

GP REPORT REQUIREMENTS

(part of TWM Referral Pack)

CLIENT DETAILS

Surname:

Name:

DOB:

NHI:

Funded by:

Gender: M/F

Dear Dr. _____,

Your patient has been referred to the National DBT Service at Te Whare Mahana Trust.

This programme offers intensive Dialectical Behavioural Therapy (DBT), a treatment for Borderline Personality Disorder or other mental illness featuring suicidal and/or self-harming behaviours. DBT focuses on teaching service users a range of skills to better manage distressing emotions and relationship difficulties via group and individual therapy sessions. Service users usually attend the programme for 6 to 12 months before being discharged back to their referring service.

In order to assist us in completing the referral assessment for your client and to facilitate a speedy referral, can you please forward a medical report with the following information to your client's referrer, as soon as possible:

1. List of current medications
2. Brief medical history including major accidents/illnesses/admissions and any history of head injury.
3. Brief exam of cardiovascular, respiratory, locomotor and peripheral nervous system; height and weight; evidence of wounds/scarring including any notes on recent injury.
4. Blood screen including:
 - CBC
 - LFT
 - Renal Fn
 - Thyroid Fn
 - Lipid profile and HbA1c as appropriate.
 - Other as indicated

Once we have completed this assessment and if we feel that the programme would be suitable for your patient, we will invite them to attend the programme for a three day preliminary visit.

Kind Regards,



Anja van Holten
DBT Service Manager