

Why you might decide not to offer the K10+?

A decision not to offer the K10+ should be made on an individual clinical basis. Some of the issues which need to be considered are:

- > Degree of psychosis or mood disturbance.
- > If offering the K10+ is likely to increase consumer distress without therapeutic benefit. The K10+ should be offered at the earliest opportunity once the consumer is able to manage the information and discussion.
- > The consumer's cognitive functioning does not enable them to understand the measure. Assistance and information should be offered to consumers in this instance to complete the form where possible.
- > Language use or cultural issues. Clinicians should consider using the translated versions of the K10+ and/or utilisation of an interpreter.

How do I record the reason for the K10+ not being offered?

If the K10+ has not been offered for any of the above reasons, or if the consumer has refused to complete the K10+, one of the exclusion codes should be recorded against the collection.

- 2 **Not completed - Temporary contraindication**
Consumer is unwell or unable to complete temporarily.
- 3 **Not completed - general exclusion**
Consumer is unable to fill in the K10+ due to language, cultural or intellectual reasons.
- 4 **Not completed - consumer refusal**
Consumer has declined or refused to fill in K10+.

Where do I find translated versions of the K10+?

Translated versions of the K10+ are available through the Transcultural Mental Health Centre's website. A link to this website is available on the Mental Health Intranet:

<http://in.health.sa.gov.au/operations/Default.aspx?tabid=897>

You will need to scroll down the page to the K10+ section to select the required translation.

More information on offering the K10+ can be found:

- > in the SA Clinicians reference guide
- > on the AMHOCN website: <http://amhocn.org/>

For more information

Mental Health-Consumer Information, Assessment and Outcomes team (MH CIAO)

SA Health
PO Box 287 Rundle Mall
Adelaide SA 5000
Telephone: 8226 7351
www.health.sa.gov.au

For further information:
mhciao@health.sa.gov.au

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre and ask them to call the Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

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NOCC Clinical Guide K10+ Consumer Self Assessment

Used in Community MH on
Admission, Review and Discharge

NOCC Clinical Guide K10+ Consumer Self Assessment

The Kessler 10 plus (K10+) consumer self assessment was designed by Ronald Kessler [US] as a short measure of non-specific psychological distress. It has been adapted for use as part of the NOCC suite of measures by the addition of 4 questions to assess the degree of disability being experienced by the consumer.

Offering the K10+

It is important for the clinician to offer the K10+ and not make the assumption that the Consumer is too unwell. When offering the K10+ to the consumer for completion, especially on the first occasion, an explanation of the form, purpose for collection and how it will be used in care planning is important. The opportunity to discuss the completed form with the consumer and any interventions or strategies for care is also an important part of the process.

The consumer is asked to rate how they have been feeling over the past 4 weeks. The K10+ maximum score is 50 (first 10 items only) and the minimum score is 10 (each item rating is from 1-5). The additional 4 questions do not contribute to the total score. The additional questions give an indication of the impact mental health issues have on their lives—whether their work or education is being impacted and how often they are seeking assistance from health services.

Q 14 has respondents indicate the amount of time their psychological distress is related to physical health problems.

Privacy & Confidentiality

Only the local team has access to the identity of the consumer and the information contained in the K10+. Once the information moves beyond the clinical area (eg: when extracted as data for state and national requirements) the data is de-identified. The consumer may require reassurance that the information they provide will be accessed only by those who have a direct involvement with their care.

The K10+ compliments the clinician rated measures (HoNOS, LSP etc) by providing the consumer's view of their own progress. The K10+ also responds to consumer requests to be involved in the process of outcome measurement and participate in their own care.

While clinicians may find the questions of this tool difficult focussed, the discussion that can follow between clinician and consumer is valuable, assisting to:

- > incorporate consumers' perceptions into individual care plans
- > develop strategies and interventions to assist the consumer with areas of difficulty
- > acknowledge the areas of strength
- > share knowledge gained from the clinician rated measures with the consumer
- > discuss differences between consumer and clinician ratings

Any area rated above 1 (none of the time) ideally would be discussed with the consumer and included in the care plan. Higher rating items indicate priority areas for intervention and monitoring.

K10 Plus	
Total Score:	30 Severe Distress
1 Tired for no reason	3 Some of the time
2 Nervous	3 Some of the time
3 Unable to calm down	4 Most of the time
4 Hopeless	2 A little of the time
5 Restless/fidgety	5 All of the time
6 Unable to sit still	5 All of the time
7 Depressed	1 None of the time
8 Everything an effort	1 None of the time
9 So sad can't be cheered up	1 None of the time
10 Worthless	5 All of the time

Additional Items:

Days unable to work/manage	10	}
Days restricted work/manage	2	
Visits to Dr/ Health Professional	1	
Visits for health problems	1	

Providing Assistance

Some consumers will require assistance with the form and clinicians can provide help with understanding the form, the process for filling in the form and completing the last 4 questions. Care must be taken when assisting with the questions themselves not to paraphrase, rephrase, interpret or 'lead' the consumer when giving an explanation of a question.

For consumers of Older Persons services with cognitive restrictions, clinicians and carers may assist the consumer in the process of the form's completion, but care should be taken not to answer questions for the consumer. If the consumer is unable to answer any of the questions, it may be more applicable to record that the consumer was unable to complete due to the exclusion category (see back page)

For those consumers who may require a different language version of the form the K10+ is available in translations (see website address back page).

Care Plan
Consumer Self Assessment

What is the overall indication of level of distress?
> Severe Distress - indicates the consumer is experiencing significant difficulty in a number of areas.

Have significant ratings been included in the care plan?
> For the K10+ any area where the consumer has rated distress/ difficulty is seen as significant.

What are the consumer's goals for care?

What treatment/management will be required?
> Strategies to target areas of distress
> Providing techniques to lower distress eg: relaxation, calming exercises etc.

What strategies or assistance may be required for the additional items of the K10+?
eg: Contact work/education
Negotiate flexibility & time