

**MEETING OF WHO COLLABORATING CENTRES
FOR THE FAMILY OF INTERNATIONAL CLASSIFICATIONS**

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**Development of an Australian Mental Health Intervention
Classification**

Margie Luke & Kerry Innes

Abstract

In April 2005 the Australian Health Minister's Advisory Council National Mental Health Working Group Information Strategy Committee (ISC) agreed that one of its national priorities for improving mental health information was to undertake the development of a national mental health intervention classification. The aim of such a national system for coding mental health interventions is to make available accurate and consistent information about the types of services provided to mental health consumers. The codes are to be used in three types of mental health care settings: admitted patient, residential and ambulatory (i.e. community).

The project is being completed in two major sequential stages as follows: stocktake and direction setting (to date, completed by the AIHW) and the classification development, currently being undertaken by the National Centre for Classification in Health (NCCH).

The codes will be incorporated into two existing products: the next edition of the Australian Classification of Health Interventions (ACHI), (which is the 'procedure' classification that accompanies the disease classification ICD-10-AM)) and a revised edition of the ICD10-AM Mental Health Manual (NCCH 2002).

A Clinical Reference Group has been established to participate and provide clinical direction to the NCCH including input to the AIHW in the pilot testing of a draft version of the classification. Final revisions will be made based on the results of the pilot testing and ACHI and the Mental Health Manual will be released in early 2008 for implementation from July 2008

The paper will set out in further detail the proposed classification in draft form.

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Introduction

This paper outlines the development of an Australian Mental Health Intervention Classification (known as MHIC). The codes in the MHIC will be included in the sixth edition of The Australian Classification of Health Interventions (ACHI) and the second edition of the ICD10-AM Mental Health Manual.

Background

One of Australia's national priorities for the development of mental health information is to improve national minimum data sets for mental health care. A specific initiative is the development of a national mental health intervention classification to make available accurate and consistent information on the types of services provided to mental health clients in inpatient, residential and ambulatory (community) settings.

In April 2005 at a meeting of the Australian Health Ministers' Advisory Council National Mental Health Working Group Information Strategy Committee (ISC) agreed that the Australian Institute of Health and Welfare (AIHW) would be the lead agency to progress the project in two major stages. The first stage, stocktake and direction setting have been undertaken by the AIHW and the second stage, classification development, is being undertaken by the NCCH. In addition, national pilot testing by volunteer sites of the draft classification is scheduled to occur in late 2006 prior to endorsement in 2007 and publication in 2008.

It is anticipated that the MHIC will be utilized by clinicians principally through use of the revised ICD-10-AM Mental Health Manual which is currently widely used across Australia, mainly in ambulatory settings. The inpatient coding in Australia is undertaken by clinical coders and for this setting it is anticipated that clinical coders will access the new codes for mental health through ACHI. How the codes are subsetted from ACHI to the ICD-10-AM Mental Health Manual is detailed below.

This paper is presented to WHO-FIC to demonstrate the use of many existing classifications and terminologies in the development of a classification which, for the first time in Australia, attempts to provide intervention codes that can be used in three different health sectors (traditionally the ACHI has concentrated on providing codes for inpatient services). It discusses the development of the content using a number of existing classifications as reference points. The current draft classification is attached.

Methodology

Development of the MHIC

As a first step the NCCH established a Clinical Reference Group (CRG) to provide clinical direction and content into the development of the classification. Prior to the first meeting, the NCCH sourced a number of relevant papers for distribution to the CRG which detailed other existing mental health intervention code sets used within Australia and internationally. These included the Classification and Terminology of Community Health (CATCH) (Australia), the Canadian Classification of Interventions as well as locally produced codesets and of course the Australian Classification of Health Interventions (ACHI).

At the first CRG meeting in May, the members suggested that the classification structure should have three attributes: issue or target, action and technique. It was agreed that the codes should be aggregated enough to be practical to collect and sufficiently detailed to be clinically relevant. The methodology for developing the classification started with a list of 'actions' and for each of these, a determination of the likely or common targets.

Other considerations were:

That one intervention may be performed for multiple targets; concepts would be mapped back to ACHI and existing codes used where there is an exact match; and new ACHI codes would be created where necessary. While endeavoring to meet the needs of the mental health stakeholders, the NCCH was cognisant that many of the existing ACHI codes which are relevant to mental health services were developed by the allied health professions. Input from these allied health clinicians would also be required during this development to ensure that their needs are also met.

A spreadsheet was produced for CRG consideration. It organized the concepts sourced from various classifications into the categories of target, action and technique. This spreadsheet formed the basis of discussions at the first CRG meeting.

The main actions identified were Assessment, Physical Interventions, Counselling or Education, Psychological Interventions, Skills Training, Indirect and Other.

Developments to date include:

- Assessment subcategories of physical, social, psychological and other. New codes in these subcategories include general physical examination (simple and complicated), and composite and generic assessment.
- In Physical interventions the subcategory Physical Safety Interventions, includes codes for seclusion, isolation, restraint and emergency sedation,
- Cognitive or Behaviour Therapy (CBT) is split into complex & combined, and
- In Indirect and Other Interventions new codes are included for care planning, legal duties and documentation on behalf of clients.

Outstanding issues at the time of writing include:

- a complete review of the split on </> 12 for initial acute ECT
- unbundling of Counselling and Education into separate categories (proposed by the CRG but yet to be ratified by the allied health professions)
- deletion of the Drug and Alcohol rehabilitation codes (specific intervention codes (eg CBT) involved in D&A rehabilitation to be used instead)
- the inclusion of web-based interventions and other 'packages' of mental health interventions.

Attached is a copy of the current draft MHIC.

Pilot Testing

A pilot test is scheduled for three months from November 2006. Feedback from the pilot will be used to finalise the classification. The pilot will involve clinicians and clinical coders in all relevant sectors. They will use the draft MHIC to record and code interventions and complete a feedback questionnaire. In addition, selected organizations/associations and individuals will undertake a desktop review.

Outcomes

The final version of the MHIC will be delivered in early 2007 after the pilot test. The endorsement process through various committees will occur around April 2007 and the NCCH will proceed to typesetting of the sixth edition of The Australian Classification of Health Interventions (ACHI) and the second edition of the ICD10-AM Mental Health Manual in mid/late 2007 for implementation from July 2008.

Comments on the draft are welcome up until 31 March 2007 and should be forwarded to Kerry Innes, Associate Director NCCH – k.innes@fhs.usyd.edu.au

MENTAL HEALTH INTERVENTION CODES (MHIC)

Introduction

Introduction

Chapter Four contains certain codes from the Australian Classification of Health Interventions (ACHI) 6th Edition (July 2008) that describe interventions provided in mental health services by a multidisciplinary team.

Explanation of code and block numbers:

Block numbers and headings – white font on black background – for example:

1820 Physiological assessment

Block numbers are included purely for navigational and aggregation purposes. That is, so that you can locate the code, or group similar codes for reporting purposes. These block numbers correlate with those used in the Australian Classification of Health Interventions (ACHI).

Codes – five digit numeric codes with a two digit extension – for example:

96066-00 Preventative counselling or education

Table of Contents

Please refer to detailed **index** for further assistance.....

Assessment.....

- **Physical assessment**
Includes:
 - o Examinations
 - o Hearing, swallowing, speech (etc) assessments
 - o EEG, sleep study, pathology, radiology
- **Social assessment**.....
Includes:
 - o Medication assessment
 - o Relationship, family assessments
 - o Employment, educational, cultural, forensic
- **Psychological assessment**
Includes:
 - o Risk assessment
 - o Mental status, behaviour, cognitive (etc)
 - o Drug and alcohol assessment

Physical interventions.....

- Includes:*
- o Detoxification
 - o ECT
 - o Medication
 - o Seclusion, restraint

Counselling or education.....

Psychological interventions.....

- Includes:*
- o Psychotherapy (CBT, DBT, IPT etc)
 - o Hypnosis, biofeedback

Skills training.....

Client assistance.....

Indirect and other interventions.....

- **Service Coordination**.....
 - o Intake meetings, case conferencing, case consultation (etc)
 - o Advocacy, legislative assessments, legal duties (etc)
- **Client escort**.....
- **Carer Activities**.....
- **Cultural or spiritual interventions**.....

CHAPTER FOUR

ASSESSMENT

Note: *Assessment* – the gathering, evaluation and recording of information relative to the client's problem, functional status or situation through the use of cognitive skills and simple measurements (eg observation, history taking, anthropometry). Assessment is performed for the purpose of diagnosis, screening, monitoring, follow up, review, case management or discharge planning. Also included in assessment is the development of treatment plans or programmes, ordering of diagnostic tests, prescription of medications or assistive/adaptive equipment, aids or devices, referral to another service provider, consultation with other service provider.

Physical assessment

1820 Physiological assessment

Note: A physiological investigation to assess function using techniques such as history taking, observation, inspection, palpation, percussion, auscultation and other such physical tests.

Excludes: that as part of:

- ageing assessment (96023-00 [1824])
- developmental testing (96184-00 [1824])
- genetic assessment (96035-00 [1824])
- mental and/or behavioural assessment (96175-00 [18-23])

XXXXX-XX General physical examination – simple Physical examination NOS

Note: [Add explanation re “simple”]

Includes: basic physical measurements:

- blood pressure
- height/length
- temperature
- weight

Excludes: physical examination as part of genetic assessment (96035-00 [1824])

XXXXX-XX General physical examination – complicated

Includes:

Note: [Add explanation re “complicated”]

Excludes: physical examination as part of genetic assessment (96035-00 [1824])

96008-00 Neurological assessment

96009-00 Hearing function assessment

Excludes: that to determine need for assistive hearing device (96024-00 [1822])

96010-00 Swallowing function assessment

96012-00 Speech assessment

96013-00 Fluency assessment

- 96014-00 **Language assessment**
Note: Assessment of communication skills (comprehension, expression, recognition) for spoken/non spoken and written/non written language.
- 96019-00 **Biomechanical assessment**
 Balance assessment (with sensory organisation testing)
 Mobility/gait analysis
 Musculoskeletal evaluation
 Posture assessment
 Range of movement/muscle testing (without devices or equipment)
Excludes: assessment of functional mobility in relation to a client's environment (96021-00 [1822])
- 96020-00 **Skin integrity assessment**
 Evaluation of:
 - scar
 - skin lesion
 - ulcer
 - wound
- 92001-00 **Other physiological assessment**
Excludes: developmental testing (96184-00 [1824])
 physical examination as part of genetic assessment (96035-00 [1824])

EEG

1825 Electroencephalography [EEG]

11000-00 Electroencephalography

Sleep Study

1828 Sleep study

12203-00 Polysomnography

Polysomnography for investigation of sleep apnoea

Note: Sleep apnoea investigation – involves continuous monitoring of oxygen saturation and breathing using a multi-channel polygraph (polysomnogram), and recordings of EEG, EOG, submental EMG, anterior tibial respiratory movement, airflow, oxygen saturation and ECG

Comment [c1]: Should all the codes be retained, or only the simple EEG code?

Deleted: 11003-00
 Electroencephalography of ≥ 3 hours duration¶
 11006-00 Temporosphenoidal electroencephalography¶
 11009-00 Electrocorticography¶
 Electroencephalography of cerebral cortex¶
 92011-00 Video and radio-telemetered electroencephalographic [EEG] monitoring¶
Note: Only to be assigned for monitoring ≥ 24 hours

Deleted: ¶

Pathology tests

1858 Diagnostic tests, measures or investigations, blood and blood forming organs

13839-00 Collection of blood for diagnostic purposes

Blood screening or testing

1862 Other genitourinary diagnostic tests, measures or investigations

XXXXX-XX Collection of urine for diagnostic purposes
Urine screening or testing

SPECT & PET

2000 Nuclear medicine imaging brain study

Includes: administration of:
• radioactive tracer
• radioisotope
• radionuclides
planar imaging

61405-00 Brain study with blood brain barrier agent
Cerebral single photon emission computerised tomography [SPECT] with blood brain barrier agent

61402-00 Cerebral perfusion study with single photon emission computerised tomography [SPECT]
Cerebral single photon emission computerised tomography [SPECT]

Excludes: cerebral positron emission tomography [PET] 90905-00 [2000]
• with blood barrier agent (61405-00 [2000])

90905-00 Cerebral positron emission tomography [PET]

Excludes: cerebral single photon emission computerised tomography [SPECT] (61402-00 [2000])
• with blood barrier agent (61405-00 [2000])

CT brain

1952 Computerised tomography of brain

Computerised tomography of head NOS

56001-00 Computerised tomography of brain

56007-00 Computerised tomography of brain with intravenous contrast medium

Computerised tomography of brain without, then with, intravenous contrast medium

MRI brain

2015 Magnetic resonance imaging

90901-00 Magnetic resonance imaging of brain

Excludes: functional magnetic resonance imaging of brain (90901-09 [2015])

90901-09 Functional magnetic resonance imaging of brain

Social assessment

1822 Assessment of personal care and other activities of daily/independent living

96021-00 Self care/self maintenance assessment

Activities of daily living skills assessment

Assessment of:

- bathing/showering
- brushing teeth
- dressing [clothing]
- eating
- feeding
- functional communication
- grooming
- mobility within environment
- toileting
- washing hair

Excludes: assessment of:

- ageing (96023-00 [1824])
- food intake (dietary) (nutritional) (96026-00 [1822])
- health maintenance or recovery (96022-00 [1822])
- home management (96028-00 [1822])

96022-00 Health maintenance or recovery assessment

Assessment of coping/skills with:

- adjustment to a disease or condition and its clinical and functional implications
- applying bandages or dressings
- diagnostic testing/monitoring (for conditions such as amputation stumps, asthma, diabetes)
- foot/leg care or hygiene (bunions) (toenails) (ulcers) (including assessment of existing footwear)
- oral hygiene
- self examination (breasts) (genitalia)
- self injection
- stoma care

Note: Assessment of a client's ability to perform activities related to the maintenance of their health; preventative measures such as self examination, or maintenance measures such as dressing leg/foot ulcers, monitoring glucose levels in diabetes or vital lung capacity in asthma.

Excludes: assessment of medication regime/management (96027-00 [1822])

- 96024-00 **Assessment of need for assistive or adaptive device, aid or equipment**
 Measurement for assistive or adaptive device, aid or equipment
 Prescription for assistive or adaptive device, aid or equipment
Note: For list of assistive and adaptive devices, aids or equipment see block [1870].
- 96025-00 **Review of assistive or adaptive device, aid or equipment**
 Evaluation of assistive or adaptive device, aid or equipment
Note: For list of assistive and adaptive devices, aids or equipment see block [1870].
Excludes: that with fitting, adjustment or repair (96092-00 [1870])
- 96026-00 **Nutritional/dietary assessment**
Note: An evaluation of the client's nutritional status to determine if intake meets the metabolic needs of the client or to determine nutritional qualities, composition and effects on health.
- 96027-00 **Prescribed/self-selected medication assessment**
 Drug monitoring
 Medication management assessment
 Review of medication(s)
Includes: history of medication(s)
Note: Medication assessment incorporates a review of a client's current medication regime to determine appropriateness of regime and an assessment of the client's ability to manage medications safely. It involves obtaining an accurate medication history (prescribed medication, over-the-counter medication and complementary medicines such as herbal, homeopathic and vitamin products, ie self-selected medications). It also includes consultation with or provision of a medication summary and plan to other service providers.
 Drug monitoring includes recording/reviewing and interpreting results, detection and management of adverse drug reactions. It does not include advice, education or recommendations on prevention and other aspects of adverse drug reaction management or recommendations about medication regimens . see Counselling or Education (96072-00 [1867]).
Excludes: assessment of illicit drug use (96034-00 [1823])
- 96028-00 **Home management assessment**
 Assessment of coping/skills in:
- cleaning
 - energy conservation
 - gardening
 - housekeeping/maintenance
 - laundering
 - meal preparation
 - safety procedures around the home
 - shopping
- 96029-00 **Financial management assessment**
 Assessment of coping/skills in budgeting
 Money management assessment

Comment [c2]: Delete code and create new codes for each area (see below)

Deleted: 96030-00
 Situational/occupational/environmental assessment

Deleted: ¶

96031-00 Parenting **skills** assessment

Assessment of **parenting skills**:

- for parents with a disability or who have children with a disability
- relating to daily routines, child's sleeping and eating habits
- to determine suitability for adoption or fostering

Comment [c3]: Is "skills" ok here, or should it be renamed to capture 'parent/child' relationship assessments (?)

XXXXX-XX Relationship assessment

Assessment of:

- social network
- social support
- carers

XXXXX-XX Family assessment

Assessment of:

- extended families
- family group (dynamics)

Excludes: Parenting skills assessment...96031-00

XXXXX-XX Couples assessment

XXXXX-XX Employment assessment

Work environment assessment

Ergonomic assessment

XXXXX-XX Physical living assessment

Assessment of:

- housing availability
- home environment
- transport or driving ability

XXXXX-XX Educational assessment

School environment assessment

XXXXX-XX Cultural assessment

XXXXX-XX Recreation assessment

Leisure or play assessment

XXXXX-XX Forensic assessment

Assessment of:

- status of client / forensic history
- sexual vulnerability
- absconding

Psychological assessment

1823 Mental, behavioural or psychosocial assessment

XXXXX-XX Risk assessment

May include an assessment of:

- risk to self
- risk to others (due to violence, aggression)
- risk from others (such as domestic violence, sexual abuse, child protection, HIV exposure)

Comment [c4]: David has suggested this type of wording which may be more user friendly for clinicians who are not familiar with coding conventions.

Deleted: A

XXXXX-XX Mental status assessment

Note: [Add explanation]

XXXXX-XX Behavioural assessment

Note: A behavioural assessment may involve a general assessment interview (diagnostic) and evaluation; psychiatric/psychological/psychosocial/physiological history; physiological examination; the use of assessment questionnaires, checklists and outcome measures.

XXXXX-XX Cognitive assessment

May include:

- neuropsychological assessment
- psychological/psychometric tests
- specific skill assessment (executive, spatial, etc)

Excludes: assessment of cognitive function as part of developmental testing (96184-00 [1824])

xxxxxx-xx Psychopathological assessment

Note: formal assessment of psychopathology using psychological instruments (eg MMPI, CAQ, Rorschach)

96034-00 Alcohol and other drug assessment

Includes: psychosocial assessment

Note: Assessment of a client's alcohol and other non prescribed (illicit) drug use with a focus on developing a treatment plan to reduce the harm resulting from alcohol or other drug use disorders.

Excludes: prescribed/self-selected medication assessment (96027-00 [1822])

Deleted: 96032-00 Psychosocial assessment¶

Note: Psychosocial assessment . evaluation of a client's issue(s) or functioning within the context of their social situation. Includes exploration of psychosocial needs, coping capacity, adjustment and personal/situational resources. ¶

OTHER ASSESSMENT

1824 Other assessment, consultation, interview, examination or evaluation

96035-00 Genetic assessment

Genetic tracing

Includes: general physical examination

Note: Assessment of a client's genetic history by construction of a family tree.

96184-00 Developmental assessment

Growth and development examination

Note: Assessment of motor, language, social, adaptive and/or cognitive functioning by standardised developmental instruments.

96023-00 Ageing assessment

Includes: physiological and psychosocial assessment

Note: An evaluation of a client's ability to cope with the characteristics of the ageing process performed particularly to distinguish the effects of ageing from the effects of pathology in order to determine the most suitable care or treatment for the client.

xxxxx-xx Composite assessment

Note: An assessment which involves the taking of a mental status assessment, a medical examination, taking a social history and the use of at least one assessment tool.

OR – An assessment which involves the use of two or more assessment types in combination.

Excludes: intake assessment xxxxx-xx

Comment [c5]: CRG - Is this too specific ? redefine

xxxxx-xx Intake assessment

Triage

xxxxx-xx Other assessment

PHYSICAL INTERVENTIONS

CNS evoked responses

1827 Investigation of central nervous system evoked responses

Includes: that by computerised averaging techniques

Note: One study - 1 stimulus at 1 point

Second or subsequent studies - a different stimulus at the same point or another point of stimulation.

11024-00 Investigation of central nervous system evoked responses, 1 or 2 studies

11027-00 Investigation of central nervous system evoked responses, ≥ 3 studies

Assistive or adaptive device, aid or equipment

1870 Interventions involving assistive or adaptive device, aid or equipment

Includes: assistive or adaptive devices, aids or equipment for:

- play/leisure
- productivity
- self care/self maintenance
- ambulation or support
- wound care (eg dressings, communication systems (emergency response, call systems, telephones) prostheses orthopaedic devices (eg, casts, braces, calipers, neck support, splints)

Excludes: interventions involving assistive or adaptive device, aid or equipment, classified elsewhere:

- assessment of need for device (96024-00 [1822])
- counselling or education regarding device (96071-00 [1867])
- review only of device (96025-00 [1822])
- skills training in use of device (96142-00 [1878])

96092-00 Application, fitting, adjustment or replacement of other assistive or adaptive device, aid or equipment
Issue of assistive or adaptive device, aid or equipment
Programming of assistive or adaptive device, aid or equipment

Includes: instructions on use of how to care for assistive or adaptive device, aid or equipment

96093-00 Repair of assistive or adaptive device, aid or equipment

Excludes: adjustment only (96092-00 [1870])

96094-00 Removal of assistive or adaptive device, aid or equipment

Excludes: that with replacement (96092-00 [1870])

Nutritional support interventions

1871 Nutritional support interventions

- Includes:** assessment or review of client's tolerance/progress to dietary intake
- Note:** Interventions that support the proper dietary intake and assimilation of nutrients for proper body functioning and maintenance of health.
- Excludes:** assistance with food intake (96163-00 [1914])
nutritional/dietary:
- assessment alone (96026-00 [1822])
 - counselling, education (96067-00 [1867])
- skills training in:
- food intake (96140-00 [1878])
 - preparation of food (96143-00 [1878])
 - shopping for food (96143-00 [1878])
- enteral feeding (96202-07 [1920])

96095-00 Therapeutic diet support

- Note:** Involves making recommendations about diet, identifying client preferences, ordering of items which constitute a therapeutic diet and ensuring meals or menus provided are appropriate.

Enteral feeding

1920 Pharmacotherapy

- 96202-07 Enteral administration of pharmacological agent, nutritional substance
Enteral feeding

Detoxification

1872 Alcohol and drug detoxification

Includes:

- observation
- seizure management

- 92003-00 Alcohol detoxification
- 92006-00 Drug detoxification
- 92009-00 Combined alcohol and drug detoxification

Electroconvulsive therapy

1907 Electroconvulsive therapy

93340-02 Electroconvulsive therapy [ECT] ≤ 12 treatments

93340-03 Electroconvulsive therapy [ECT] >12 treatments

xxxxx-xx Maintenance electroconvulsive therapy [ECT]

- Note:** ECT given after the completion of initial acute treatment course. This is usually given less frequently and over a longer period to prevent relapse.

Comment [c6]: To represent initial acute treatment

Light therapy

Comment [c7]: Code added (post CRG) for inclusion –f or treatment of pts with Seasonal Affective Disorder. ?ok

1610 Ultraviolet B [UVB] light therapy of skin

- 14050-02 Narrow band ultraviolet B therapy of other site
Narrow band ultraviolet B therapy:
- of whole body
 - to newborn

Other non-invasive therapeutic intervention

- 92205-00 Non-invasive therapeutic intervention, not elsewhere classified

Administration of medication

Comment [c8]: Please provide comment on the proposed new code extensions below.

1921 Pharmacotherapy

NCCH Note: The following codes are not currently available in ACHI – this is a draft showing a possible expansion of the “drug type” extension codes used in block [1920]. This would involve adding the following:

- 10 antidepressants
- 11 antipsychotics
- 12 anti-anxiety / sedatives
- 13 mood stabilizers (lithium, anticonvulsants)
- 14 stimulants
- 99 other and unspecified pharmacological agent

Please note that the following four route codes (96197, 96199, 96203, & 96205) could be used with any appropriate extension codes (above) for drug type. The following is an expansion of how this could alternatively be displayed, and would need to be reviewed for clinical appropriateness – ie we realize some drugs/drug routes are not likely.

NOTE: ISC recommendation – route and type (see report)

96197-xx **Intramuscular** administration of pharmacological agent

96197-10 Intramuscular...antidepressants

96197-11 Intramuscular...antipsychotics

96197-10 Intramuscular...anti-anxiety / sedatives

96197-10 Intramuscular...mood stabilizers
Includes: anticonvulsants

96197-10 Intramuscular...stimulants

96199-xx **Intravenous** administration of pharmacological agent, other and unspecified pharmacological agent

96199-10 Intravenous...antidepressants

96199-11 Intravenous...antipsychotics

96199-10 Intravenous...anti-anxiety / sedatives

96199-10 Intravenous...mood stabilizers
Includes: anticonvulsants

- 96199-10 Intravenous...stimulants
- 96199-99 Other and unspecified pharmacological agent
- 96203-xx **Oral** administration of pharmacological agent, other and unspecified pharmacological agent
 - 96203-10 Oral...antidepressants
 - 96203-11 Oral...antipsychotics
 - 96203-10 Oral...anti-anxiety / sedatives
 - 96203-10 Oral...mood stabilizers
Includes: anticonvulsants
 - 96203-10 Oral...stimulants
 - 96203-99 Other and unspecified pharmacological agent
- 96205-xx **Other** (route of) administration of pharmacological agent
Includes: topical, transdermal, via orifice
 - 96205-10 Other (route)...antidepressants
 - 96205-11 Other (route) ...antipsychotics
 - 96205-10 Other (route)...anti-anxiety / sedatives
 - 96205-10 Other (route)...mood stabilizers
Includes: anticonvulsants
 - 96205-10 Other (route)...stimulants
 - 96205-99 Other and unspecified pharmacological agent
- 96206-99 **Unspecified** administration of pharmacological agent, other and unspecified pharmacological agent

Physical safety interventions

- xxxxx-xx Seclusion
 - Note:* ‘Seclusion’ – refer to formal definitions in each state/territory.
- xxxxx-xx Isolation
Time out
- xxxxx-xx Physical restraint (by staff)
- xxxxx-xx Mechanical restraints
 - Note:* Restraint which involves the use of a device
- xxxxx-xx Emergency sedation
Intramuscular or intravenous injection of sedative, given to relieve an emergency situation

COUNSELLING

Comment [c9]: The following is David Stokes' draft split of the concepts Counselling and Education

Note: *Counselling* – the establishment of a supportive, or therapeutic relationship with the aim of alleviating emotional, physiological, psychological, social and/or occupational consequences of a client's illness or issue.

Deleted: therapy

NOTE: The following structure has been proposed: ie four top level domains of Health, Psychological, Social/environmental, Other. The question now is whether to include only four codes in each area – or whether to include these domains as block headings and retain the specific codes below each section. We need to be mindful that the specific codes were created for all allied health (not specifically for mental health) and we will need to gain support and approval from these allied health professionals.

Health Counselling

Includes:

- Nutritional/dietary
- Physical disability (aural ,visual, speech and language)
- Medication/treatment compliance
- Health maintenance/recovery
- Assistive or adaptive devices
- Substance addiction

Psychological Counselling

Includes:

- Adjustment
- Gambling or betting
- Behaviour
- Relationship
- Crisis
- Abuse/violence
- Grief

Social/environmental Counselling

Includes:

- Self care
- home/housing management
- financial
- occupational/vocational
- education/training

Other Counselling

Includes:

- pastoral
- genetic
- other

EDUCATION

Education – instruction and guidance with the aim of enhancing the client's knowledge, awareness or understanding of their illness or issue for the purpose of monitoring, managing, maintaining or improving their health outcomes. Includes the provision of educational material

Advice – professional opinion with the aim of providing the client with a recommended course of action to follow

Health Education

Includes:

- Preventative
- Nutritional/dietary
- Physical disability (aural ,visual, speech and language, etc)
- Medication/treatment compliance
- Health maintenance/recovery
- Assistive or adaptive devices
- Substance addiction

Psychosocial Education

Includes:

- Adjustment
- Gambling or betting
- Behaviour
- Relationship
- Crisis
- Abuse/violence
- Grief
- Parenting
- Postpartum

Social/environmental Education

Includes:

- Self care
- home/housing management
- financial
- occupational/vocational
- education/training

Other Education

- resource
- other

PSYCHOLOGICAL INTERVENTIONS

Drug and Alcohol rehabilitation

1872

Alcohol and drug rehabilitation

Note: Rehabilitation includes ongoing assessment, counselling or education.

92002-00 Alcohol rehabilitation

92005-00 Drug rehabilitation

92008-00 Combined alcohol and drug rehabilitation

Comment [m10]: “detox” concept moved to physical interventions

Comment [c11]: The suggestion is to delete this whole concept of “rehab” as it is not specific in terms of actual interventions used. There is code for Counselling/Education (96073-00) – or could have code for CBT or ??other interventions (check – may need to add some others in)

Comment [c12]: Await feedback from A&D clinicians.

1873 Psychological/psychosocial therapies

Includes: evaluation of progression

Excludes: biofeedback (96152-00 [1880])
psychosocial counselling (see block [1868])

Psychotherapeutic programs

Note: These are well formulated and developed programs of interventions that are proven treatment for mental health disorders delivered by highly trained therapists.

Excludes: specific skill training or components of such interventions (eg relaxation training, problem solving, focused psychological strategies). See Psychological Skills Training

xxxxx-xx

Psychotherapeutic programs

Comment [c13]: Codes for specific program types??

Cognitive or Behaviour therapy

96176-00 Behaviour therapy

Brief behaviour therapy

May include components like:

- compliance and relapse prevention
- desensitization (graded exposure) (exposure therapy)
- relaxation
- response-prevention
- role play/rehearsal
- token economies

Excludes: behavioural approach in:

- couples therapy (96178-00 [1873])
- sex therapy (96179-00 [1873])
- systems therapy (96102-00 [1873])

Deleted: that using:

96101-00 **Cognitive behaviour therapy [CBT]**

Cognitive behaviour therapy NOS

May include components like:

- cognitive restructuring
- de-sensitisation (graded exposure) (exposure therapy)
- relapse-prevention
- response-prevention
- structured problem solving
- rational emotive therapy

Deleted: s
 Deleted: : that using:

Excludes: cognitive behavioural approach in:

- couples therapy (96178-00 [1873])
- sex therapy (96179-00 [1873])
- systems therapy (96102-00 [1873])

XXXXX-XX **Dialectical behaviour therapy**

Note: [add]

XXXXX-XX **Cognitive therapy**

May include components like:

- cognitive restructuring
- rational emotive therapy
- problem solving

Deleted: s
 Deleted: : that using:

96177-00 **Structured Interpersonal psychotherapies [IPT]**

Interpersonal psychotherapy

May include components like:

- role playing techniques
- developmental
- assertion therapy
- process experiential
- transactional

Deleted: Brief interpersonal psychotherapy
 Deleted: s
 Deleted: : that using:

Note: Interpersonal psychotherapy [IPT] aims to clarify and resolve one or more interpersonal difficulties experienced by a client. These difficulties include: role disputes, social skills deficits, prolonged grief reactions or role transition. IPT builds skills primarily in the communication and interpersonal domains.

Excludes: interpersonal psychotherapeutic approach in:

- couples therapy (96178-00 [1873])
- sex therapy (96179-00 [1873])
- systems therapy (96102-00 [1873])

96100-00 **Psychodynamic therapy**

Brief psychodynamic therapy

May include components like:

- client-centred
- insight-oriented
- psychoanalytical
- supportive/expressive

Excludes: psychodynamic approach in:

- couples therapy (96178-00 [1873])
- sex therapy (96179-00 [1873])
- systems therapy (96102-00 [1873])

Deleted: s

Deleted: : that using:

96183-00 **Narrative therapy**

Note: Interventions that assist a client to resolve problems by enabling them to deconstruct the meaning of the reality of their lives and relationships, and to show the difference between reality and the internalised stories of self.

This therapy is centred on the premise that people’s lives and relationships are shaped by the stories that people tell and engage in to give meaning to their experiences. People construct certain habits and relationships that make up ways of life by staying true to these internalised stories.

XXXXX-XX **Play therapy**

Note: a form of psychotherapy for children that uses play situations for diagnosis or treatment

Comment [c14]: Titia may want to reword / expand on this

96102-00 **Systems therapy**

Brief systems therapy

Includes: that using:

- behavioural
- cognitive behavioural approach
- interpersonal
- psychodynamic

Excludes: family therapy XXXXX-XX
Couples therapy 96178-00

Comment [c15]: David actually proposed to include Couples and Family under this code. However, a code already exists for Couples – and other advice was to add a code specifically for Family. One code? Or Three codes???

96178-00 **Couples therapy**

Brief couples therapy
Marriage therapy

Includes: that using:

- behavioural
- cognitive behavioural approach
- interpersonal

XXXXX-XX **Family therapy**

Note: Family systems therapy looks at the family as a system of interacting elements with its own rules, beliefs, needs and roles. This therapy helps a client discover how their family operates, their role in the system and how it affects them in their relationships within and outside the family.

Deleted: <#>psychodynamic¶¶

- Includes:** that using:
- systems therapy
 - strategic family therapy
 - behavioural
 - cognitive behavioural approach
 - interpersonal
 - psychodynamic

Comment [m16]: Check these with social worker

96179-00 **Sex therapy**

- Includes:** that using:
- behavioural
 - cognitive behavioural approach
 - interpersonal
 - psychodynamic

Other psychotherapy

Comment [c17]: The codes in this section have been re-sequenced.

Deleted: Creative

96185-00 **Supportive psychotherapy, not elsewhere classified**

Supportive psychotherapy NOS

Note: The term 'supportive psychotherapy' is widely accepted and used, although it is not clearly defined or supported by a wealth of literature. It is included in this classification because of its wide usage and is defined as a form of psychotherapy that aims to optimise client's functioning, promote their autonomy, enhance their self-esteem, and lessen their anxiety and distress. Unlike other forms of therapy, supportive psychotherapy does not aim to produce major change in the client. While behavioural treatments aim to alter the way clients act, cognitive behavioural therapy the way people think and act, and psychodynamic therapy the patterns of their defences, **supportive psychotherapy aims not to change, but rather to strengthen their existing coping mechanisms.**

Supportive psychotherapy includes activities aimed at establishing and/or enhancing the therapeutic relationship using measures such as active or empathetic listening, praise, encouragement, understanding and reassurance and advice.

It is important to understand that supportive techniques are an important aspect of all modalities of psychotherapy. Therefore, any supportive psychotherapy, performed as a component of a certain approach such as psychodynamic therapy or cognitive behavioural therapy, should be coded as such and not to this code. Indeed, supportive techniques are an important aspect of all therapeutic interventions and therefore, any supportive techniques performed as a component of any therapeutic intervention, should be coded to the specific intervention and not to this code.

96103-00 **Clinical hypnosis**

Hypnotherapy

96104-00 **Music therapy**

Note: Interventions using music designed to enhance and/or maintain the physical, emotional, psychosocial, behavioural, sensory, cognitive, communication, cultural, spiritual, developmental, musical and/or related needs identified during the assessment/evaluation process.

96181-00 **Art therapy**

Note: Interventions using art media, images or the creative art process to help a client deal with their problem(s).

96182-00 **Bibliotherapy**

Note: Interventions using literature (books, newspapers etc) to help a client deal with their problem(s).

XXXXX-XX **Web-based structured psychological intervention**

Note: [add]

96180-00 **Other psychotherapies or psychosocial therapies**

- Brief psychotherapy NOS
- Drama therapy
- Eclectic psychotherapy
- Eye movement desensitisation and reprocessing [EMDR]
- Gestalt therapy
- Personal construct therapy
- Psychodrama
- Rapid eye movement desensitisation [REMD]
- Self therapy
- Solution-focussed therapy

Deleted: Excludes: play/leisure/recreation therapy (96148-00 [1878])¶

Biofeedback

1880 Therapies using agents, not elsewhere classified

96152-00 **Biofeedback**

Note: Process by which the physiologic activity of a client can be translated into electric signals of a visual or auditory system. Examples of the kinds of biological feedback that can be provided include information about changes in skin temperature, muscle tonicity, cardiovascular activities, blood pressure and brain wave activities.

SKILLS TRAINING

Note: [?add]

Psychological skills training

Note: Includes training in specific skills often associated with programs of psychotherapy but not as part of a whole program of psychotherapeutic intervention. Includes training such as relaxation training, problems solving and skills taught as part of Focused Psychological Strategies

XXXXX-XX Psychological skills training for emotional self regulation

Skills training may include:

- anger management
- relaxation techniques
- impulse control
- limit setting

Deleted: in

XXXXX-XX Psychological skills training for motivational interviewing

Skills training may include:

96113-00 Psychological skills training for memory, orientation, perception or attention

Skills training may include:

- self-hypnosis
- enhancing self-esteem
- meditation
- mindfulness

Deleted: in

XXXXX-XX Psychological skills training for interpersonal skills

Skills training may include:

- social skills NOS
- assertiveness
- conflict resolution

Deleted: in

96114-00 Psychological skills training for executive skills

Skills training may include:

- stress management
- time management
- activity scheduling
- problem solving
- goal planning
- creative thinking
- decision making
- organization
- planning

Deleted: in

96145-00 **Psychological skills training in parenting techniques**

Skills training may include:

- attunement
- supportive listening
- limit setting
- relationship building
- positive attending
- parent coping
- directed play
- modelling

Comment [c18]: Added 'psychological' to title as moved from other skills training section. (?ok)

96001-00 Psychological skills training, **NOS**

Language and communication skills

1874 Skills training for voice, speech, fluency and communication

Comment [c19]: Not in current MHM. ?needed for stuttering etc

Comment [S120]: Dean &/or david – to get us a contact of Speech therapist working in MHM

96134-00 Skills training for voice

96135-00 Skills training for speech
Training in speech reading

96136-00 Skills training for fluency
Training for stuttering

96137-00 Skills training for language

Note: Skills training in communication skills (comprehension, expression, recognition) for spoken / nonspeken and written / nonwritten language

Learning, Knowledge and Cognition skills

Comment [c21]: The two codes below were not in David's revised format. Should they be retained in MHM??

1875 Skills training in relation to learning, knowledge and cognition

Includes: evaluation of progression

Excludes: that as part of psychological skills training or specific psychotherapy (see block [1873])

96110-00 Skills training in activities related to learning
Skills training in:
• arithmetic
• reading
• study skills
• written expression

96112-00 Skills training in activities related to sensory/sensorimotor/ sensorineural function
Fine or gross motor skills training
Recognition therapy
Sensory integration therapy
Tactile stimulation

Note: Interventions involving sensory stimulation and adaptive responses to it according to neurologic needs. The aim is to improve the brain's ability to process and organise sensations.

Exercise and Mobility skills

1876 Skills training in movement

Exercise therapy

Work hardening/conditioning

Includes: evaluation of progression

Note: Skills training which involves assisting or supervising the client in performing exercises for the purpose of conditioning the body, improving health or maintaining fitness or as a means for correcting a deformity or restoring the organs and bodily functions to a state of health.

Excludes: skills training in use of adaptive or assistive device...96142-00

96129-00 Exercise therapy, total body

Exercise therapy NOS

General exercise therapy such as exercise classes, swimming

96130-00 Skills training in activities related to body position/mobility/movement

Ambulation and gait training

Mobility or body positioning training such as:

- bed mobility
- sitting out of bed
- standing balance

Posture management

Skills training in methods to improve integrated movement awareness such as Feldenkrais method, tai chi, yoga

Excludes: exercise therapy (96129 [1876])
that where the primary purpose is to train in the use of assistive or adaptive device, aid or equipment (96142-00 [1878])

96131-00 Skills training in activities related to transfers

May include skills training in transfers to/from:

- bath
- bed
- chair
- shower
- toilet
- vehicle

Excludes: that where the primary purpose is to instruct in the use of an assistive or adaptive device, aid or equipment (96142-00 [1878])

Deleted: 96113-00 Skills training in activities related to memory, orientation, perception or attention¶
96114-00 Skills training in activities related to executive skills¶
Skills training in: ¶
<#>creative thinking¶
<#>decision making¶
<#>motivation¶
<#>organisation¶
<#>planning¶
<#>problem solving¶
¶

Comment [c22]: Minimize examples for MHM

Deleted: <#>bending¶
<#>log roll¶
<#>lying to sitting¶
<#>sit to stand¶
<#>sitting balance¶

Deleted: <#>squatting¶

Deleted: <#>straightening¶

Deleted: S

Deleted: <#>floor¶

1878 Skills training for personal care and other activities of daily/independent living

Includes: evaluation of progression

Self-care and health maintenance skills

96140-00 Skills training in activities related to self care/self maintenance

May include skills training in:

- bathing/showering
- dressing [clothing]
- eating
- food intake [dietary] [nutrition]
- functional communication
-

Excludes: skills training for:

- health maintenance activities (96141-00 [1878])
- home management activities (96143-00 [1878])
- mobility (96130-00 [1876])
- use of assistive or adaptive device, aid or equipment (96142-00 [1878])

Comment [c23]: Following examples have been minimized for MHM. KD deleted some - ?ok

Deleted: S

Deleted: <#>brushing teeth¶

Deleted: <#>feeding¶

Deleted: <#>grooming¶
<#>toileting¶
washing hair

96141-00 Skills training in activities related to health maintenance

May include skills training in:

- diagnostic testing/monitoring (for conditions such as amputation stumps, asthma, diabetes etc)
- foot/leg care (bunion) (cutting and filing of non pathological toenails) (ulcer)
- management of medication regimes
- postural drainage
- stoma [colostomy] [tracheostomy] care

Excludes: exercise therapy (96129-00 [1876])
management of medication delivery systems (96142-00 [1878])
skills training in use of assistive or adaptive device, aid or equipment (96142-00 [1878])

Comment [c24]: Following examples have been minimized for MHM. KD deleted some - ?ok

Deleted: S

Deleted: <#>oral hygiene¶

Deleted: <#>self examination (breasts) (genitalia)¶
<#>self injection¶

Assistive or adaptive devices

96142-00 Skills training in use of assistive or adaptive device, aid or equipment

Ambulation and gait training in conjunction with the use of assistive or adaptive device, aid or equipment

Habilitative or rehabilitative training in the use of assistive or adaptive device, aid or equipment

Mobility training with aids

Skills training in:

- application of dressings or bandages
- medication delivery systems

Note: For the list of assistive or adaptive devices, aids or equipment see block [1870].

Skills training in medication delivery systems includes skills training and management in the use of metered dose inhalers, breath actuated devices, nebulisers, transdermal delivery systems and continuous parenteral infusions. Also includes compliance aids.

Home & Financial management skills

96143-00 Skills training in activities related to home management

May include skills training in:

- housekeeping/maintenance
- meal preparation
- safety procedures around the home
- shopping

96144-00 Skills training in activities related to financial management
 Skills training in budgeting

Comment [c25]: Following examples have been minimized for MHM. KD deleted some - ?ok

Deleted: S

Deleted: <#>cleaning¶
 <#>energy conservation¶
 <#>gardening¶

Deleted: <#>laundrying¶

Work related skills training

96146-00 Occupational/vocational skills training

May include skills training in:

- job acquisition
- job or work performance

Excludes: work hardening/conditioning (see 96129-00 [1876])

Other skills training

96148-00 Leisure/recreation skills training

Play/leisure/recreation:

- exploration
- skills training

1879 Other skills training

Includes: evaluation of progression

96151-00 Other skills training

Driver training
 Skills training NOS

Comment [c26]: Moved to Psychological skills training (?ok)

Deleted: **Parenting skills¶**
 96145-00

Deleted: Skills training in parenting techniques¶
 Includes:¶
 <#>attunement¶
 <#>supportive listening¶
 <#>limit setting¶
 <#>relationship building¶
 <#>positive attending¶
 <#>parent coping¶
 <#>directed play¶
 -----Page Break-----

Comment [c27]: Following examples have been minimized for MHM. KD deleted some - ?ok

Deleted: S

Deleted: <#>retirement planning¶
 <#>vocational exploration¶
 <#>volunteer participation¶

Client Assistance

Comment [c28]: Changed from "assistance intervention" to client assistance. OK?

1914 Assistance interventions

Note: Interventions where the purpose is to provide assistance only to the client and any therapeutic treatment such as counselling, education, skills training or exercise therapy for example is not involved.

96163-00 Assistance with activities related to self care/self maintenance

May include assistance provided to client with:

- bathing/showering
- dressing [clothing]
- eating
- grooming
- toileting

Deleted: A

Deleted: <#>brushing teeth¶

Deleted: <#>feeding¶
<#>food intake [drinking] [eating]¶

Deleted: <#>washing hair¶

96164-00 Assistance with activities related to health maintenance

May include assistance provided to client with:

- diagnostic testing/monitoring (for conditions such as amputation stumps, asthma, diabetes etc)
- foot/leg care (such as cutting or filing of non pathological toenails)
- oral hygiene
- stoma care

Deleted: A

xxxxx-xx Assistance with medication

- self injection

96165-00 Assistance with application of assistive or adaptive device, aid or equipment

Note: For the list of assistive or adaptive devices, aids or equipment see block [1870].

96166-00 Assistance with activities related to body position/mobility/movement

Assistance provided to client with ambulation

96167-00 Assistance with activities related to transfers

May include assistance provided to client with transfers to/from:

- bath/shower
- bed
- chair
- floor
- toilet
- vehicle

Deleted: A

96168-00 Assistance with activities related to home management

May include assistance provided to client with activities such as:

- cleaning

Deleted: A

- energy conservation
- gardening
- housekeeping/maintenance
- laundering
- meal preparation
- safety procedures around the home
- shopping

96169-00 Assistance with activities related to parenting

Assistance provided to client with:

- infant feeding
- settling of infant

Excludes: that involving:

- Client education xxxxx-xx
- Skills training (eg for bonding) xxxxx-xx

Indirect and other interventions

Service co-ordination

Note: Service co-ordination - involves arrangement, facilitation and co-ordination of a range of services necessary to meet identified needs of the client.

Comment [c29]: Does this cover everything now that there are new codes?

1915 Other client support interventions

XXXXX-XX Intake meetings

Note: [add]

XXXXX-XX Case conferencing

Intake review meetings
Case review meetings

XXXXX-XX Case consultation

[add note or examples]

XXXXX-XX Consultation and support for other service providers

Consultation and advice for:

- family doctor (GP)
- pharmacist
- government agency

XXXXX-XX Service planning

Note: Service planning involves arrangement, facilitation and co-ordination of a range of services necessary to meet identified needs of the client. Typically this would involve various interagency services (rather than services within one health care facility). This may involve making telephone calls or writing letters on the client's behalf to organise housing, schooling, interpreters etc

XXXXX-XX Documentation on behalf of clients

Note: Completion of documents for certification, insurance claims, schooling, incident reporting. This does not include routine record keeping activities.

96108-00 Advocacy

Note: Representation or defence of the client's interests to facilitate access to and use of services.

XXXX-XX Legislative assessment

Mental Health Act assessment
Statutory assessment

Assessment conducted as it is required under legislation

Comment [c30]: reword

XXXXX-XX Legal duties

Attendance at or preparation for court
Attendance at or preparation for psychiatric review board

96107-00 Other service co-ordination activity

Deleted: S

Client escort

96171-00 Accompanying or transportation of client

Escort of client to other service provider or agency within or outside health care facility

Carer Activities

XXXXX-XX Carer or family support

Assistance, advice or support provided to:

- carers
- family (parents, siblings, partners)
- child of parent with mental illness
- counselling or education on carer role

Comment [c31]: This was previously in code 96079-00 – should it stay here, or go back to Education/Counselling

Cultural or spiritual interventions

96187-00 Pastoral ministry

Introducing the service
Pastoral conversation
Spiritual/emotional support

Note: The expression of pastoral care related to the introduction of the service and the establishing of rapport/relationship enabling pastoral conversation in which spiritual well-being and healing may be nurtured

96109-01 Pastoral ritual/worship

Baptism/initiation
Blessing/naming
Communion
Eucharist/ministry of word
Funeral/memorial
Prayer NOS
Public worship

- Reconciliation
- Rites for the dying
- Ritual:
 - NOS
 - sacramental

Note: The provision of prayer and ritual for individuals or small groups, and the public expression of worship and occasional services, for faith communities and others

Nonpatient-attributable interventions

XXXXX-XX Research

XXXXX-XX