

IAR-DST Training

Training includes background, development presentation of the IAR and how it is used in practise. It is then applied practically to two clinical cases, chosen specifically for relevance to GPs, for discussion with the training psychiatrist.

After training

- 2 CPD hours - 0.5 Educational Activity and 1.5 Reviewing Performance
- Certificate of Attendance

GPs' opinions about training

Local survey results have been extremely positive in over 90% of GPs.

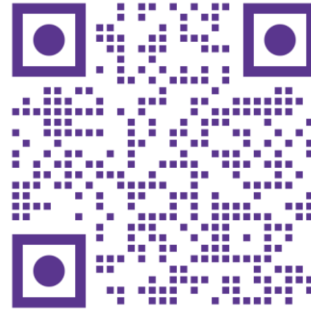
"I think this will be a very valuable tool"

"Very impressive presentation-well organised and very instructive. Thankyou"

"It will be extremely useful"

Interested in IAR-DST training?

Available online via Zoom.
Please register scanning the QR code



To arrange training at your practice at convenient times for GPs please contact us
iar-dst@adelaidephn.com.au

For more information

A 3-min video on the IAR produced by APHN

<https://vimeo.com/1116945321?share=copy#t=0>

or visit

<https://adelaidephn.com.au/supporting-primary-care/iar-dst-training>



Introducing the Initial Assessment Referral and Decision Support Tool (IAR-DST) for Mental Healthcare

A one-stop assessment and management plan - giving you the information you need about a patient with mental health problems-linked automatically by a decision logic to a level of care management plan.

Adelaide PHN

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Australia Mental Health data

- 22% Australians currently have mental health disorder
- 45% Australians will experience a mental health disorder in a lifetime
- GPs see more patients for mental health problems than any other issue
- Mental health disorders are increasing at an alarming rate

This is complicated by

- Service overuse
- Referral rejections across sectors
- Poor agreement on diagnosis across different professional groups
- Lack of uniformity in quality of assessments
- Inadequate resources for demand

IAR-DST Background

A clinical instrument developed by clinicians for day-to-day clinical use.

Developed by an Expert Advisory Group comprised of GP Chairperson, representatives of all relevant colleges, associations and peak bodies, those with lived experience, with implementation led by Melbourne University staff.

Current

Recommended by The Review into Better Access to Mental Health it be used with MHTPs.

Current draft recommendation with Commonwealth DoH it be used with MHTPs and current use of other rating scales K10/4, DASS etc be used at GP discretion only.

Subject of specific commonwealth budgetary allocation.

DoH implementation to be used nationally by service providers from all professional backgrounds, including over 50% of GPs trained and using the IAR-DST by 2025.

Since 2023 APHN has trained 400 metropolitan Adelaide GPs and 430 Allied Mental Health Practitioners. *Data up to date June 2025.*

IAR-DST Structure

- **8 Domains:** symptoms, risk, functioning, co-morbidities, response history, stressors, supports, motivation-rated on a 5-point scale
- **5 Levels of care:** from watchful waiting/self-directed care to high intensity care

Reasons for use

- Evidence-informed
- Holistic
- Uses stepped care model
- High concordance in ratings across all professional groups
- Reduces risk for practitioners & patients
- National rollout and standard common language
- Allows for your clinical judgement
- Transdiagnostic
- High clinical relevance
- Patient centred and collaborative
- Assists with rapport building
- Can be linked with service availability on basis of Levels of Care

