

DR. ROBIN LOWEY & ASSOCIATES

Psychological Services

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Consent for Psychiatric Evaluation/ Medication Management with a Psychiatric Nurse Practitioner Trainee

Welcome to our practice. We are eager to help you in any way that we can. This document contains important information about our professional services and business policies. Please read it carefully and jot down any questions you might have so that we can discuss them in our first session. When you sign this document, it will represent an agreement between us.

You are requesting psychiatric services from our psychiatric nurse practitioner trainee, Nefertiti Isoke, RN, LCSW. By signing this document, you are acknowledging your understanding that Ms. Isoke is training to become a psychiatric nurse practitioner and is currently practicing in collaboration with Tracey Jones, M.D., a psychiatrist. You understand that your appointment is with Ms. Isoke and not with Dr. Jones. You also understand that Dr. Jones will collaborate with Ms. Isoke on your wellness plan and will be the physician prescribing any medication deemed necessary for your treatment.

PSYCHIATRIC EVALUATIONS

When first requesting to meet with our psychiatric nurse practitioner trainee, you will be scheduled for a psychiatric evaluation. The psychiatric evaluation is a valuable tool employed by a psychiatrist or psychiatric nurse practitioner to get a better perspective of your difficulties and concerns. The psychiatric evaluation is essential for determining the most accurate diagnosis and guiding proper treatment. The psychiatric evaluation will be scheduled for 60 minutes. Occasionally, the initial evaluation may be longer or shorter, but you should expect your first session to last about 60 minutes.

During the psychiatric evaluation, the psychiatric nurse practitioner will inquire about the symptoms leading you to seek treatment. She will also obtain relevant historical information from you so that she can evaluate any possible medical causes for your symptoms and, in collaboration with Dr. Jones, arrive at an accurate diagnosis. Ms. Isoke will discuss and develop a wellness plan with you that is individualized and addresses your needs. Ms. Isoke may or may not recommend medication to treat your presenting difficulties and will share her view with Dr. Jones. If medications are recommended, she will discuss the mechanism of action, potential benefits, and potential side effects of each medication option. She will also discuss other non-medication treatment alternatives with you. After she consults with Dr. Jones, a prescription for a medication to treat your condition may be prescribed.

Medication Management

If you are prescribed psychiatric medication, you will meet with Ms. Isoke regularly to discuss the effectiveness of the medications prescribed and any side effects you may be experiencing. The frequency and duration of follow up medication management appointments will vary depending on a variety of factors that Ms. Isoke will discuss with you during your initial session. You may meet with Ms. Isoke for medication management appointments on a weekly, bi-weekly, monthly, or bi-monthly basis for anywhere between 15 and 45 minutes.

Psychiatric medications are generally most effective when used in conjunction with psychotherapy and we will typically require that you are engaged in psychotherapy with a practitioner in our office or in another practice to receive medication management services with us.

PROFESSIONAL FEES

Our fees are \$150 for an initial psychiatric evaluation, \$125 for all 45 minute medication management appointments, \$100 for 30 minute medication management appointments, and \$75 for 15 minute medication management appointments. We do not accept insurance for psychiatric evaluations or medication management appointments, but we can provide you with a detailed invoice that you can submit to your insurance company for reimbursement.

If you require other professional services that are not outlined above (such as letter/report writing, telephone conversations lasting longer than 5 minutes, attendance at meetings with other professionals you have authorized, preparation of treatment summaries, etc.), you will be charged for time spent conducting these additional services at a rate of \$200/ hour. We will prorate the hourly cost if the requested service takes less than one hour. If you become involved in legal proceedings that require Ms. Isoke's participation, you will be expected to pay for any professional time she spends on your legal matter, even if the request comes from another party. We charge \$250 per hour for professional services we are asked or required to perform in relation to your legal matter.

MEDICATION REFILL POLICY

Ensuring continuity of your care is important to us. However, if you fail to show for a medication management appointment, we cannot make changes to your prescription until you are seen by one of our clinicians. We may be willing to provide a refill for pre-existing medications, but the refill will only be provided for 7 days. Thus, it is imperative that you plan ahead and ensure that you schedule medication management appointments well before needing a refill on any prescriptions.

There is a \$25 charge for any prescription you need to have filled outside of your appointment time. This fee must be paid before the service is rendered. Medication refill requests are only addressed during business hours and it may take up to 72 hours for Ms. Isoke to respond to a medication refill request.

If you have not seen Ms. Isoke in three months, prescriptions will not be refilled and you may be required to participate in a full psychiatric evaluation again to be seen.

If you chose to stop treatment at Dr. Robin Lowey & Associates, a 30-day supply of most medications will be provided at the prescriber's discretion.

BILLING AND PAYMENTS

You will be expected to pay for each session at the time it is held. We accept payment via cash, check, and credit card. We will obtain your credit card information at the time of scheduling, but no charges will be

made until the date of service and you may choose to use another payment method on the date of service. Please see our financial policy form for additional details regarding payment for services.

CONTACTING OUR OFFICE

During your first session, Ms. Isoke will speak with you about ways to communicate with her directly. However, if you need to get a message to her and it is Monday through Friday between the hours of 9am and 5pm, you can call our office at 215-625-9655 and one of our administrative staff members will pass along your message. We have an answering service to handle calls after hours.

If there is a true psychiatric emergency and you are unable to reach your therapist immediately, contact your family physician or go to the nearest emergency room.

CONFIDENTIALITY

In general, the privacy of all communications between a patient and a mental health professional is protected by law, and we can only release information about our work to others with your written permission. But there are a few exceptions.

In most legal proceedings, you have the right to prevent your treatment provider from providing any information about your treatment. In some legal proceedings, a judge may order a mental health professional's testimony, or the production of certain records, if he/she determines that the issues demand it. If that is the case, we must comply with that court order.

There are some situations in which licensed mental health professionals are legally obligated to take action to protect others from harm, even if the licensed professional has to reveal some information about a patient's treatment. For example, if a licensed mental health professional believes that a child is being abused or has been abused, we must make a report to the appropriate state agency. If a licensed mental health professional believes that an elderly person or a disabled person is being abused, the mental health professional may break confidentiality and report the abuse as well.

If we believe that a patient is threatening serious bodily harm to another, we may be required to take protective actions. These actions may include notifying the potential victim, contacting the police, or seeking hospitalization for the patient. If the patient threatens to harm himself/herself, we may be obligated to seek hospitalization for him/her or contact family members or others who can help provide protection. If a similar situation occurs in the course of our work together, we will attempt to fully discuss it with you before taking any action.

We may occasionally find it helpful to consult other professionals about a case. During a consultation, we always make every effort to avoid revealing the identity of the patient. The consultant is also legally bound to keep the information confidential. Ordinarily, we will not tell you about these consultations unless we believe that doing so is important to our work together.

Although this written summary of exceptions to confidentiality is intended to inform you about potential issues that could arise, it is not exhaustive and it is important that you discuss with your treating provider any questions or concerns that you may have. Ms. Isoke will be happy to discuss these issues with you and provide clarification when possible. However, if you need specific clarification or advice that your therapist is unable to provide, formal legal advice may be needed, as the laws governing confidentiality are quite complex and your clinician is not an attorney.

Your signature below indicates that you have read the information in this document and agree to abide by its terms during our professional relationship.

PATIENT SIGNATURE _____ DATE _____