

## **Mental Health and Behavior Psychology Telehealth Consultations**

### **Child, Adolescent, Adult and Geriatric**

We offer behavioral health telehealth consultations for certain clinical conditions. If you would like to refer a patient with a condition that is not listed below, please send your request with the patient's chart notes to the telehealth coordinator for the specialist's consideration.

#### **Clinical Conditions**

##### **Mood, Anxiety, Adjustment Disorders Associated with a Medical Health Diagnosis, such as:**

- Pain Disorder
- Arthritis, Fibromyalgia
- Cancer
- Neuromuscular
- Other (Specific Medical Health Diagnosis)
- Diabetes
- Chronic Fatigue
- Cardiac, Respiratory
- Obesity

##### **Health Behavior Self-Management Problems Associated with a Medical Health Diagnosis, such as:**

- Maintaining prescribed exercises or activity level
- Adhering to a medication regimen
- Maintaining regular blood glucose testing
- Determine strategies to self-manage mood or anxiety issues
- Develop strategies to manage pain related tension
- Other: Specific problem

#### **Information Needed Prior to Scheduling an Appointment**

- [Telehealth Referral Request Form](#)
- Recent physical and mental health information related to the referred clinical condition
- Medical and mental health problem history
- After review we may request additional patient data or a patient history form prior to the appointment

#### **Information Needed Before the Consultation Begins**

- Signed [UC Davis Health Acknowledgement of Receipt: Notice of Privacy Practices](#) form (new patients only)
- Documented verbal consent from the patient, parent or legal guardian for participation in a telehealth consultation
- Completed problem questionnaire

#### **Appointment Scheduling**

New: 60 minutes

Follow-up: 30 minutes

#### **Required Level of Presenter**

May include a brief introduction from the primary care provider, RN, PA, FNP or MA

#### **Required Equipment**

- Videoconferencing unit



#### **Consultant**

Debra Ann Fishman, Psy.D

#### **UC Davis Center for Health and Technology**

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