

# CONNECTIONS

## THE DOKOTELEA DOCTORS' NEWSLETTER

Issue 1, Volume 5



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## MESSAGE FROM DOKOTELA MEDICAL DIRECTOR, DR ZELKO MUSTAC

### *Internet delivered treatment for Young Adults with Anxiety and Depression*

Young adults are difficult to reach for treatment for their anxiety and depression. For this reason, the Australian government has funded a number of different organisations to provide cognitive behaviour therapy treatments online. At Dokotela, we regularly recommend these treatments for your patients and are always on the lookout to see what the latest research is showing. A recent study reviewed the effectiveness of an Internet-based treatment which involved five lessons for patients complaining of anxiety and depression who did not have a specific diagnosis but nevertheless over 25% had self-reported illness in the severe category. It then compared this with face-to-face treatments and reassuringly, the Internet-based treatment appeared as effective on all measures and the only difference was reduced likelihood by patients completing post-treatment questionnaires for the post-treatment group.

This confirms the effectiveness of the various Internet-based treatments. The main issue as always is compliance and this is greatly improved if they do the lessons with another family member or support person. It is also particularly effective if you as their family doctor asked them about the course and how they're progressing with it and what strategies they have learnt which they can utilise to reduce their distress. If your patient is unable to answer this question it is likely that they have only skimmed over the material and have not learnt the techniques that will assist them. The Internet-based program ThisWayUp is particularly good for that reason because it provides you with a K10 score which is a generalised psychological distress score for each of your patients and you can also access the course material that they are learning as a clinician without charge and then discuss it with them. I have found this to be particularly useful with the patients that I have referred to the program. The disadvantage of ThisWayUp in comparison with the other programs is that it costs the patient \$60; whereas with other programs the subject of this article is free.

*Reference:*

*Internet-delivered treatment for young adults with anxiety and depression:  
Evaluation in routine clinical care and comparison with research trial  
outcomes*

Lauren G. Staples, Blake F. Dear, Bareena Johnson, Vincent Fogliati, Milena Gandy,  
Rhiannon Fogliati, Olav Nielssen, Nickolai Titov

Journal of Affective Disorder 2019

## WRITING REFERRALS TO DOKOTELA

### *How to refer your Patients*

Writing referrals to Dokotela is a quick and easy process. At Dokotela, we accept Referral letters and Mental Health Care Plan's written by General Practitioners, as well as Nurse Practitioners.

Please see below for 3 key facts for General Practitioners/Nurse Practitioners to consider (as per RANZCP) when writing a referral for an initial consultation with a Dokotela Psychiatrist:

1. The referring practitioner must state in the referral letter that the purpose of the referral is for an **opinion and report (or an item 291)** for the GP to remain the primary health-care provider
2. The Dokotela Specialist will then provide the referring practitioner with a detailed written report within 2 weeks of the consultation
3. Dokotela Psychiatrists can see the patient for ongoing treatment, if required, after having provided the initial opinion and report.

If you have any questions about how to write your referral letter to Dokotela you are welcome to contact our friendly Administration staff anytime between 9:00am - 6:00pm AEST.

*RANZCP, 2019.*

## e-HEALTH RESOURCES

### *Treating Mental Health in the Digital Environment*

Australia has been recognised as a world leader in e-Health resources in terms of online web-based treatment and information programs, as well as telephone services, for the management of mild-moderate mental health conditions. Evidence has continued to indicate that online treatment is as effective as face-to-face treatment which has always been our goal at Dokotela. Please see below for some of the online services for a range of mental health concerns we recommend at Dokotela:

- Beyond Blue
- 1800 RESPECT
- Lifeline Crisis Support
- The BRAVE program
- MindSpot Clinic
- ThisWayUp



## SPECIALISTS IN FOCUS

### ***Dr Meredith Stone***

*Consultant Psychiatrist*



#### **Areas of Interest for patients over 16:**

- General Adult Psychiatry including depression and anxiety disorders, psychosis, personality disorders and those adjusting to major changes in their lives
- Perinatal mental health
- Rural, regional and indigenous health

### ***Dr Joan Haliburn***

*Child & Adolescent Psychiatrist*



#### **Areas of Interest for patients 0-19 years of age:**

- Eating Disorders (particularly Anorexia Nervosa)
- Obsessive Compulsive Spectrum Disorders
- Developmental Trauma
- Depression and Anxiety Disorders
- General Child & Adolescent Psychiatry

### ***Dr Porpavai Kasiannan***

*Child & Adolescent Psychiatrist*



#### **Areas of Interest for patients 0-16 years of age:**

- Attention Deficit Hyperactivity Disorder (ADHD) & Attention Deficit Disorder (ADD)
- Autism Spectrum Disorders (ASD)
- Developmental Disorders
- Depression and Anxiety Disorders
- Post-Traumatic Stress Disorder (PTSD)