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Health, Department of

Government Notice

R. 1215  Medical Schemes Act (131/1998): Regulations: Amendment: Therapeutic algorithms for chronic conditions.............. 3 32823

I, Dr A Motsoaledi, Minister of Health, hereby amends Annexure A by issuing and inserting after the therapeutic algorithm for ASTHMA, the therapeutic algorithm as set out in the Schedule.
SCHEDULE

Bipolar mood disorder Algorithm

DSM-IV diagnosis

Acute phase

Manic episode

- Mania or hypomania with euphoric mood
- Rapid cycling
- Mixed or dysphoric mood
- Mania with psychosis

Depressive episode

- Mild to moderate
- Severe
- Depression with psychosis

Manic or hypomanic episode

Manic or hypomanic episode

Cyclothymia

- Lithium and/or Valproate and/or Typical or atypical antipsychotic as required
- If IMI Olanzapine is given, no Benzodiazepine must be used within 2 hours
- Benzodiazepine for use only in the acute phase

Remission

Response

Poor response within 4 to 6 weeks

Continuation phase

Check adherence and/or optimize medication

Utilize all three mood stabilisers in combination

Incomplete response

Consider ECT

Add atypical antipsychotic and/or another mood stabiliser

Remission

Incomplete response

Maintenance phase

To maintain the patient optimally eliminate treatment that might cause depression or relapse

Remission

Continue maintenance

Relapse

Review management and diagnosis in accordance with public sector practice
Glossary:

- DSM-IV: Diagnostic and Statistical manual of Mental Disorders- Fourth Edition
- ECT: Electroconvulsive therapy

Applicable ICD10 Coding

- F31 Bipolar Affective Disorder
  - F31.0 Bipolar affective disorder, current episode hypomanic
  - F31.1 Bipolar affective disorder, current episode manic without psychotic symptoms
  - F31.2 Bipolar affective disorder, current episode manic with psychotic symptoms
  - F31.3 Bipolar affective disorder, current episode mild or moderate depression
  - F31.4 Bipolar affective disorder, current episode severe depression without psychotic symptoms
  - F31.5 Bipolar affective disorder, current episode severe depression with psychotic symptoms
  - F31.6 Bipolar affective disorder, current episode mixed
  - F31.7 Bipolar affective disorder, currently in remission
  - F31.8 Other bipolar affective disorder
  - F31.9 Bipolar affective disorder, unspecified

Note:

1. Medical management reasonably necessary for the delivery of treatment described in this algorithm. This management includes provision for allied health support, consultation(s) to collect collateral information, and group therapy where indicated, but is subject to the application of managed health care interventions by the relevant medical scheme.

2. To the extent that a medical scheme applies managed health care interventions in respect of this benefit, for example clinical protocols for diagnostic procedures or medical management, such interventions must—
   a) not be inconsistent with this algorithm;
   b) be developed on the basis of evidence-based medicine, taking into account considerations of cost-effectiveness and affordability; and
   c) comply with all other applicable regulations made in terms of the Medical Schemes Act, 131 of 1998

3. This algorithm may not necessarily always be clinically appropriate for the treatment of children. If this is the case, alternative paediatric clinical management is included within this benefit if it is supported by evidence-based medicine, taking into account considerations of cost-effectiveness and affordability.
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