

Mental Health Therapeutic Outcomes Tool (TOT): How to use the TOT

The TOT was developed by Drs. Kutcher and Chehil to provide busy clinicians with a comprehensive, yet practical synthesis of information vital to the assessment and monitoring of mental health treatment outcomes.

Any experienced clinician can use the TOT in their everyday practice and depending on the jurisdiction the TOT may be used as a component of the patient's health record. The TOT is self-explanatory and uses a simple numerical rating system to efficiently create evaluation shorthand for each of the important outcome domains. Each of the observed items rates 0 to 3 with the scoring system clearly outlined on the TOT.

Additionally, in the "Clinical Change Rating" section the clinician should seek the opinion of the patient and responsible family member (if appropriate) to complete the ratings in that section (which use a five point scale that allows for the measurement of the improvement or worsening). Ideally the TOT should be completed at every patient visit. Historical evaluation of one or more of the TOT domains can give the clinician and the patient (including the patient's family) a good longitudinal perspective on treatment outcomes and can assist in joint treatment planning for future interventions.

Permission

The TOT is available freely for use but may not be sold, copied or otherwise distributed without the express written consent of Dr. Stan Kutcher, or Dr. Sonia Chehil

We appreciate any feedback on the use, outcome or suitability of the TOT from any individual or group who is using it. Feedback can be directed to Dr. Stan Kutcher by email at skutcher@dal.ca.

MENTAL HEALTH THERAPEUTIC OUTCOMES TOOL

NAME: _____ Tele: _____ File# _____

Informant (name & relation): _____ Tele: _____

ΨDx:		Med Dx:	
ΨMedications:		Medications:	
ΨMEDICATION TARGET SYMPTOMS (rate over past week)	* RATING 0-3	ΨMEDICATION TARGET SYMPTOMS (rate over past week)	* RATING 0-3
	Patient Informant		Patient Informant

FOR PATIENTS ON ANY PSYCHIATRIC MEDICATION – RATE SIDE EFFECTS (SE) OVER THE PAST WEEK:														
* SIDE EFFECT	0	1	2	3	*SIDE EFFECT	0	1	2	3	*SIDE EFFECT	0	1	2	3
Headache					Change in Weight					Sleep Problems				
Daytime Drowsiness					Stomachaches					Nightmares				
Foggy Head/Spaced Out					Dry Mouth					Nervousness / Anxiety				
Confusion					Diarrhea					↑ Irritability / Crankiness				
Blurry Vision					Constipation					↑ Mood Swings				
Feeling Unsteady / Dizzy					Sweating					↑ Suicidal Ideation				
Nausea					Skin Rash					Trouble Urinating				
Vomiting					Fatigue / Lethargy					↓ Interest In Sex				
Change in Appetite					Acne					↓ Sexual Function				

OTHER:

FOR PATIENTS ON ANTIPSYCHOTIC MEDICATION – RATE SIDE EFFECTS (SE) OVER THE PAST WEEK:														
* SIDE EFFECT	0	1	2	3	*SIDE EFFECT	0	1	2	3	*SIDE EFFECT	0	1	2	3
Tremor					Restlessness / Agitation					Slurred Speech				
Stiffness					Dystonia					Menstrual Problems				
Drooling					Balance Problems					Breast Enlargement				
Slowed Down					Odd Movements					Nipple Discharge				

OTHER:

* SAFETY	YES	NO	* SAFETY	YES	NO	* SAFETY	YES	NO
Poor Compliance			Suicide Ideation			Self Harm Behavior		
Poor Insight			Suicide Intent			Aggression		
Substance Use			Suicide Plan			Risk Behavior		

OTHER:

* Symptom Rating: 0 = Absent 1 = Present/not problematic 2 = Problematic/Ø impairment 3 = Problematic/ + impairment

