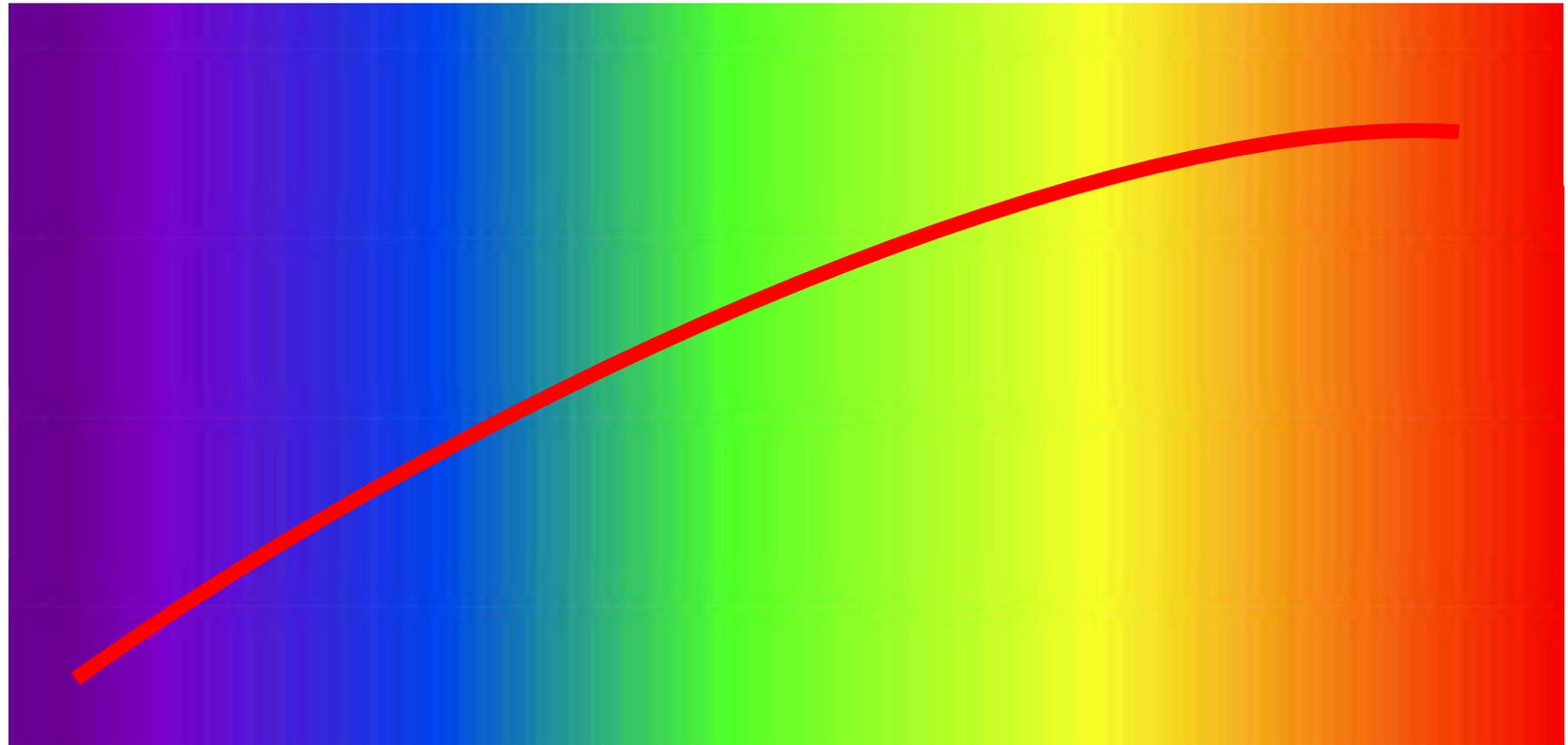


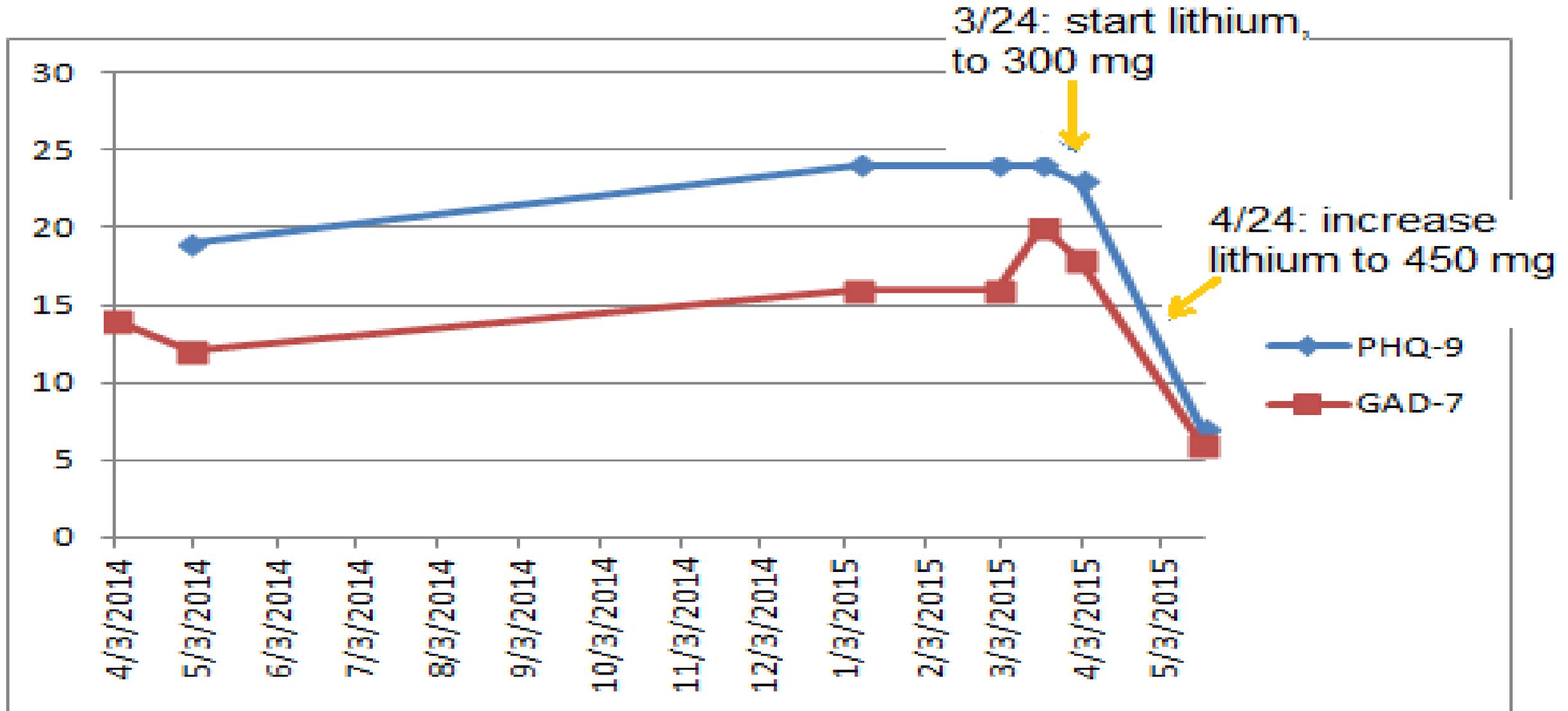
Primary Care Psychiatric Integration



Jim Phelps, M.D.
Samaritan Mental Health

57 y.o. woman not responding to CBT

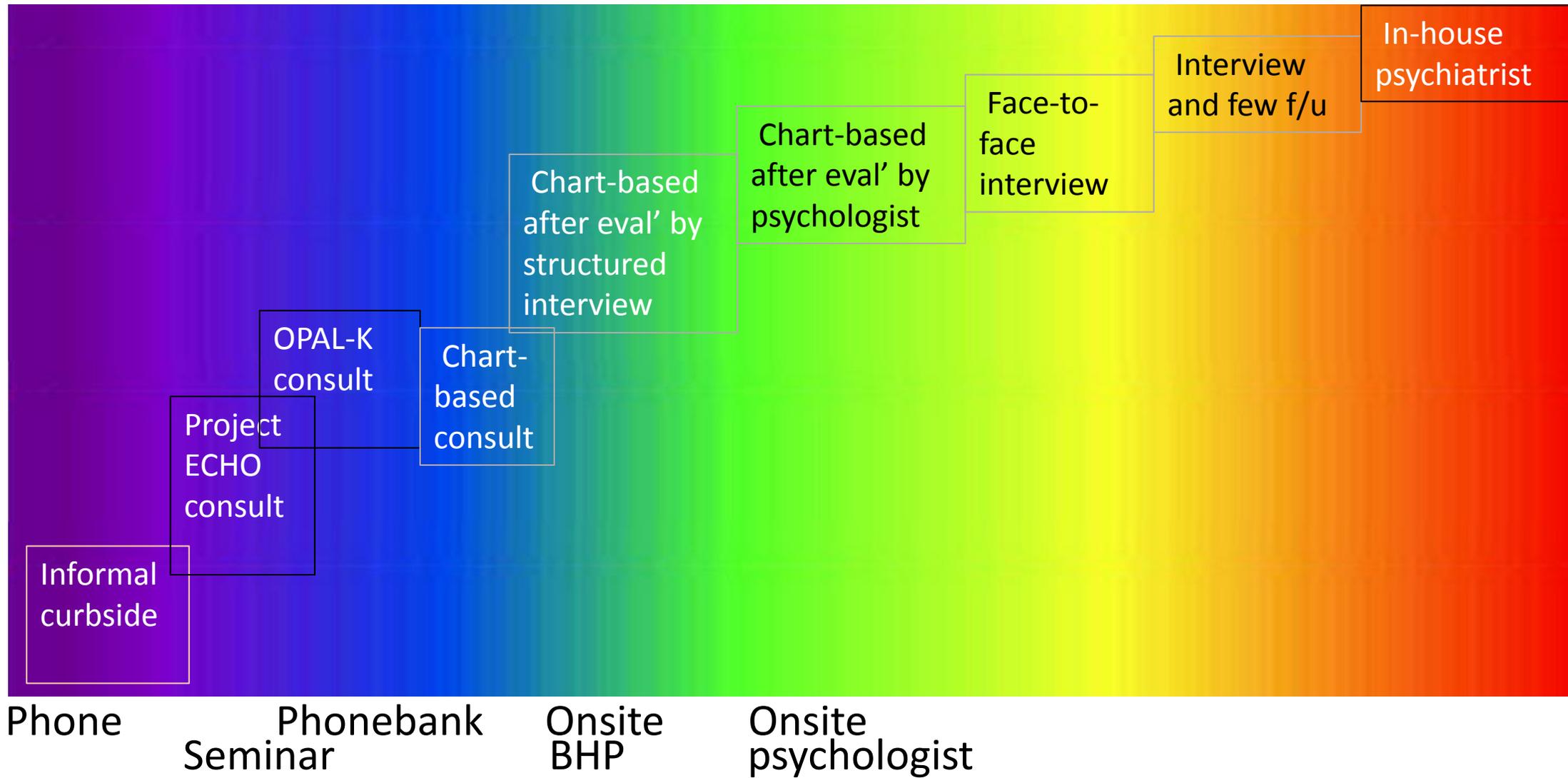
1-time psychiatric consultation



Psychiatric Consultation

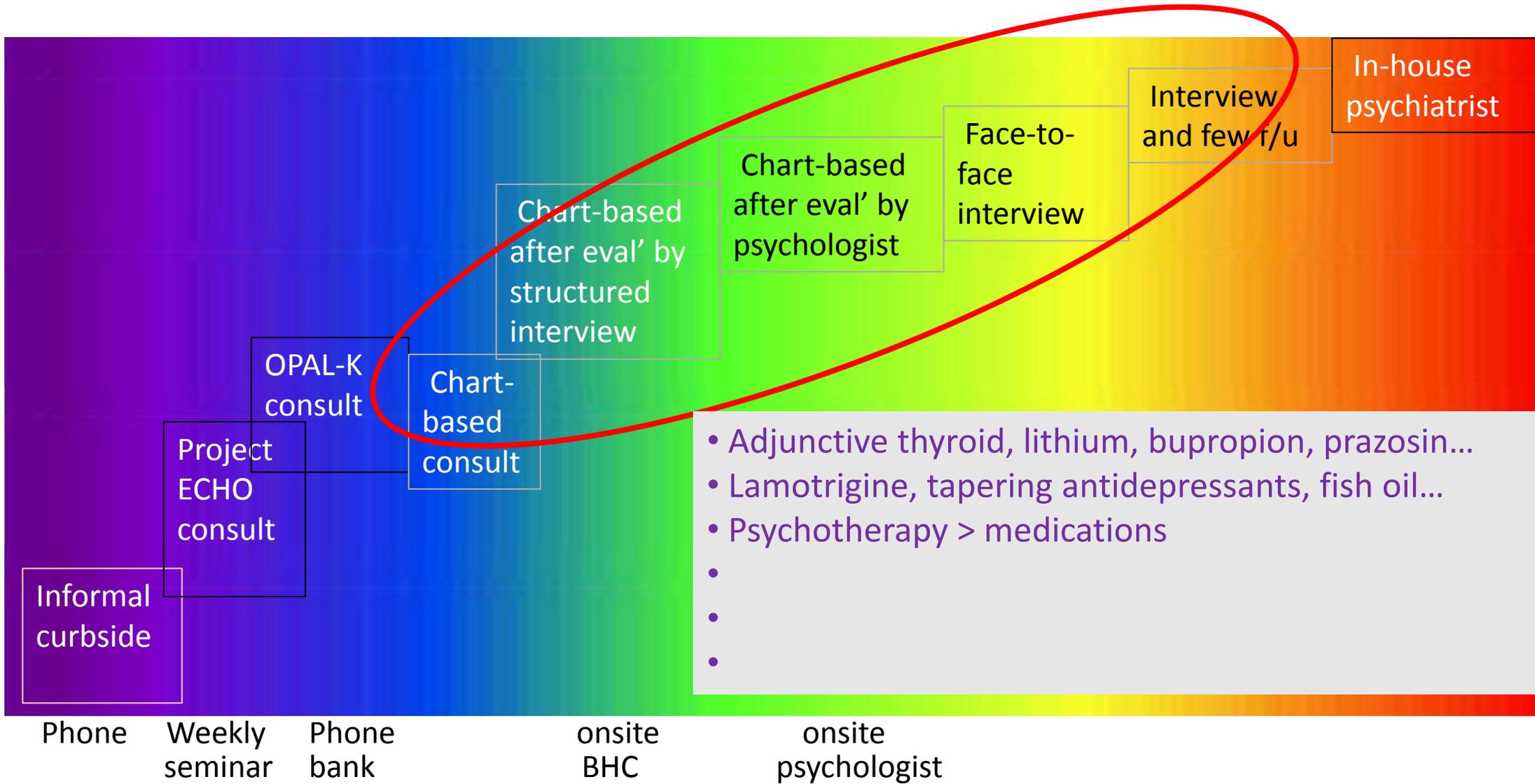
1. Spectrum of approaches (not one-size-fits-all)
2. Value = structuring the flow for “high yield” consults
3. Workforce needed

Resources
per patient
served



[--remote flexible Psychiatry---] [-- onsite or telePsychiatry --]

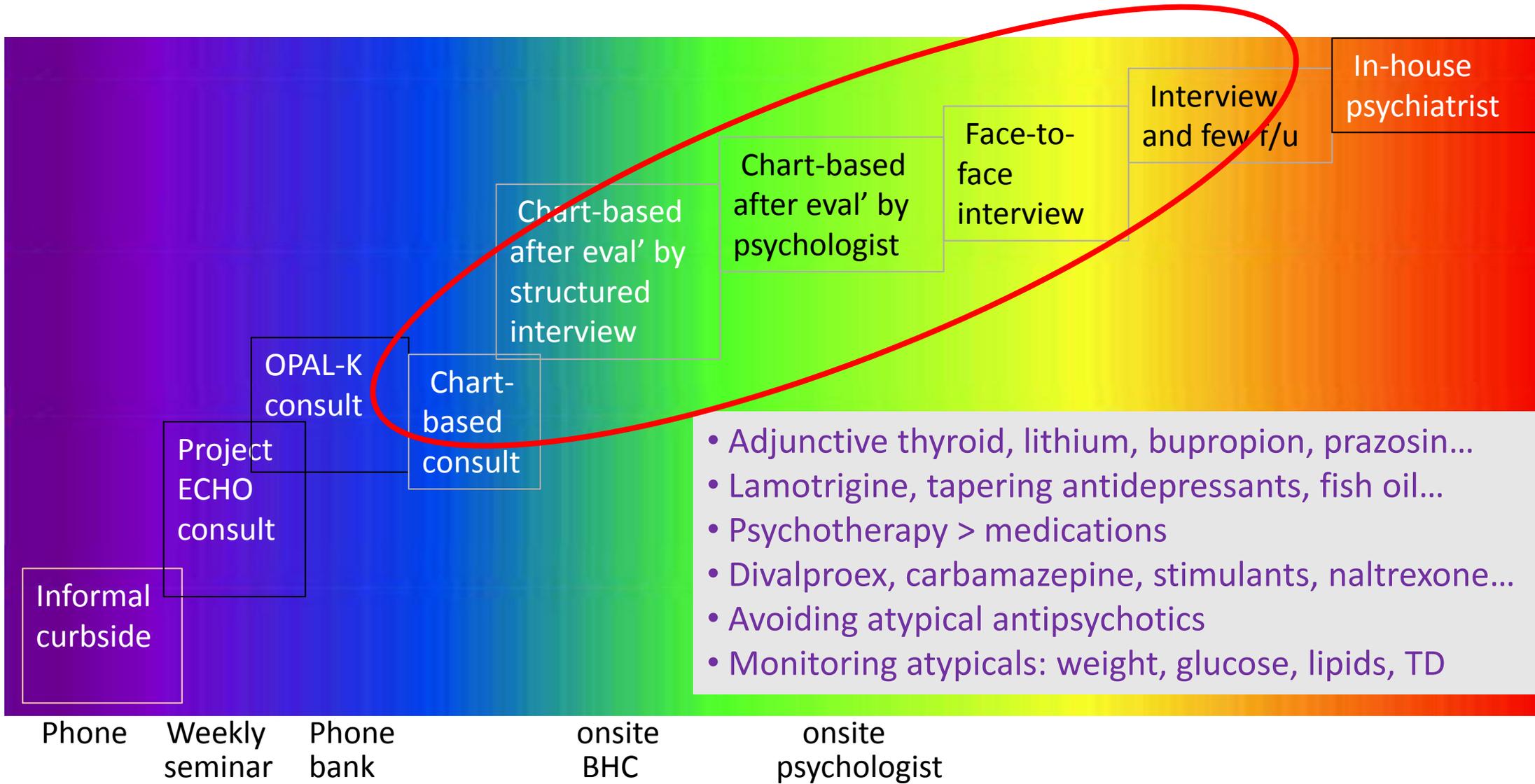
Resources per patient served



[----- remote flexible psychiatrist -----]

[----- onsite or tele-psychiatrist -----]

Resources per patient served

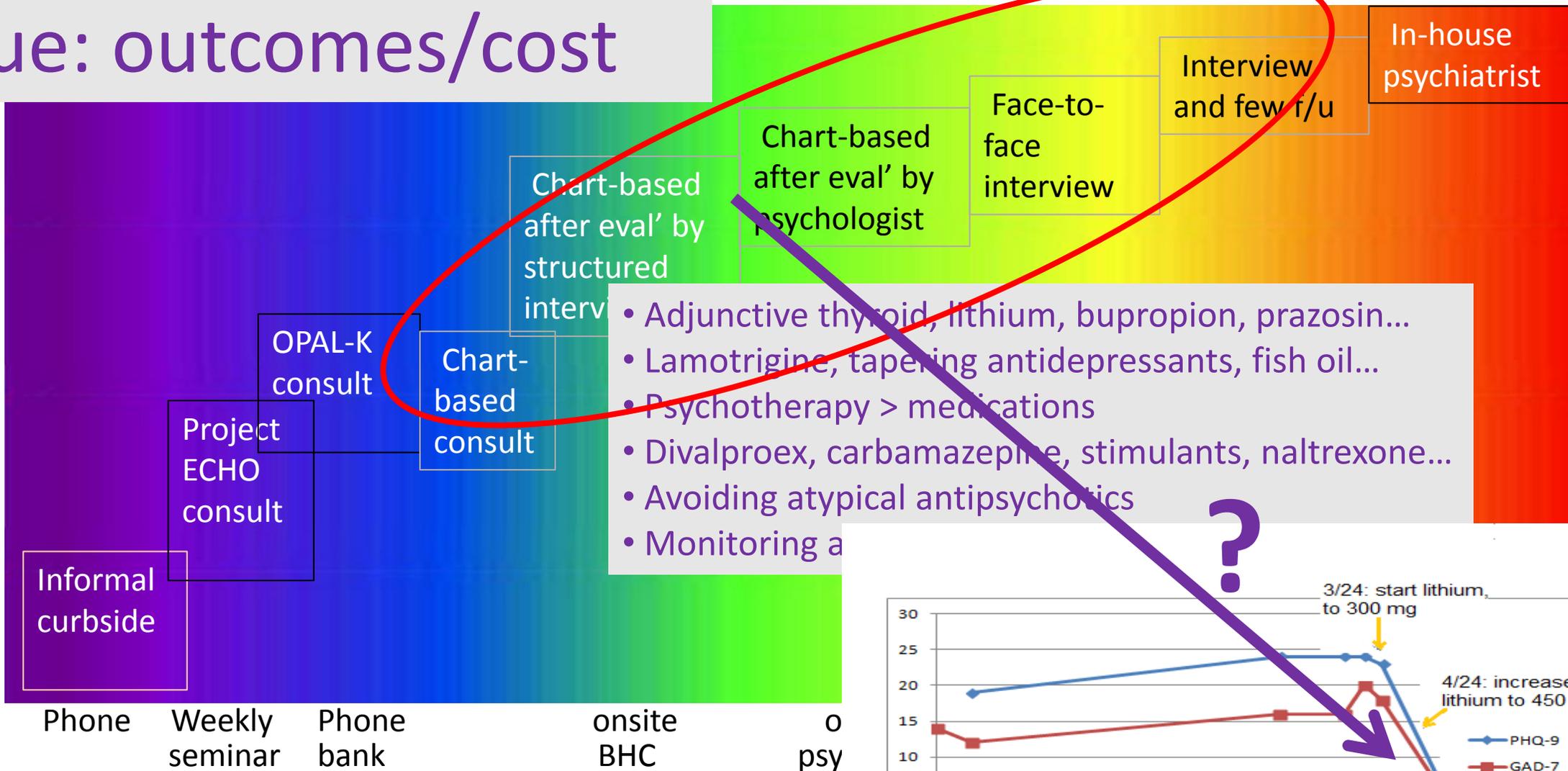


[----- remote flexible psychiatrist -----]

[----- onsite or tele-psychiatrist -----]

Value: outcomes/cost

Resources per patient served



- Adjunctive thyroid, lithium, bupropion, prazosin...
- Lamotrigine, tapering antidepressants, fish oil...
- Psychotherapy > medications
- Divalproex, carbamazepine, stimulants, naltrexone...
- Avoiding atypical antipsychotics
- Monitoring a

Informal curbside

Project ECHO consult

OPAL-K consult

Chart-based consult

Chart-based after eval' by structured interv

Chart-based after eval' by psychologist

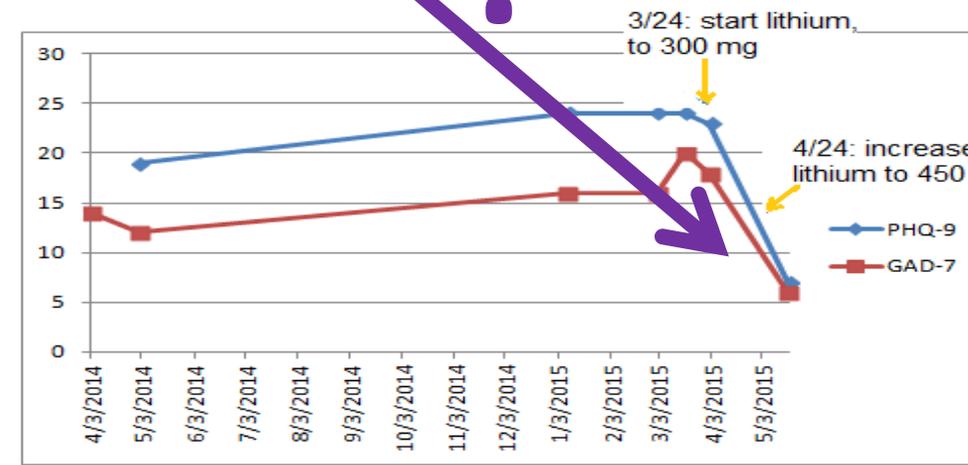
Face-to-face interview

Interview and few r/u

In-house psychiatrist

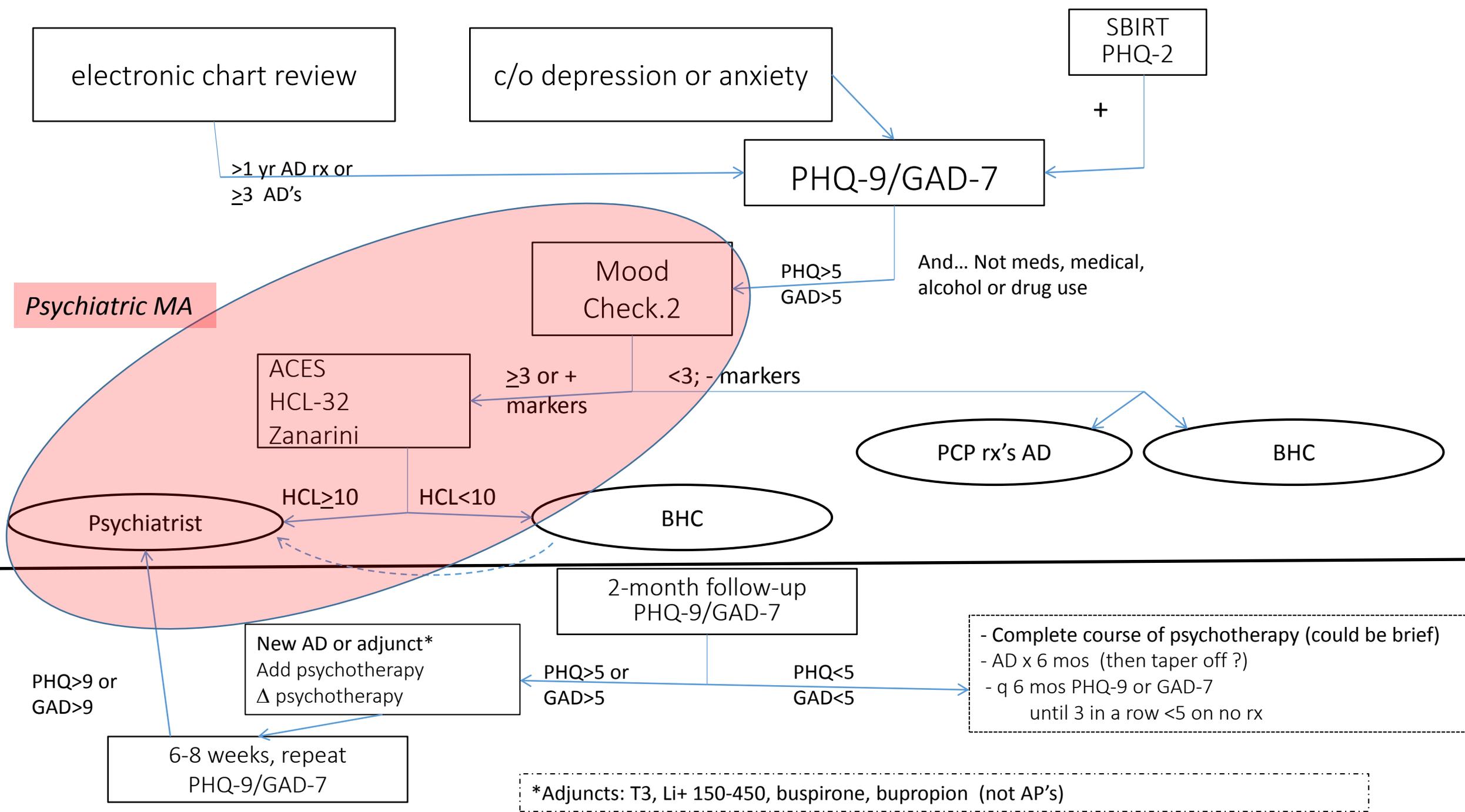
Phone Weekly seminar Phone bank onsite BHC 0 psy

[----- remote flexible psychiatri



Psychiatric Consultation

1. Spectrum of approaches (not one-size-fits-all)
2. Value = structuring the flow for “high yield”
(+ outcomes/time)
3. Workforce needed





Psychiatric Consultation

1. Spectrum of approaches (not one-size-fits-all)
2. Value = structuring the flow for “high yield”
(+ outcomes/time)
3. Workforce needed
 - what are we actually doing?
 - for which patients?
 - *who should a CCO invite?*

Remote Chart-based Consultation

Request

Review

Report

Regular Meetings

Registry

Re-consult as needed

Chart-based Consultation Report

Female, 51 y.o., 07/31/1964

PCP: Latta, Priscill...

CSN: None

Last Height: 5' 7" (1...

Health M

Report Viewer

Report History | 1 View Pane 1 | 2 View Pane 2 | Split Up/Down | Split Left/Right | Detach Window

1 09/04/2015 Closed Psychiatry Review

Back |  |  |  | 

Psychiatric Chart Review

Psychiatric consultation requested by Dr. Latta.

Impression

"Has a hard time getting out of bed on a daily basis. No motivation. Easily tearful. Able to perform daily functions. Not exercising." Depressed on lamotrigine 200 and bupropion 300 mg when those had been working fairly well (possibly not ideally). Patient aware of p just ended relationship with b/f.

Recommendations

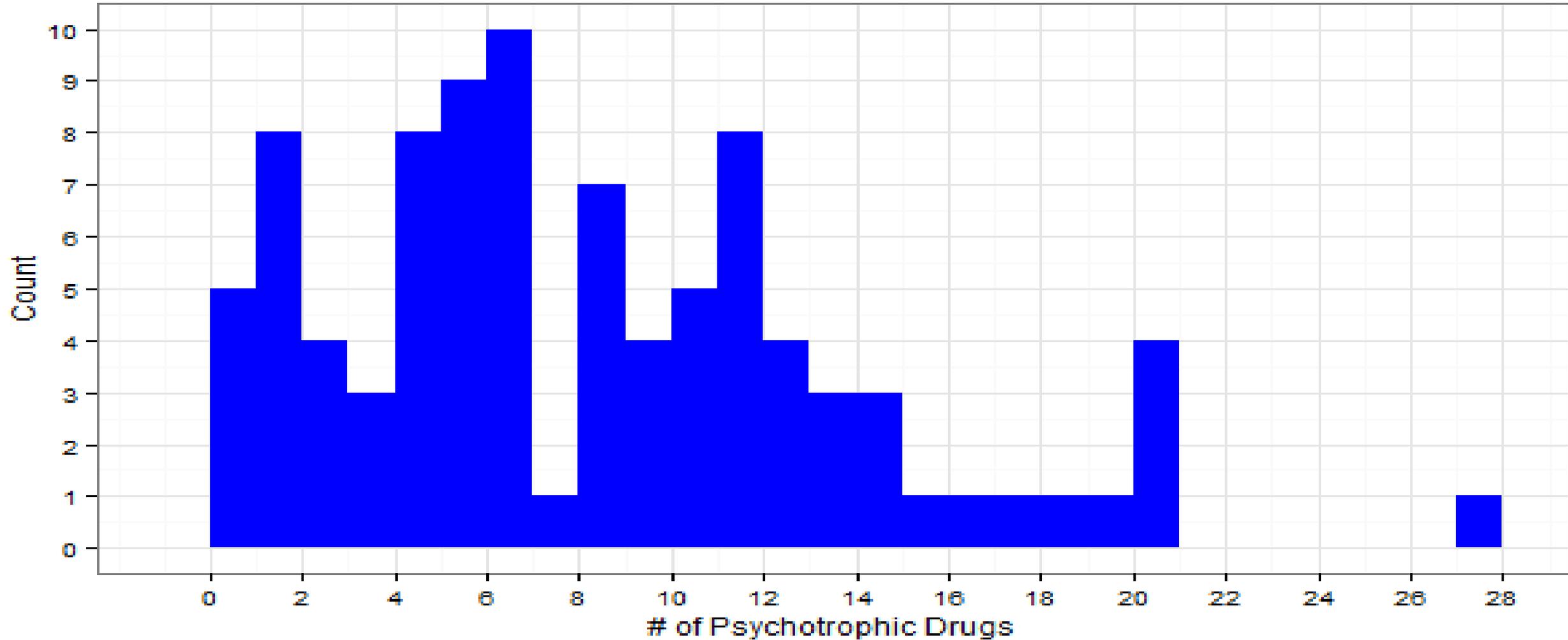
Here are several options.

1. Check a **TSH** with next labs, probably still fine as she was at 1.0 four years ago. Just to make sure there's no angle to pursue there. so unfortunate if missed.
2. Lamotrigine helped quite a bit to 200 mg, which is often the best balance between side effects (usually none) and efficacy. Beyond the finding words, finishing sentences, completing thoughts) and balance problems (also subtle, not overt) are common. Many patients get mg, the nominal top end though higher doses not unheard of. Her blood level of 9, what does that mean? No one really knows how to f **up lamotrigine** and watch for these problems, lowering the dose if seen; they go away within a few days in almost all cases.

3. **Bupropion** could be contributing to continued cycling, including the current episode. It did not help prevent this episode. In the long r right now, she is more depressed than she's been (PHQ9 was 15, now 24), and low-energy. Some would argue to turn it up. Seizure ris like SR's at 200 mg. 0.4% like IR bupropion at 450 mg) but she's presumably protected by lamotrigine at current dose. Relative seizure

of psychotropics *before* consultation

N=118



AD's

MS's

AP's

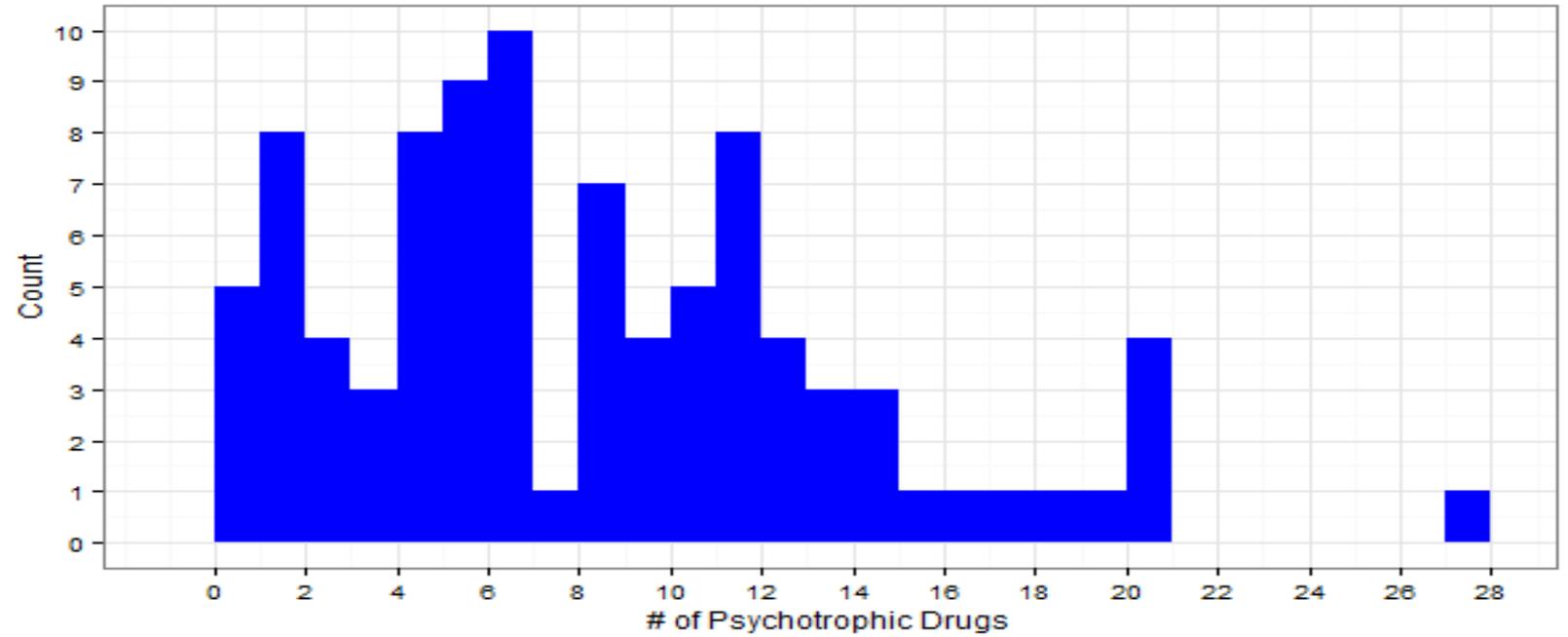
benzo's

Z-drugs / traz' / anti-histamines

prazosin

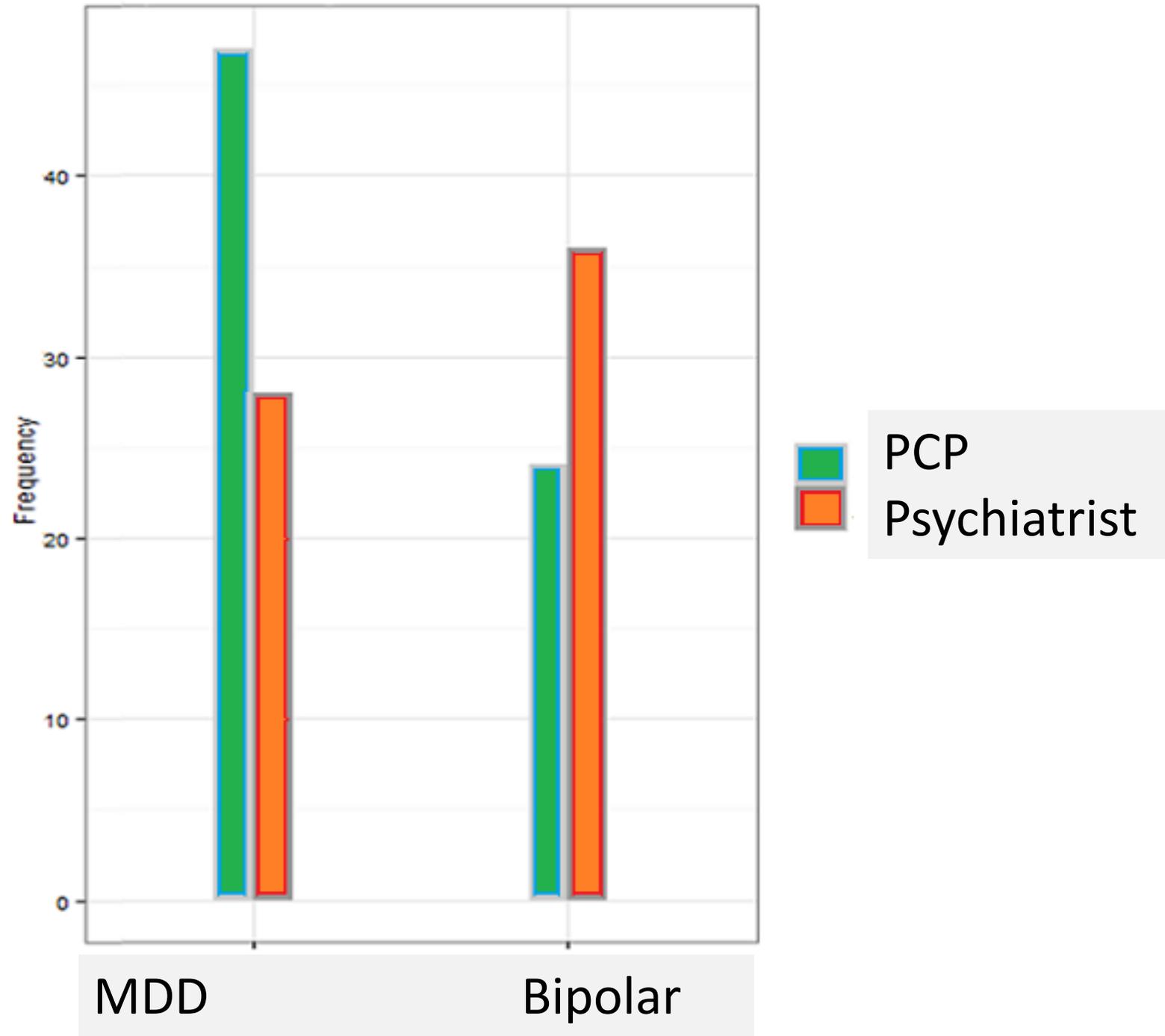
Diagnostic Impressions:

1. Trauma
- 2.

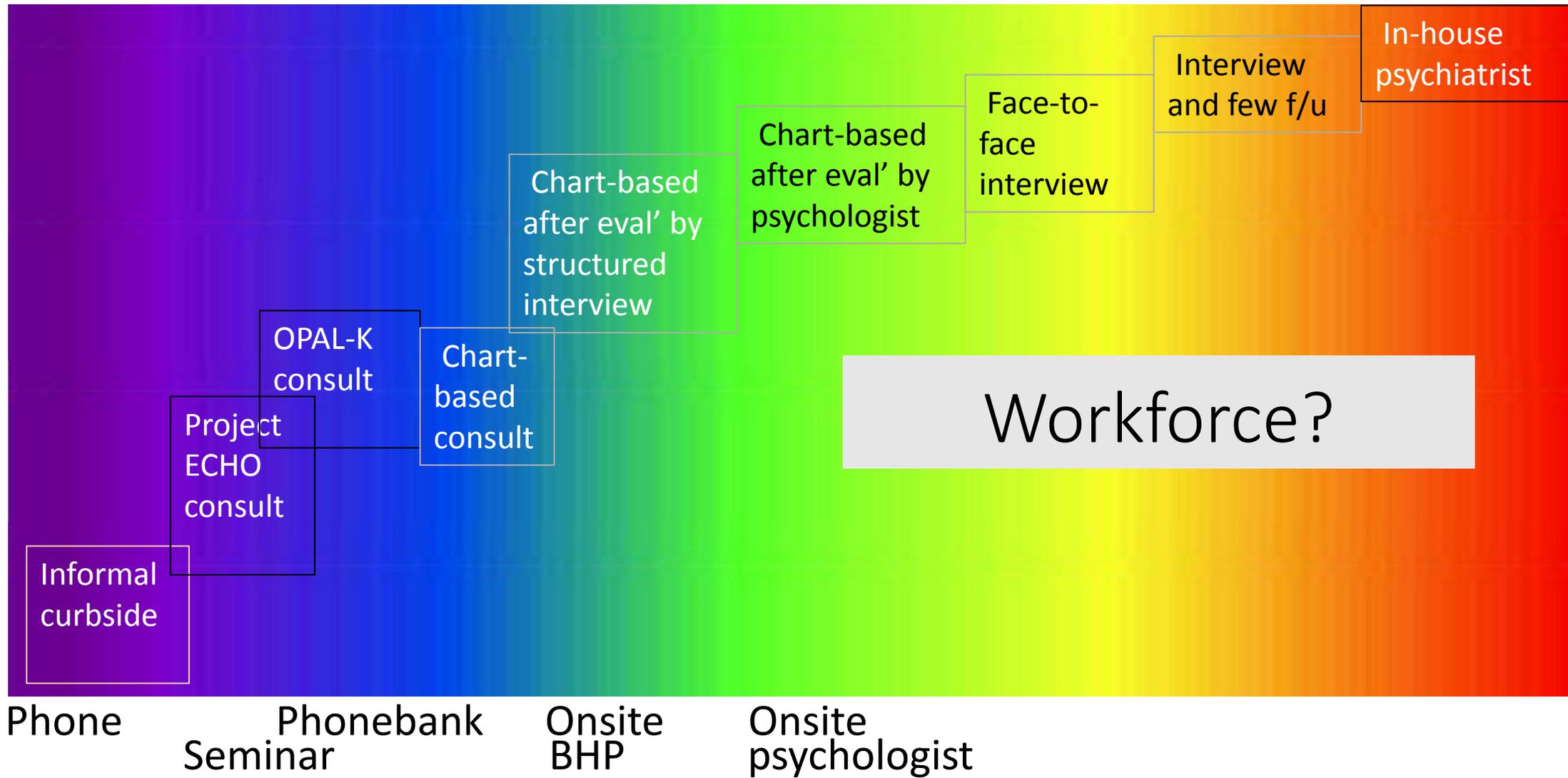


Diagnostic Impressions:

1. Trauma
2. MDD → Bipolar



Resources
per patient
served



[--remote flexible Psychiatry---] [-- onsite or telePsychiatry --]