



To All Stakeholders

Ref: Treatment Algorithm for Bipolar Mood Disorder  
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### Circular 41 of 2009

## The Bipolar Mood Disorder (BMD) therapeutic algorithm has been published by the Minister of Health

This circular serves to notify all stakeholders that the Bipolar Mood Disorder treatment algorithm was published by the Minister on the 21<sup>st</sup> of December 2009. This ensures access to appropriate treatment for all affected patients with immediate effect.

The therapeutic algorithm was developed through a consultative and participative process with industry stakeholders during the review of the prescribed minimum benefits by the Department of Health. The gazetted algorithm is attached for your information.

**Boshoff Steenekamp**  
REF Project specialist

A statutory body established in terms of the  
Medical Schemes Act, 1998 (Act 131 of 1998)

Chairperson: Prof. W Pick Acting Registrar & CE: C Burton-Durham



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**GOVERNMENT NOTICE**

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**DEPARTMENT OF HEALTH**

**No. R. 1215**

**21 December 2009**

**MEDICAL SCHEMES ACT, 1998 (ACT NO.131 OF 1998)**

**REGULATIONS MADE IN TERMS OF THE MEDICAL SCHEMES ACT, 1998 –AMENDMENT  
THERAPEUTIC ALGORITHMS FOR CRONIC CONDITIONS**

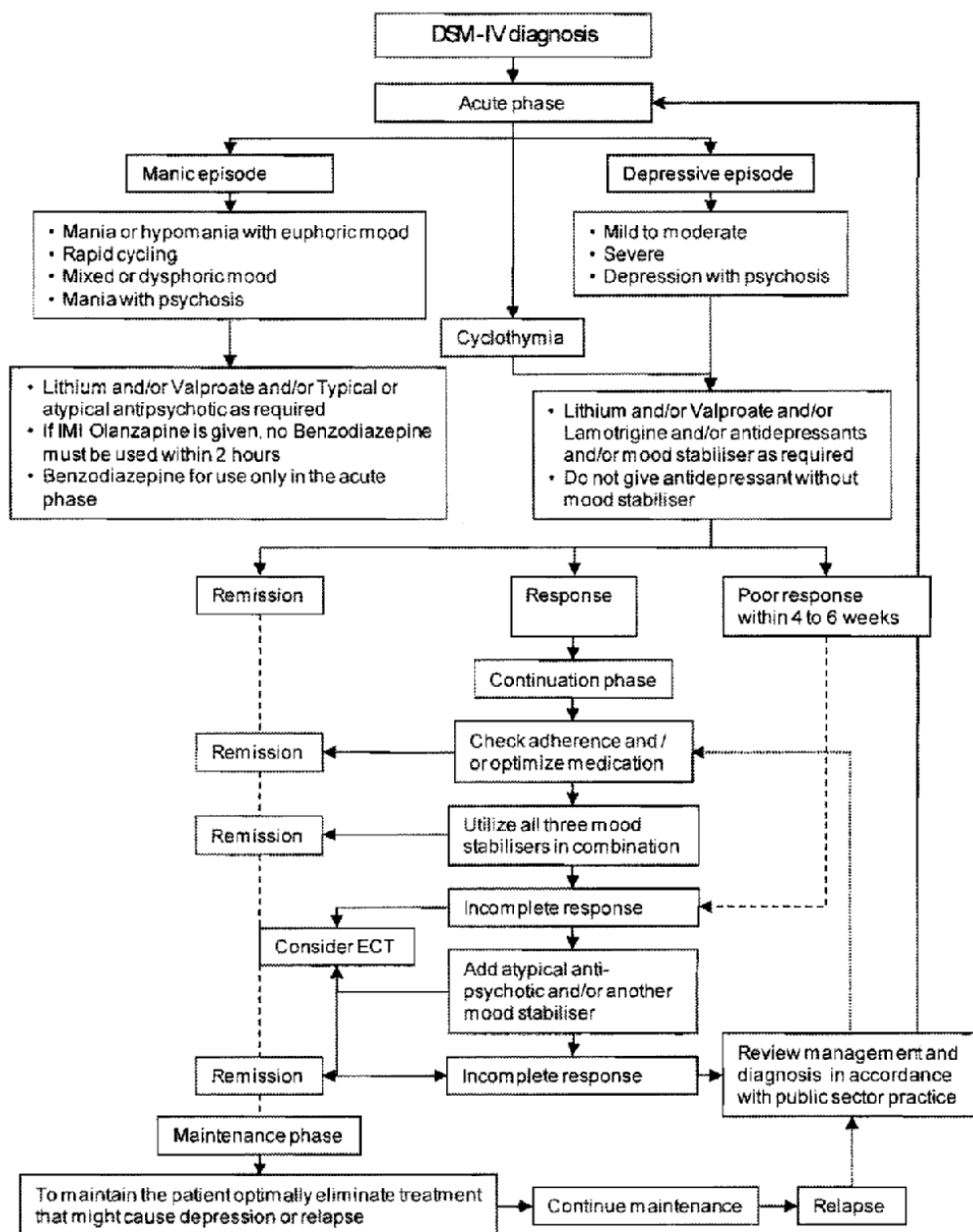
The Regulations made under the Medical Schemes Act, 1998, published under Government Notice No. R1262 of 20 October 1999, as amended by the following Government Notices: No. R 570 of 5 June 2000, No. R 650 of 30 June 2000, No. R 247 of 1 March 2002, No. R 1360 of 4 November 2003 and No. R. 1402 of 6 October 2003, provides in Annexure A, as follows: "Treatment: diagnosis, medical management and medication, to the extent that this is provided for by way of a therapeutic algorithm for the prescribed condition, published by the Minister in the *Gazette*".

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



**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.

**DR A MOTSOLEDI, MP**  
**MINISTER OF HEALTH**