare rebates under the Better Access to Psychiatrists, Psychologists and General Practitioners through the MBS (Better Access) initiative are available for patients with a mental disorder to receive up to ten individual and up to ten group allied mental health services per calendar year. These services are generally provided in courses of treatment, with each course of treatment involving up to six services provided by an allied mental health professional. At the conclusion of each course of treatment, the allied mental health professional must report back to the referring medical practitioner on the patient's progress and the referring practitioner assesses the patient's need for further services

Mental health services that can be provided under this initiative include Psychological Therapy services provided by eligible clinical psychologists, and Focussed Psychological Strategies (FPS) services provided by eligible General Practitioners (GPs), registered psychologists, social workers and occupational therapists.

Rebates for these services are available to patients with a mental disorder who would benefit from a structured approach to the management of their treatment and have been referred by a medical practitioner managing the patient under a GP Mental Health Treatment Plan; a referred psychiatrist assessment and management plan; or on referral by a psychiatrist or paediatrician.

The conditions classified as mental disorders for the purposes of these services are informed by the World Health Organisation, 1996, Diagnostic and Management Guidelines for Mental Disorders in Primary Care: ICD-10 Chapter V Primary Care Version

There is no single template for referrals; however referrals should include the following information:

- · Patient's name
- Patient's date of birth Patient's address
- List of any current medications
- Number of sessions the patient is being referred for.

All patients require a current Mental Health Treatment Plan (MHTP) to claim a rebate for Better Access services from Medicare. A MHTP may be provided to the allied mental health provider with the referral, A MHTP does not expire. A referral is valid until the referred number of sessions have been completed, regardless of whether a patient chooses to change their allied mental health provider

OVERVIEW OF THE ITEMS

There are 32 MBS items for allied mental health services provided on referral by a GP, psychiatrist or

 Items 80000, 80005, 80010 and 80015 – Individual Psychological Therapy services provided by a clinical psychologist

Better Access to Psychiatrists, Psychologists and General Practitioners through the MBS (Better Access) initiative

Better Access Initiative:

- Medicare rebates to eligible people to access mental health services
- Funds education and training for Health **Professionals**

(Better Access Initiative, 2024)















Diagnostic and **Management Guidelines** for Mental Disorders in Primary Care

ICD-10 Chapter V Primary Care Version

Published on behalf of the World Health Organization by Hogrefe & Huber Publishers



World Health Organization



Hogrefe & Huber Publishers Seattle · Toronto · Bern · Göttingen

Categories of Mental and **Behavioural Disorders**

(Diagnostic and Management Guidelines for Mental Disorders in Primary Care, 1996)













Categories of Mental and Behavioural Disorders

- F00# Dementia
- F05 Delirium
- F10 Alcohol use disorders
- F11# Drug use disorders
- F17.1 Tobacco use disorders
- F20# Chronic psychotic disorders
- F23 Acute psychotic disorders
- F31 Bipolar disorder
- F32# Depression
- F40 Phobic disorders
- F41.0 Panic disorder
- F41.1 Generalised anxiety
- F41.2 Mixed anxiety and depression

- F43.2 Adjustment disorder
- F44 Dissociative (conversion) disorder
- F45 Unexplained somatic complaints
- F48.0 Neurasthenia
- F50 Eating disorders
- F51 Sleep problems
- F52 Sexual disorders
- F70 Mental retardation
- F90 Hyperkinetic (attention deficit) disorder
- F91# Conduct disorder
- F98.0 Enuresis
- Z63 Bereavement disorders
- F99 Mental Disorder, Not Otherwise Specified

(Diagnostic and Management Guidelines for Mental Disorders in Primary Care, 1996)









Mental Health Billing Sheet



PROVIDER:PATIENT:			⊕ CDM PLUS		
FACE TO FACE		TELEHEALTH 👺		PHONE	
GP Management Plan (GPMP)	721	GP Management Plan (GPMP)	92024	GP MHTP Review or Review Psychiatrist Management Plan	92126
Feam Care Arrangement (TCA)	723	Team Care Arrangement (TCA)	92025	GP MHTP Consultation (20+ mins)	92127
First Nations Health Assessment	715	First Nations Health Assessment	92004	GP Focussed Psychological Strategies (FPS) (30-40 mins)	91842
SP MHTP (20-40 mins) and has NOT undertaken training	2700	GP MHTP (20-40 mins) and has NOT undertaken training	92112	GP Focussed Psychological Strategies (FPS) (40+ mins)	91843
SP MHTP (40+ mins) and has NOT undertaken training	2701	GP MHTP (40+ mins) and has NOT undertaken training	92113	GP FPS Strategies for person other than patient (30-40 mins)	9186
SP MHTP Review or Review Psychiatrist Management Plan	2712	GP MHTP Review or Review Psychiatrist Management Plan	92114	GP FBS Strategies for person other than patient (40+ mins)	9186
SP MHTP Consultation (20+ mins)	2713	GP MHTP Consultation (20+ mins)	92115	OTHER MBS ITEMS NOT LISTED:	
GP MHTP (20-40 mins) and has undertaken training	2715	GP MHTP (20-40 mins) and has undertaken training	92116		
SP MHTP (40+ mins) and has undertaken training	2717	GP MHTP (40+ mins) and has undertaken training	92117		
SP EDP (20-40 mins) and has NOT undertaken training	90250	GP EDP (20-40 mins) and has NOT undertaken training	92146		
SP EDP (40+ mins) and has NOT undertaken training	90251	GP EDP (40+ mins) and has NOT undertaken training	92147		
SP EDP Review	90264	GP EDP Review	92170		
SP EDP (20-40 mins) and has undertaken training	90252	GP EDP (20-40 mins) and has undertaken training	92148	NEXT APPOINTMENT:	
GP EDP (40+ mins) and has undertaken training	90253	GP EDP (40+ mins) and has undertaken training	92149		
GP Focussed Psychological Strategies (FPS) (30-40 mins)	2721	GP Focussed Psychological Strategies (FPS) (30-40 mins)	91818		
GP Focussed Psychological Strategies (FPS) (40+ mins)	2725	GP Focussed Psychological Strategies (FPS) (40+ mins)	91819		
GP FPS Strategies for person other than patient (30-40 mins)	2739	GP FPS Strategies for person other than patient (30-40 mins)	91859		
SP FBS Strategies for person other than patient (40+ mins)	2743	GP FBS Strategies for person other than patient (40+ mins)	91861		

Our "MBS Billing Sheets" are a quick reference tool for GP and other Health Professionals using Mental Health MBS Item Numbers.









MHTP MBS Item Numbers



The GP Mental Health Treatment items define services for which Medicare rebates are payable where GPs undertake early intervention, assessment and management of patients with mental disorders:

- GP MHTP (has NOT undertaken training) <u>2700</u> <u>2701</u>
- GP MHTP (has undertaken training) <u>2715</u> <u>2717</u>
- GP MHTP Review or Psychiatric Management Plan 2712
- GP MHTP Consultation <u>2713</u>











- GP has **NOT** undertaken training 20-40 mins **2700**
- GP has **NOT** undertaken training 40+mins **2701**
- GP has undertaken training 20-40 mins 2715
- GP has undertaken training 40+mins 2717











An Australian Government Initiative

Family and Carer Participation





Family and Carer Participation under the Better Access Initiative

Department of Health and Aged Care

Last updated: 10 February 2023

From 1 March 2023, new Medicare Benefit Schedule (MBS) items are available to facilitate family and carer participation in a patient's mental health treatment under the Better Access to Psychiatrists, Psychologists and General Practitioners through the MBS initiative (Better Access) initiative.

What are the changes?

From 1 March 2023, there will be 48 new time-tiered MBS items to allow providers to deliver up to two Medicare-subsidised services per calendar year, to a person other than the patient where:

- The patient has been referred for Better Access services (for allied health practitioner delivering these services),
- . The treating or referring practitioner determines it is clinically appropriate,
- The patient consents for the service to be provided to the person as part of their treatment.
- . The service is part of the patient's treatment, and
- The patient is not in attendance.

These items are not available to admitted hospital patients

Further information, including a list of the new MBS items available can be found in Attachment A at the end of this factsheet and in explanatory note AN.20.1, AN.7.31, MN.6.8 and MN.7.5 on the MBS Online webpage at www.mbsonline.gov.au.

Why are the changes being made?

The purpose of these changes is to:

- recognise the important role that family members and carers play in supporting patients with mental illness, and
- positively involve family and carers in a patient's treatment and care.

These changes were informed by recommendations from the Productivity Commission in its Inquiry into Mental Health, MBS Review Taskforce and Better Access Evaluation.

 More information about the Productivity Commission's inquiry and a full copy of the inquiry report, is available at: www.pc.gov.au/inquiries/completed/mental-health/report

Medicare Renefits Schedule

Family and Carer MBS changes under the Better Access initiative – Factsheet MBS Online

Last updated - 10 February 2023

Additional MBS Items allow <u>eligible</u> <u>providers</u> to deliver up to 2 Better Access services per calendar year to a person OTHER than the patient if:

- □ Patient has been referred for Better Access Services
- □ Referring Practitioner deems it clinically appropriate
- Patient consents
- ☐ Services is part of the patient's treatment
- ☐ Patient is **NOT** in attendance











- FPS Strategies other than patient (30-40 mins) 2739
- FPS Strategies other than patient (40+ mins) 2743
- FPS Strategies other than patient (30-40 mins) 91859
- FPS Strategies other than patient (40+ mins) 91861
- FPS Strategies other than patient (30-40 mins) 91864
- FPS Strategies other than patient (40+ mins) 91865











GP MHTP Review





 GP MHTP Review <u>2712</u> OR

Psychiatric Management Plan <u>2712</u>











GP MHTP Consultation





GP MHTP Consultation <u>must</u>:

- ☐ Include taking relevant history and identifying the patient's presenting problem (if not previously documented)
- ☐ Include providing treatment, advice and/or referral for other services or treatment
- ☐ Include documenting the outcomes of the consultation in the patient's medical records and other relevant mental health plan (where applicable)
- □ 20 minutes duration







GP MHTP Consultation





GP MHTP Consultation <u>2713</u>







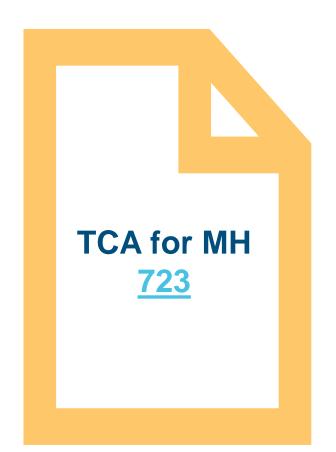






TCA and Review for MH





Patients with a Mental Health Condition being treated under the Better Access Initiative or under an Eating Disorder Treatment and Management Plan (EDTMP) are also eligible to receive a TCA service:

- TCA for Mental Health 723
- TCA Review for Mental Health 732













MHCC MBS Item Numbers



MHCC (Mental Health Case Conference) MBS items define services for which Medicare rebates are payable:

1. Organise and Coordinates a MH Case Conference

- GP <u>930</u> <u>933</u> <u>935</u>
- PMP <u>969</u> <u>971</u> <u>972</u>
- Consultant <u>946</u> <u>948</u> <u>959</u>

2. Participate in a MH Case Conference

- GP <u>937</u> <u>943</u> <u>945</u>
- PMP <u>973 975 986</u>
- Consultant <u>961</u> <u>962</u> <u>964</u>
- Allied Health <u>80176</u> <u>80177</u> <u>80178</u>







MH Case Conference





Patients being treated under the *Better Access* Initiative or under an Eating Disorder Treatment and Management Plan (EDTMP) are eligible for a MH Case Conference:

- GP Organise & Coordinate 930 933 935
- GP Participate <u>937</u> <u>943</u> <u>945</u>













Better Access Redesign



What?

Government is making changes to the Better Access Initiative (subject to legislation) **commencing November 1, 2025.**

Why?

Better meet needs of individuals and improve equity of access (in response to Better Access evaluation).

Changes?

- GP MHTP Review and Mental Health Consultation MBS items will be removed
- GPs will use general attendance items to review MHTPs and provide mental health care
- GP MHTP Items will be retained







Health Pathways





https://emphn.org.au/for-health-professionals/healthpathways-melbourne/









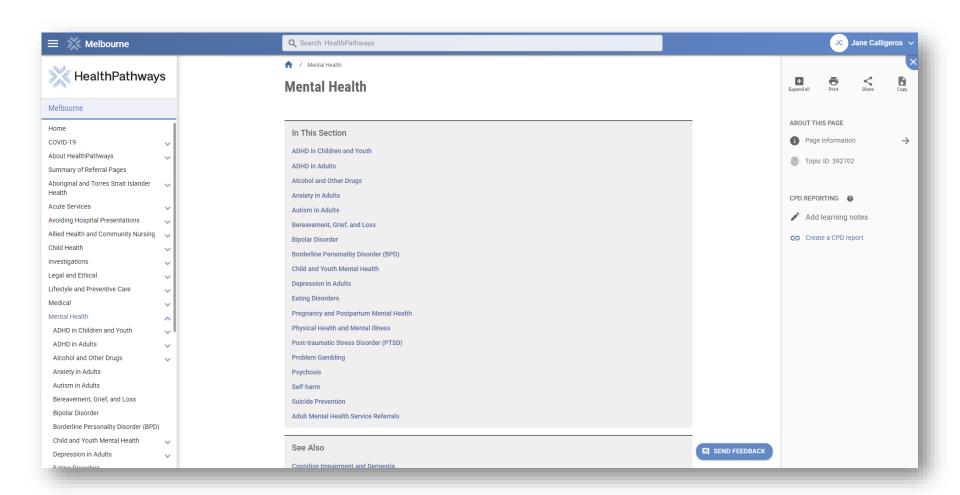






Mental Health Pathways



















Case Study



During your Care Plan appointment you notice that Stuart has a history of Depression.

Questions:

Is Depression an eligible condition for a Mental Health Treatment Plan?

Answer:

Yes. Depression is an eligible Mental Health Disorder.







CDM Plus Top Tips



1. Increase confidence using Screening Tools for Mental Health



1. Screening Tools



- Kessler Psychological Distress Scale (K10)
- DASS-21 (Depression, Anxiety, and Stress Scale-21)
- PHQ-9 (Patient Health Questionnaire-9)
- Edinburgh Postnatal Depression Scale (EPDS)
- Geriatric Depression Rating Scale
- Cornell Scale for Depression in Dementia
- Carer Strain Index
- Zarit Burden Interview
- Eating Disorder Screen for Primary Care (ESP)



Case Study



During Stuart's Care Plan appointment, you are updating his Family and Social History. Stuart is the main carer for his wife.

Questions:

What are some screening tools you can use to monitor his Depression and Carer Strain?

Answer:

K10, DASS-21, PHQ-9, Geriatric Depression Rating Scale, Carer Strain Index, Zarit Burden Interview



CDM Plus Top Tips



- Increase confidence using Screening Tools for Mental Health
- 2. Set up Text Shortcuts and Templates for Mental Health



2. Mental Health Text Shortcuts @CDMPLUS®



- Text shortcuts are a great prompt for Healthcare providers. They help to ensure that you don't forget to include something in your documentation.
- If you have multiple staff members involved in providing care, it helps by increasing efficiency and by providing consistency.
- Don't forget to share your text shortcuts with your team!



2. Mental Health Templates



OP MENTAL HEALT LITTEATVENT FLAN PALIENT ASSESSMENT			
Patient's Name		Date of Dirth	
Address		Phone	
Carer details and/or remergering sontaid(-) GP Name / Proofine		Other oureplan Fig GPMP > Tox	MD II
AHP or name currently involved in		Medical Records No.	
PRESENTING BOOF(N) What are the patient's owned mence boots tools			
PATENT HISTORY Record releases biological psychological and count feetings including any tentile feeting of months describes and any relevant salicitation obtains physical bands problems			
MEDICATIONS (artist information 7 required)			
ALLERGIES			
ANY OTHER RELEVANT			
RESULTS OF MENTAL STATE EXAMINATION Record other patient has been extended			
RESKS AND CO-MICRIGHTES National assembled mile and co-microstration relating roots of self-name Allectures to others			
OUTCOME TOOL USED	RESULTS		
DIAGNOSIS			

- Better Access
- General Practice Mental Health Standards Collaboration
- CDM Plus

(General Practice Mental Health Stands Collaboration, 2024)











CDM Plus Top Tips



- Increase confidence using Screening Tools for Mental Health
- Set up Text Shortcuts and Templates for Mental Health
- 3. Define your Mental Health Process for:
 - Before the Appointment
 - During the Appointment
 - After the Appointment



3. MHTP Processes



A process for Mental Health and other CDM activities are helpful for your team so that your whole team is on the same page.

A Mental Health Process needs to define what happens:

- Before the Appointment
- During the Appointment
- After the Appointment



Before the Appointment





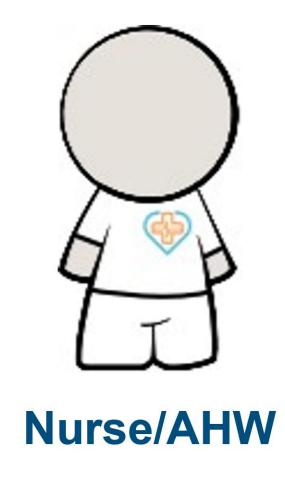
Reception play an important role in Mental Health processes:

- Confirming the appointment
- Checking eligibility
- Update patient details



During the Appointment





Nurse/AHWs play an important role in Mental Health processes:

- Collecting information, updating clinical record, recording observations, and completing screening tools
- Assisting the GP to coordinate care and other activities e.g. referrals for programs or services, follow up appointments



During the Appointment





GP

GPs play an important role in Mental Health processes:

- Assessment and planning
- Providing appropriate treatments and services
- Review and ongoing management



After the Appointment





Reception play an important role in Mental Health processes:

- Finalise Patient billing
- Booking Next Appointment



Next Appointment













Next Appointment







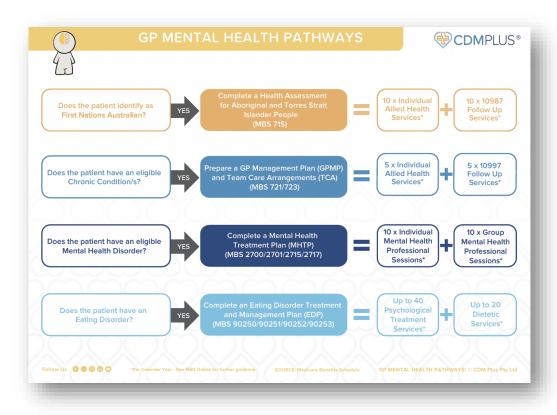






CDM Plus Bonus





Scan the QR code to access CDM Plus Mental **Health Flowchart**













Sources & More Information



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