MENTAL HEALTH PROGRAMME: PSYCHIATRIC ASSESSMENT / REPORT

Please note: complete form in BLOCK CAPITALS
Please return this form to: **mhnurses@cigna.com**

Hospital name	
Telephone number	
Fax number	

PATIENT DETAILS	
Name	
Member number	
Address	
Postcode	
Date of birth	

CONSULTANT DETAILS	
Name	
Email	
Telephone	

Diagnosis	
DSM V Code	

Brief description presenting problems/contextual situation:

PROPOSED TREATMENT PLAN

Risk Assessment

Suicide risk: Detail current and recent suicidal thoughts, plans or intent and how this is managed

Aggressive behaviour: Leading to fear of injury to others or self

Self-neglect: To the extent that it requires clinical management.

Nutritional deficiency: Requiring restoration of body weight, hydration, and nutritional status

Other: Provide details of other risks not already identified

Psychiatric consultations: Please identify the number of psychiatric consultations you are requesting in order to appropriately treat this members identified diagnoses. Note that plan doesn't cover long term follow up and monitoring over an extended period of time. These appointments must involve specifically identified medically necessary interventions (for example; poly-pharmacy review).		
Number of appointments requested	Frequency of appointments	Purpose(s)

Psychopharmacology: Please detail all medications including start date and dosage.		
Date begun	Drug name	Dosage

Psychotherapy: Please identify the clinician being referred, treatment format (i.e. individual, group), modality (i.e. CBT, interpersonal) and expected number of sessions. Note: it's not best practice to engage with more than one formal psychological therapy/therapist at a time			
Therapist name	Format	Therapy modality	Number of sessions

Other treatment(s)

Information on this form will be reviewed by Cigna Mental Health Services to monitor its Mental Health Programme. Further information may be requested.

Submission of this form does not constitute authorisation of the treatment requested until approved by Cigna.

Signature of consultant	
Date	

Together, all the way.℠

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