

# Consultant Psychiatry Service - FAQs

Commissioned by South Western Sydney PHN and delivered by Dokotela

## What is the service?

The Consultant Psychiatry Service, delivered by Dokotela, is a *free* service commissioned by South Western Sydney PHN.

There are two equally important objectives of the service:

- *Consumer Care*: to provide Psychiatry services for those with severe and persistent mental illness that live, study or work within South Western Sydney.
- *GP Capacity Building*: The service also exists as a support for GPs, to enable GPs to better treat and manage severe mental illness.

The service offers flexible delivery:

- *Face to face* at select GP practices (Hubs) in Bankstown, Fairfield, Liverpool and Campbelltown - The patient will be allocated to their nearest face to face Hub. Typically utilised for an initial assessment.
- *Telehealth* through secure Zoom video conferencing:
  - available at any GP practice in South Western Sydney; or
  - allocation to a telehealth hub in Tahmoor, facilitated by Dokotela's Case Manager to oversee the appointment process and provide added support to patients.

Kindly note, **GPs are encouraged to attend telehealth conferencing appointments via Zoom video conferencing**. There are MBS items available for GP participation (see page 2).

## Who is eligible?

People aged 12+ with a severe and persistent mental illness requiring support from a psychiatrist however, due to barriers, are unable to access a psychiatrist. In addition, GPs requiring support in the treatment and management of this patient cohort.

## What is out of scope for referral and treatment?

This service is not designed for Court Reports, NDIS or Disability Support Pension Assessments, RTA Forms or Workers Compensation. Additionally, this service is not for the treatment of neurodevelopmental disorders as a primary reason for referral—such as ADD/ADHD or Autism Spectrum Disorders. This is not an emergency/crisis service.

## What is the collaborative model of care?

The referring GP will remain the primary provider of patient care. The Psychiatrist will liaise directly with the GP via treatment letter, telephone and formal case conference sessions. The GP will write the consumers scripts under the guidance of the treating Psychiatrist.

## What is the frequency of appointments?

Typically the patient will have two appointments, comprised of an initial assessment and a follow-up appointment, to review how the proposed management plan is working. If sooner or additional follow-ups are required these must be requested by the GP.

## How can I refer?

Referrals are only accepted from GPs. GPs can refer to the Consultant Psychiatry Service by completing the *SWSPHN Mental Health GP Referral* form available to download from: <http://www.swsphn.com.au/formsandtemplates> and faxed to SWSPHN Mental Health Central Intake (02) 4623 1796

Alternatively, complete an online referral here: <https://phnswsws.redicase.com.au/#!/referral/create>

Dokotela will then contact the patient and their GP to make an appointment. Future appointments may be booked online or by calling Dokotela on (02) 8003 7668

The following information is *required*, and if not submitted the referral may not be accepted:

- Current medication summary and response to past medications
- Patient medical history
- Patient psychiatric history including past admission discharge summaries or not there has been no admissions
- Correspondence from previous psychiatrists, or note there has been no previous psychiatric assessment

## Multidisciplinary Case Conference by General Practitioners

### Item Numbers

Role	MBS Item	Attendance Length (whether or not continuous)	Benefit
General Practitioner	747	15 – 20 minutes	\$40.20
General Practitioner	750	20 – 40 minutes	\$68.85
General Practitioner	758	40+ minutes	\$114.60

Health professionals are responsible for ensuring that appropriate MBS Items are billed, see <http://www.mbsonline.gov.au/>

These service are for patients who:

- a) Have at least one medical condition that:
  - a. Has been (or is likely to be) present for at least six months; or
  - b. Is terminal; and
- b) Require ongoing care from a multidisciplinary case conference team which includes:
  - a. A medical practitioner; and
  - b. At least two other members, each of whom provides a different kind of care or service to a patient and is not a family carer of the patient, and one of whom may be another medical practitioner.

Examples of persons who, for the purposes of care planning and case conferencing may be included in a multidisciplinary care team are allied health professionals such as, but not limited to: Aboriginal health care workers; asthma educators; audiologists; dental therapists; dentists; diabetes educators; dietitians; mental health workers; occupational therapists; optometrists; orthoptists; orthotists or prosthetists; pharmacists; physiotherapists; podiatrists; psychologists; registered nurses; social workers; speech pathologists.

A team may also include home and community service providers, or care organisers, such as: education providers; "meals on wheels" providers; personal care workers (workers who are paid to provide care services); probation officers.

### Who can I contact for more information about the Consultant Psychiatry Service?

Dokotela Specialists

SWSPHN Mental Health Intake and Enquiries

(02) 8003 7668

1300 797 746 (SWS PHN)

[swsphn@dokotela.com.au](mailto:swsphn@dokotela.com.au)