

Aug 18 / Wakefield CAMHS

Mental State Assessment

Name:		NHS Number:	
Date of completion:		Person completing:	
Reason for completion:	(i.e. deterioration in presentation)		

Information about MSA:

The mental state examination is basically the psychiatric “physical examination”. It should be completed where you need further information to make a clear judgement about whether someone’s presentation is due to a mental health condition. You may also be asked to complete this form to justify an expedite request to CAMHS.

Although this document can be completed quickly, CAMHS Psychiatry recommends allowing for at least 10 minutes completing this assessment. For GPs, this will mean booking in a separate follow-up appointment dedicated to the MSA.

Begin by introducing yourself to the patient, clarify their identity and explain that you would like to talk to them about their thoughts. To assess appearance, behaviour and speech begin by asking some general open questions.

Please give details on any concerns in the following areas. These questions are meant to be used as a prompt. Please answer what you can, ideally with the young person present.	Guidance notes:
Appearance, behaviour and speech	<p>Distinctive features, clothing, grooming, Hygiene</p> <p>Facial expression, body language and gestures, posture, eye contact, response to you as the assessor. Rapport & social engagement, level of arousal (i.e. calm / agitated), anxious or aggressive behaviour, unusual features (e.g. tremors or slowed/ repetitive / involuntary movements)</p> <p>Rate, volume, tonality, quality of speech. Content of speech is appropriate?</p>
Mood (inc. appetite and sleep) Thoughts	<p>Objective / subjective (low, irritable, high, time frames), anxiety (social, OCD, Panic), appetite, sleep, concentration, sex drive, energy levels, suicidal ideation</p> <p>Self/world/future thoughts, delusions (rigidly held</p>

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	<p>beliefs not consistent with person's background), passivity delusions (thought insertions, thought withdrawal, thought block), over valued ideas (i.e. a person with anorexia believing they are overweight). How long have they felt like this?</p>
<p>Percepts, Cognition and Insight</p>	<p>Dissociative symptoms, illusions, hallucinations (command, third person auditory)</p> <p>Level of consciousness, orientation in person/ place / time, concentration and attention, memory, IQ</p> <p>Understanding of difficulties, ideas about what will make things better, wish to engage in work / treatment.</p>
<p>Have there been any thoughts or acts of harm to self? Method of harm to self? When did this last occur? How often?</p>	<p>Plans, timescales, intent, protective factors.</p>

<p>Are there enough symptoms captured in this assessment to indicate a specific mental health condition?</p>	<p>Yes</p>	<p>No</p>
<p>Preliminary diagnosis / support recommended:</p>		

Please post to: CAMHS SPA, Flemming Court, Castleford, WF10 5HW

Ring: 01977735865 *to discuss a request for service with the SPA team.*

Fax to: 01977 520877 if urgent

Email Request for Service will begin from November 2018

(emailed Request for Services **must** be via secure email i.e. NHS.net, GCSX, pnn.police.uk)