

KMMS Diagnosis and Management Tool

Date:

EMR Number:

Name of Clinician:

MMEX

CHIS

Communicare

Study Site:

Other

MENTAL STATE EXAMINATION

General appearance behaviour	Perception
Speech	Cognition
Thought: Stream, form, content	Memory
Appetite	Motivation/Energy
Anxiety	Sleep
Mental health family history	Social history
Abuse History: Substance, sexual/ physical (self or other)	Protective factors

AT LEAST ONE OF THE FOLLOWING

Depressed mood

Loss of interest or pleasure

5 OR MORE [including at least 1 from above present in the same 2 week period]

Sleep disturbances

Psycho-motor agitation or delay

Weight loss or gain

Loss of energy

Difficulty concentrating

Recurrent thoughts of death, suicide, harming others

Worthless guilty

Appetite loss

GENERALIZED ANXIETY DISORDER (GAD):

Excessive anxiety or worry

Difficulty concentrating

Restlessness, on edge

Irritability

Easily fatigued

Muscle tension

Sleep disturbance

POST TRAUMATIC STRESS DISORDER

PAST EXPOSURE - Both must be present

Exposure to violence, abuse, trauma Responses involved fear, helplessness or horror

RECURRENCE OF

Flashbacks Avoidance of stimuli

Nightmares Numbed emotional responses

Psychological distress Autonomic hyperarousal (outbursts, hypervigilance, startle, panic symptoms)

DIAGNOSIS USING DSM IV CRITERIA

MILD

MODERATE

SEVERE

Depression Yes No

Anxiety Yes No

GAD Yes No

PTSD Yes No

SAFETY [If any 'Yes' answers must follow up with plan]

Increased irritability/anger (getting wild with others) Yes Arousal / agitation / aggression Yes

Increased harmful actions (lashing out at others) Yes Dysregulated mood Yes

Inadvertent harm to others (e.g. dependants, unborn child) Yes Substance use – ETOH or other drugs Yes

Inadvertent harm to self (e.g. neglect) Yes

Immediate

Short term

Long term

No apparent risk

Current level of risk of self harm

Current level of risk of suicide

Current level of risk to others

PROTECTIVE FACTORS

Currently weak, inaccessible Currently moderate, limited availability Currently strong, very accessible

MANAGEMENT PLAN

IMMEDIATE

SHORT TERM

LONG TERM

Documented in Clinical Records Yes