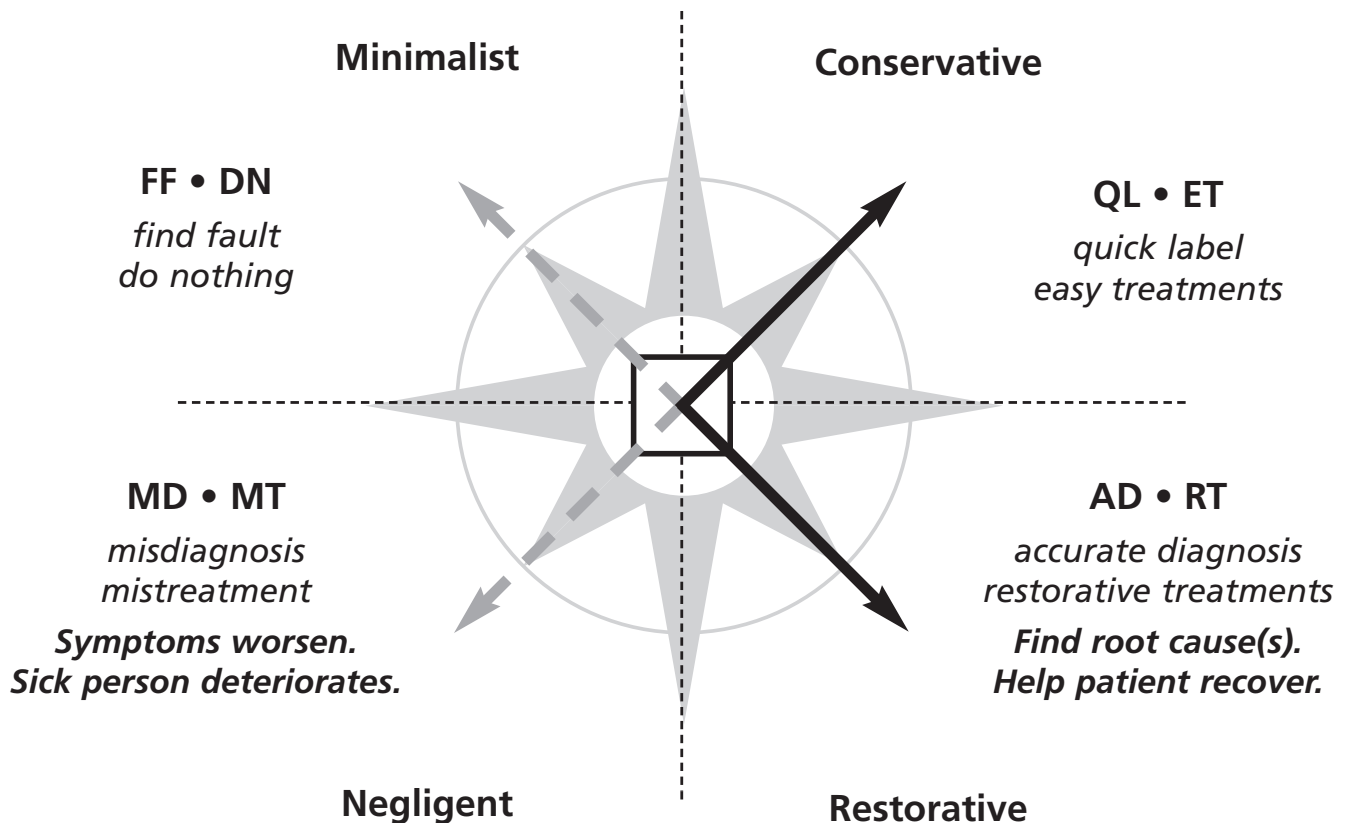


T Think
A About
Y Your
O Options

MENTAL HEALTHCARE COMPASS

Directions for Diagnosis and Treatment
(Consider the practice guidelines of psychiatry)



Which directions are best for patients? Doctors?

**Which approaches diagnose correctly
and treat effectively?**

TAYO – THINK ABOUT YOUR OPTIONS

For Patients, Survivors, Health Professionals, Family and Caregivers:
 Planners can note their preferences for diagnosis and treatment, monitor quality of care, explore the mental healthcare maze.

	Find Fault	Do Nothing	
FF Find Fault Discount Discourage Disapprove	P1	D1	DN Do Nothing No treatment No therapy No care
	F1	C1	
	P2	D2	
	F2	C2	

Minimalist

Negligent

	Misdiagnosis	Mistreatment	
MD Misdiagnosis No history No testing, prior files No mental status exams	P5	D5	MT Mistreatment Sick person gets worse Negative or toxic effects Incompetence, negligence
	F5	C5	
	P6	D6	
	F6	C6	

A Bad Outcome Is Likely After Substandard Care

	T A Y O				
	P	D	F	C	Options For Diagnosis
Family member			✓		FF Find fault
Physician				✓	MD Misdiagnosis
Doctor		✓			QL Quick label
F = family C = caregiver	✓				AD Accurate diagnosis

	T A Y O				
	P	D	F	C	Options For Treatment
			✓		DN Do nothing
				✓	MT Mistreatment
		✓			ET Easy treatments
	✓				RT Restorative treatments

The Plan
T = Think
A = About
Y = Your
O = Options

With poor healthcare, what can happen? Who gets better? Who gets paid?

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TAYO – THINK ABOUT YOUR OPTIONS

Patients use squares P1 – P8,
Health Professionals D1 – D8, Family F1 – F8,
Caregivers C1 – C8

	Quick Label	Easy Treatment									
<p>QL Quick Label</p> <p>A short chat A DSM label A disorder</p>	<table border="1"> <tr><td>P3</td><td>D3</td></tr> <tr><td>F3</td><td>C3</td></tr> </table>	P3	D3	F3	C3	<table border="1"> <tr><td>P4</td><td>D4</td></tr> <tr><td>F4</td><td>C4</td></tr> </table>	P4	D4	F4	C4	<p>ET Easy Treatment</p> <p>Medications Talk therapy Shock therapy</p>
P3	D3										
F3	C3										
P4	D4										
F4	C4										

Conservative

Restorative

	Accurate Diagnosis	Restorative Treatment									
<p>AD Accurate Diagnosis</p> <p>Mental status exams Take histories Diagnostic tests</p>	<table border="1"> <tr><td>P7</td><td>D7</td></tr> <tr><td>F7</td><td>C7</td></tr> </table>	P7	D7	F7	C7	<table border="1"> <tr><td>P8</td><td>D8</td></tr> <tr><td>F8</td><td>C8</td></tr> </table>	P8	D8	F8	C8	<p>RT Restorative treatment</p> <p>Effective care Treats root causes Helps patient recover</p>
P7	D7										
F7	C7										
P8	D8										
F8	C8										

A Good Outcome Is Likely Using Quality Care

The Planners
P = patient
D = doctor
F = family
C = caregiver

TAYO				
P	D	F	C	Options For Diagnosis
				FF Find fault
				MD Misdiagnosis
				QL Quick label
✓	✓	✓	✓	AD Accurate diagnosis

TAYO				
P	D	F	C	Options For Treatment
				DN Do nothing
				MT Mistreatment
				ET Easy treatments
✓	✓	✓	✓	RT Restorative treatments

The Plan
T = Think
A = About
Y = Your
O = Options

With an accurate diagnosis and restorative treatment the patient can recover and keep well!

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TAYO – HEALTHCARE PLANNER

For Patients, Health Professionals, Family and Caregivers

The Planners and their squares

P = patient (uses P1 to P8)
D = doctor, health professional (uses D1 to D8)
F = family (uses F1 to F8)
C = caregiver (uses C1 to C8)

The Options

Four Options for Diagnosis

FF = find fault
MD = mistaken diagnosis
QL = chat and a quick label
AD = tests and an accurate diagnosis

- to find the root causes

Four Options for Treatment

DN = do nothing
MT = mistaken treatment
ET = easy treatments
eg. pills and more pills and / or talks
and more talks
RT = restorative treatments

- To resolve underlying medical, mental, metabolic, biochemical psychological or social problems.
- To restore normal brain function without causing negative effects, (to the extent possible in each case).

A Riddle

4 planners x 4 diagnoses x 4 treatments =
64 possibilities.

Which of the 64 outcomes is best?

The TAYO Planning Guide

1. The patient uses the 'P' squares to consider the options and plan for diagnosis and treatment.
2. The doctor uses the 'D' squares to consider the options and plan for diagnosis and treatment.
3. Family members use the 'F' squares.
4. Caregivers use the 'C' squares.
5. Planners can compare and discuss.
6. All planners win if the patient gets well!

Hints for a successful outcome

1. Restoring mental health is more likely after an accurate diagnosis and effective treatments.
2. People can discuss, compare and cooperate.
3. Planners can agree to explore the same directions and coordinate their plans for positive progress.
4. Health professionals can plan to follow professional practice guidelines for accurate diagnosis and use standard of care procedures.
5. Health professionals can plan to use proven, safe, effective and restorative treatments.

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