



Adult Psychiatric Consultation

Patient Information Sheet

Psychiatric consultation is the process of evaluation by a psychiatrist who provides an encompassing clinical description and assessment of your symptoms, provisional diagnoses, and related recommendations for investigation and treatment by your existing or future healthcare providers. This evaluation does not establish a physician-patient relationship. In addition to the value of an expert evaluation with respect to your future care, many people find it helpful to have their psychiatric history and medical records abridged into a single report.

Your consultation in this office may include, when indicated:

- An extensive diagnostic interview, thorough medical and psychiatric history, vital signs, and mental status examination
- Psychiatric symptom questionnaires (e.g. GAD-7, PHQ-9, MDQ, AUDIT, MOCA)
- Recommendations for laboratory studies to (a) rule out medical causes of your symptoms and (b) evaluate for underlying conditions which could impact medication administration
- At this time, genomic (genetic) testing is not recommended by the American Psychiatric Association (APA) and is not supported by sufficient evidence, and thus will not be ordered
- Review of your outside psychiatric and medical records
- Communication with your treaters to obtain collateral information
- Risk assessment, safety planning, and further safety recommendations
- A detailed written report inclusive of personalized assessment and plan which can be forwarded to your treaters

Because of the complexity of a one-time psychiatric evaluation, only in-person visits are offered. To keep everyone safe, all patients must be fully vaccinated against COVID-19, defined by this office as three vaccination doses, prior to the in-person evaluation unless there is a valid medical exemption as determined by Dr. Hammel. Only patients are allowed in the waiting room unless an exception has been discussed beforehand.

What you can expect:

- **Prior to your visit**, you must set up your Luminello patient portal (<https://app2.luminello.com/auth/login>) and complete the required documents.
 - You will need to ask your outside providers to fax your records to the secure fax line (860) 600-7943. Records must be received prior to the scheduled interview date. It is your responsibility to ensure that your records have been received.
 - With your signed release, Dr. Hammel will attempt to contact your outside providers to discuss your case. Collateral contact is not guaranteed as Dr. Hammel cannot be responsible for your other providers' degree of responsiveness.
- On the day of your visit, you will meet with Dr. Hammel for your consultation interview (up to 90 minutes). An involved family member(s) can also be scheduled beforehand for an individual interview (up to 30 minutes).
- After your visit, Dr. Hammel will complete an extensive written report including, if applicable, recommendations regarding: diagnosis; plan of care which may include level of care, further testing (e.g. brain imaging, neurological/neuropsychiatric testing, referrals to subspecialists or allied healthcare providers), safety planning, psychotropic medication(s); specific psychotherapeutic modality (e.g. CBT, DBT, supportive, psychodynamic, and so forth), behavioral counseling, and otherwise as indicated.
- Dr. Hammel will schedule a video call with you to review the findings and recommendations. With your consent, the full written report will also be sent to your healthcare providers. Dr. Hammel will be available for a consultation call with them.
- This office is a fee-for-service practice which does not work with any health insurance companies. Because the work begins prior to your clinical interview (e.g. obtaining and reviewing your records), payment is made via credit card at the time of scheduling and is non-refundable.
- This evaluation does not represent the initiation of psychiatric treatment or the establishment of a physician-patient relationship and does not include any treatments, prescriptions, or orders. No recommendations will be made outside of those in the completed report.