

PATIENT GUIDE

Interprofessional Consultations



What is an interprofessional consult?

- Your primary care provider contacts a psychiatric consultant with a question that may improve your care.
- The psychiatric consultant may review your medical records and/or discuss your care over the phone with your primary care provider.
 - Examples of things that the psychiatric consultant may recommend for you:
 - Start or change a medication
 - Make treatment recommendations including referrals
 - Clarify the potential conditions that impact your care
- This type of consult happens without you being present.

Do you see a psychiatric consultant during this type of consult?

- No, you do not see the psychiatric consultant.
- After discussion with your primary care provider and/or a record review, the psychiatric consultant will give their recommendations to your primary care provider to discuss directly with you.
- If the psychiatric consultant thinks you should see someone in person, they may recommend a referral for you.

Why not see a psychiatric consultant in person?

- It may be difficult to access to psychiatric care in your community due to:
 - Long wait times
 - Lack of psychiatric care providers
- This consult may help you access psychiatric care quicker.

Are these types of consults common in other medical specialties?

- Yes, e.g. When you get an x-ray, a radiologist reviews the images and reports their findings in a patient's medical record without seeing the patient.

Will I receive a bill for this type of consult?

- Yes, you may receive one or more bills, but it is often less than seeing the psychiatric consultant in person. Costs may include:
 - Your primary care provider requesting help from a psychiatric consultant
 - Having the psychiatric consultant review your health information and make clinical decisions
 - Communicating with your primary care provider

