

3. CLINICAL EXAMINATION

LEVEL OF CARE REQUIRED

☐ Assisted ☐ Day ☐ Emergency ☐ Involuntary ☐ Voluntary

DSM-V DIAGNOSIS

Axis I ☐ Bipolar disorder ☐ Major depression ☐ Schizophrenia

☐ Substance abuse disorder – please specify substance: _____

☐ Other (please specify): _____

ICD-10 code: _____

Axis II ☐ Cluster A ☐ Cluster B ☐ Cluster C ☐ Deferred

Axis III

ICD-10 code: _____

Axis IV

Axis V ☐ 1 – 10 ☐ 11 – 20 ☐ 21 – 30 ☐ 31 – 40 ☐ 41 – 50

PROGRESS OR CHANGE

If your patient shows no improvement or their condition has deteriorated, please indicate a new treatment plan below.

☐ Improvement
☐ No change/improvement
☐ Deterioration

UPDATED/CURRENT TREATMENT PLAN

Medication and dosage

Medication name	Dosage

Membership number

Doctor's practice number

3. CLINICAL EXAMINATION (CONTINUED)

UPDATED/CURRENT TREATMENT PLAN (CONTINUED)

Psychotherapy

Treatment

Individual psychotherapy

Ongoing

☐

Yes

☐

No

Group psychotherapy

☐

Yes

☐

No

Other (please specify): _____

☐

Yes

☐

No

Special investigations

Additional treatment

Electroconvulsive therapies

☐

Yes

☐

No

If 'yes', please specify

☐

Inpatient

☐

Outpatient

Group therapy attended

☐

Yes

☐

No

Proposed length of stay

days

Discharge plan

☐

Yes

☐

No

Chronic registration

☐

Yes

☐

No

Psychiatrist signature

Date

D

D

M

M

Y

Y

Y

Y

Membership number

Doctor's practice number

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07/2024

Please refer to our schemes' **CONTACT DETAILS MATRIX** overleaf.

CONTACT DETAILS MATRIX

Momentum Health

Scheme name	Contact number	Email address
BP Medical Aid Society	0800 007 092	hmbpmas@metropolitanhrm.co.za
Fishmed	0861 888 118	hmfishmed@metropolitanhrm.co.za
Golden Arrow Employees' Medical Benefit Fund	0861 888 118	hmgafm@metropolitanhrm.co.za
Imperial Motus Med	0860 467 374	hrm@imperialmotusmed.co.za
Momentum Medical Scheme	0860 117 859	National Hospital Network (NHN): NHNUpdates@momentum.co.za Life Healthcare (LHC): LHCUpdates@momentum.co.za Mediclinic (MCC): MCUpdates@momentum.co.za Netcare: NCUpdates@momentum.co.za
Moto Health Care	0861 000 300	National Hospital Network (NHN): NHNUpdates@momentum.co.za Life Healthcare (LHC): LHCUpdates@momentum.co.za Mediclinic (MCC): MCUpdates@momentum.co.za Netcare: NCUpdates@momentum.co.za Other hospital groups: auths@mhcmf.co.za
Pick n Pay Medical Scheme	0860 767 633	hrm@pnpms.co.za
PG Group Medical Scheme	0860 005 037	hmpgg@metropolitan-caseman.co.za
Wooltru Healthcare Fund	0800 118 666	hrm@wooltruhealthcarefund.co.za

Momentum Medical Scheme and Moto Health Care practice 55 facilities

Please note that the following practice 55 facilities must use the email address mmsa-psychiatry@momentum.co.za.

Practice number	Healthcare facility
434655	Akeso Alberton
726419	Akeso Arcadia
165034	Akeso Crescent (Rand) Clinic
615021	Akeso George
607053	Akeso Milnerton Specialised Psychiatric Clinic
691429	Akeso Nelspruit
455040	Akeso Parktown
412155	Akeso Pietermaritzburg
5500206	Akeso Stepping Stones Clinic (Kommetjie)
615935	Akeso Umhlanga
628093	Beethoven Recovery Centre
287962	Bloemcare (Pty) Ltd
601691	C.A.R.E Clinic (Westville)
615838	Cape Gate Neuro Clinic (Vredeloof)
5500184	Crescent Clinic (Claremont, Cape Town)
677302	Evexia Psychiatric Day Hospital (Menlyn)
810711	Evexia Psychiatric Day Hospital (Midstream)
543756	Fisha Wellness Hospital
710024	Kgatelopele Wellness Centre
519081	Kim-Med Mental Health Institute
422193	Life Healthcare Glynnview Hospital
462128	Life Healthcare Poortview Hospital

Practice number	Healthcare facility
5706297	Life Healthcare St Joseph's Hospital
31976	Life Path Group – Pines Clinic
213055	Life Path Group – Sereno Clinic
62251	Life Path Group – Tijger Clinic
651109	Life Path Group – West Beach Clinic
675245	M-Care Durbanville Wellness
366935	M-Care Optima (Bloempsych)
739367	M-Care Optima @ RustenVrede
480037	M-Care Umhlanga
556866	Melomed Private Clinic (Claremont)
498289	Mental Health Institutions
5500176	MMHS Parkmed Neuro Clinic
481564	Montrose Manor
548197	Nurture Harmony Substance Abuse Clinic, Hout Bay
468029	Nurture Woodlands
787647	Nuture Mondisa Sunnyside
831646	RH Bell Clinic
5709008	Riverview Manor
670782	Summit Clinic Rondebosch
735663	The Day Clinic
719048	ZwavelStream Clinic

Momentum Thebe Ya Bophelo (Pty) Ltd (Momentum TYB)

Scheme name	Contact number	Email address
Medimed	0861 777 660	casemanagers@medimed.co.za
Rhodes University Medical Scheme (RUMed)	0861 727 773	casemanagers@rumed.co.za
Sisonke Health Medical Scheme	0860 104 012	casemanagers@sisonkehealth.co.za
Suremed Health	0860 080 888	casemanagers@suremedhealth.co.za
Thebemed	0861 843 236	casemanagers@thebemed.co.za