

dr enoka's surgery
shop5, Heritage Plaza, North Richmond, NSW 2754, Australia

MENTAL HEALTH TREATMENT PLAN

2717

Provider's details	Patient's details
Name: Enoka Guneratne	Name: Marilyn Vella-Griffin
Provider number: 215036BF	Date of birth: 10/11/1975
Documentation details	Address: 511 Tennyson Rd, Tennyson, NSW, Australia
Prepared by: Enoka Guneratne	Medicare number: 2521456476 1
Date of preparation: 23/04/2025	Phone number: 0418420571
Duration: 0 minutes	
Next review: 25/07/2025	

Summary**Key family support**

Patient education given	Yes
Copy of the plan given to the patient	Yes
Copy of the plan given the other healthcare provider/s	No
Copy of the MHTP is uploaded into the clinical file	No
Diagnosis/ Provisional Diagnosis	<ul style="list-style-type: none">Mixed anxiety and depression (ICD-10:F41.2)
K10	29

Mental Health Assessment

History	
Presenting Problem	<ul style="list-style-type: none"> • Anxiety
Past psychiatric history	<ul style="list-style-type: none"> • Anxiety
Personality	<ul style="list-style-type: none"> • Perfectionist • Sensitive • Anxious • Optimistic • Pessimistic • Self-despondent • Fluctuating • Few friends
Sexual history	<ul style="list-style-type: none"> • Sexually active • Gender identity <ul style="list-style-type: none"> ◦ Female
Marriage or relationships	<ul style="list-style-type: none"> • Married
Family history	<ul style="list-style-type: none"> • Depression

Mental Health Examination	
Appearance and Behaviour	<ul style="list-style-type: none"> • Normal
Speech	<ul style="list-style-type: none"> • Normal
Mood	<ul style="list-style-type: none"> • Fluctuating
Affect	<ul style="list-style-type: none"> • Blunted
Cognition	<ul style="list-style-type: none"> • Orientation <ul style="list-style-type: none"> ◦ Normal • Attention and concentration <ul style="list-style-type: none"> ◦ Normal • Memory <ul style="list-style-type: none"> ◦ Normal
Insight and Judgement	<ul style="list-style-type: none"> • Preserved
K10 results	29
Mental Health Examination	<ul style="list-style-type: none"> • Early morning wakening • Low self esteem • Irritability • Panic attacks • No evidence of suicidal plan or a risk today

K10 Assessment						
	None of the time (1)	A little of the time (2)	Some of the time (3)	Most of the time (4)	All of the time (5)	
About how often did you feel tired out for no good reason?				✓		
About how often did you feel nervous?				✓		
About how often did you feel so nervous that nothing could calm you down?		✓				
About how often did you feel hopeless?		✓				
About how often did you feel restless or fidgety?			✓			
About how often did you feel so restless you could not sit still?			✓			
About how often did you feel depressed?		✓				
About how often did you feel that everything was an effort?				✓		
About how often did you feel so sad that nothing could cheer you up?			✓			
About how often did you feel worthless?		✓				
Total	0	8	9	12	0	29/50

Relevant Medical Findings	
BP	136.0/85.0
BMI	30.5
Active medications	MIRTAZAPINE 45mg Tablet, 1 daily (30) 5 repeats, Oral - Swallowed
Cholesterol	4.2
eGFR	90.0
Alcohol use	Current non-drinker/ Never
Smoking	SMOKING: Never Smoked
List of relevant medical conditions	<ul style="list-style-type: none"> Mental Health

Mental Health Plan	
Diagnosis	<ul style="list-style-type: none"> Mixed anxiety and depression (ICD-10:F41.2)
Treatment	<ul style="list-style-type: none"> Counselling Psychotherapy CBT Medications

Management	<ul style="list-style-type: none"> • Referral to a psychologist • Crisis action plan • Medications
Patient action	<ul style="list-style-type: none"> • Generic <ul style="list-style-type: none"> ◦ Follow GP advice ◦ Follow specialist advice ◦ Follow allied health advice ◦ Follow advice on quit smoking ◦ Follow advice on alcohol ◦ Follow advice on physical activity ◦ Follow advice on diet <ul style="list-style-type: none"> ▪ Reduce carb intake ▪ Cook healthy ▪ Reduce snacks ▪ Improve vegetable in the diet ▪ Avoid fast foods ▪ Avoid sugary drinks ▪ Improve fibre-rich diet ◦ Follow up with GP for annual flu vaccination • Mental Health <ul style="list-style-type: none"> ◦ Call life line 13 11 14 in psychological crisis ◦ Call your mental health team if urgent psychological help is needed ◦ Attend to psychotherapy as advised ◦ Follow psychologist's advices ◦ Maintain regular contacts with your GP ◦ Avoid abrupt medication withdrawal ◦ Report all side effects/ adverse reactions
Goals	<ul style="list-style-type: none"> • Generic <ul style="list-style-type: none"> ◦ Miscellaneous <ul style="list-style-type: none"> ▪ Engage in arts and crafts ▪ Try new cooking recipes ▪ Shop fresh fruits and veggies ▪ Go to bed early ▪ Make a budget ▪ Increase efforts to reconnect with the family ▪ Making new friends ▪ Listening to music ▪ Reading books ▪ Participate in social activities ▪ Participate in shopping ▪ Participate in gardening • Mental Health <ul style="list-style-type: none"> ◦ Maintain a functional capacity ◦ Reduce exacerbations ◦ Improve mood ◦ Achieve social functioning ◦ Regular medication use

GP actions	<ul style="list-style-type: none"> • Generic <ul style="list-style-type: none"> ◦ Patient education ◦ Advise on weight loss strategies ◦ Motivational interview ◦ Organise adequate scripts ◦ Organise mental health care plan • Mental Health <ul style="list-style-type: none"> ◦ Counselling ◦ Medication management ◦ Liaise with the psychologist
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Future Sessions	
Next Review date	25/07/2025

I, Enoka Guneratne, have discussed the plan and referral(s) with the patient.



Signature (Enoka Guneratne)

Date: 23/04/2025

I, Marilyn Vella-Griffin, have understood the purpose and agree to the preparation of this plan by the GP.

As part of my care under this Mental Health Treatment plan, I understand that I should attend the General Practitioner for a review as indicated in the plan.

I have also consented to share these documents with all the care providers listed in the plan unless as requested otherwise.



Signature (patient)

Date: 23/04/2025

Marilyn Vella-Griffin, 10/11/1975

511 Tennyson Rd, Tennyson, NSW, Australia

Ms M. Hookham,

Dr Enoka Guneratne

dr enoka's surgery

shop5, Heritage Plaza, North Richmond, NSW 2754, Australia

Consent and Assignment of Medicare Benefits

I hereby confirm my informed consent to the creation of the documents, as mentioned earlier in relation to my Mental Health Management.

I assign my Medicare benefits to the provider mentioned above for performing these 'Mental Health Management' services.

Signed



Signature

Date: 23/04/2025