Mental Health Care Model Coding Sheet[a]

Educating/Informing—[ITEMS #3-4 COUNT AS YES ONLY IF PRECEDED BY YES IN

      EITHER ITEM #1 OR #2]

1. Determines patient's understanding/knowledge/ideas of problem or its cause (0 = No, 1 =

      Yes)

2. Identifies any mention of expectation of outcome or what should be done (0 = No, 1 = Yes)

3. Informs tests are negative or non-contributory or don't provide explanation for problem, no

      ominous or life-threatening conditions found ("nothing wrong" does not count) (0 = No,

      1 = Yes)

4. Informs further testing or consultation or surgery not needed (0 = No, 1 = Yes)

Motivating

5. Indicates problem is 'real' or 'not in head' or not a 'psych case' (0 = No, 1 = Yes)

6. Gives name to what patient has *or* medical explanation of diagnosis (0 = No, 1 = Yes)

Treatment statements

7. Indicates a better treatment (physician specifically says that this is the best treatment, or is

      better than what patient was doing before) (0 = No, 1 = Yes)

8. Indicates depression is part of problem and needs to be treated (list of SSRI, SNRI, and other

      antidepressants provided) (0 = No, 1 = Yes)

9. Indicates narcotics make pain worse or otherwise don't work (see list of drugs) (0 = No, 1 =

      Yes)

10. Indicates narcotics need to be tapered or discontinued (0 = No, 1 = Yes)

11. Asks patient to summarize understanding (0 = No, 1 = Yes)

Commitment, Goals

12. Seeks patient's opinion/input/choice/commitment re. treatment   (0 = No, 1 = Yes)

13. Indicates patient needs to be active participant and/or emphasizes capacity for change (0 =

No, 1 = Yes)

Negotiate Treatment Plan

14. Asks present narcotic dose (good day v. bad day; actual nos. pills) and/or regularizes

narcotic dose schedule (fixed schedule; contract) (0 = No, 1 = Yes)

15. Determines baseline physical activity/exercise (0 = No, 1 = Yes)

16. Mentions exercise program (e.g. walking, exercise, water aerobics) (0 = No, 1 = Yes)

17. Indicates importance of social life and/or mentions program of social activity (0 = No, 1 =

Yes)

18. Mentions other aspects of treatment plan (meditation, relaxation, spouse visit, counseling,

physical therapy, Osteopathic Manipulative Treatment (OMT))   (0 = No, 1 = Yes)

19. Does not advise inappropriate medications, or consultations (other than physical therapy or

OMT) (0 = No, 1 = Yes)

a.   Examples of inappropriate tests: x-ray, MRI, blood count

b.   Examples of inappropriate referrals: Pain Clinic, Orthopedics, Neurosurgery, Physical

Medicine, Sports Medicine.

c.   Examples of inappropriate medications: benzodiazepines, muscle relaxants; does not

increase dose of present narcotic or add a new narcotic – examples of drugs provided

20. Arranges explicit follow-up contact (within 1-3 weeks)   (0 = No, 1 = Yes)

21. Summarizes treatment plan   (0 = No, 1 = Yes)

Patient-centered Skills—Non-emotional

22. Sets agenda in first 5 minutes, such as asking if "anything else" or "other concerns" (0 = No, 1 = Yes)

23. Uses indirect skills: makes "impact on self" statement (0 = No, 1 = Yes)

24. Uses indirect skills: makes "impact on others" statement (0 = No, 1 = Yes)

25. Uses indirect skills: makes "self-disclosure" statement of resident about medical or other issues they might have had (0 = No, 1 = Yes)

Patient-centered Skills—Emotional

26. Asks about an emotion/concern/mood/stress; e.g., making you down, sounds like stress, see frustration in your face, you look concerned, what about the mood aspect, how deal with this, how coping – NOT what you think (0 = No, 1 = Yes)

27. Asks about an emotion/concern/mood/stress (0 = No, 1 = Yes) – INQUIRY ABOUT EMOTION IS SCORED TWICE WHEN ASKED TWICE OR MORE—IF #26 OR 27 IS YES, ONLY THEN CAN #28-33 BE COUNTED YES

28. Names an emotional reaction (0 = No, 1 = Yes)

29. Expresses understanding of any aspect of an emotion (0 = No, 1 = Yes)

30. Acknowledges plight or difficulty re. an emotional issue of any type (0 = No, 1 = Yes)

31. Praises anything re. their response to emotion (0 = No, 1 = Yes)

32. Expresses personal support in response to emotion (0 = No, 1 = Yes)

33. Notes others' support in response to emotion (0 = No, 1 = Yes)

Abbreviations: SSRI=selective serotonin uptake inhibitor; SNRI=selective norepinephrine

       reuptake inhibitor; OMT=osteopathic manipulative treatment; NURS=naming,

       understanding, respecting, supporting; MRI=magnetic resonance imaging