



# Fremantle Older Adult Mental Health Service GP referral checklist for aged care facility residents

Before referring a client to the Fremantle Older Adult Mental Health Service (FOAMHS), please **exclude** the following factors, which can cause increased confusion and behavioural issues in older adults, before continuing.

- Constipation/gastric upset
- Urinary tract infection (UTI)
- Any other infection such as chest infection, cellulitis etc.
- Relocation. Moving to a new environment can be very unsettling and it is usually best to just observe behaviours during the first six weeks.

Delirium from the above conditions can take a few weeks to settle, even after treatment.

If these conditions are excluded, the **referral chart overleaf** will guide the referral process.

Use of this checklist will enhance the response time and better target the treatment the resident will receive.

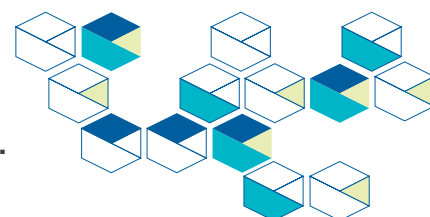
Checklist	Confirm (tick box)
Referral letter from the GP or completed GP referral form including details of GP review within 2 weeks of referral	<input type="checkbox"/>
Details include reason for referral and duration of symptoms	<input type="checkbox"/>
Provide evidence/results of recent organic screen (post onset of symptoms and within last four weeks) as below	<input type="checkbox"/>
Include any other recent investigations which may be relevant	<input type="checkbox"/>
Summarise any known medical or psychiatric history	<input type="checkbox"/>
Provide current medication profile	<input type="checkbox"/>

## Organic screen recommendations:

- MSU                      ■ FBC                      ■ LFT
- TFT                      ■ U&Es                      ■ Random BSL                      ■ CRP
- Calcium                      ■ B12                      ■ Folate                      ■ Vit D
- Drug levels (lithium/Sodium Valproate)
- Also consider CT head.

**Thanks for providing detailed information.**

**If you have any questions, please contact FOAMHS Triage 9431 3600.**



# Aged care facilities – Fremantle Older Adult Mental Health Service (FOAMHS) referral flowchart

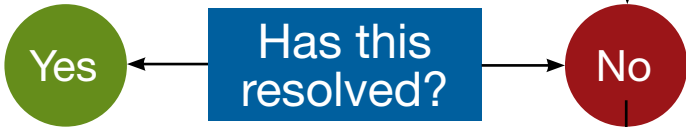
Resident with a suspected mental health condition – confusion, behavioural issues etc.

## When to monitor, review or exclude

### Do they have?

- Constipation/gastric upset
- Urinary tract infection
- Any other infection such as chest infection, cellulitis etc.

Delirium from the above conditions can take a few weeks to settle even after treatment. Moving to a new environment can also be very unsettling and it is usually best to just observe behaviours during the first six weeks.



Outcomes will be communicated to the aged care facility and the GP by letter

Care coordinator and medical officer will complete assessment



Referral accepted?

**GP referral to FOAMHS if the person:**

- resides in Fremantle Hospital catchment area
- has symptoms of mental illness (non-dementia related clinical management)
- has dementia-related behavioural issues in context of pre-existing mental illness
- dementia-related behavioural issues requiring ongoing medical monitoring
- diagnostic clarity.

**Referral to Dementia Support Australia**

- dementia-related behaviour management
- information and mentoring
- modify environment.

**Staff training**

- Dementia Services Australia
- Alzheimers WA.

Complete FOAMHS referral checklist

Fax required information to FOAMHS Triage on 9431 3619

For queries, contact Triage on 9431 3600

Response within 72 hours

Triage will present referral at daily intake meeting (Monday to Friday)

Advise referrer  
Letter will follow to GP/referrer