

Telepsychiatry Contract and Informed Consent

PLEASE READ THIS DOCUMENT CAREFULLY

Introduction

Sessions and visits will be held via “telepsychiatry”: using video conferencing software with audio capability and/or a separate software/device for audio (e.g, telephone, headset, etc.). Telepsychiatry establishes a formal provider-patient relationship used to maintain regular assessment, diagnostics, therapy, and/or prescription.

We will be utilizing Health Insurance Portability and Accountability Act (HIPAA) protected software to ensure that your protected health information is secure from unauthorized access and that confidentiality is maintained. This document serves as a consent form for treatment via telepsychiatry in general.

Benefits of Telepsychiatry

Telepsychiatry stands at the crossroads of cutting-edge technology and formal behavioral health services. You can expect the following benefits:

- 1) Telepsychiatry eliminates barriers to accessing healthcare and provides an alternative means to obtain behavioral health services for patients who may otherwise have limited accessibility or encounter prolonged waiting lists in the community.
- 2) In addition to removing the burden of travel time to a physical medical office as well as the risks and costs associated with transportation, telepsychiatry allows for flexible scheduling.
- 3) Telepsychiatry offers a reduction of stigma by providing private treatment in the comfort of the patient’s personal space.
- 4) Telepsychiatry can provide treatment to patients with disabilities and limited mobility without requiring extensive planning for transport.

Limitations of Telepsychiatry

While it is not possible to anticipate all the limitations of any treatment, you should consider the following when consenting to treatment via telepsychiatry:

- 1) Telepsychiatry audiovisual equipment may experience technical difficulties.
- 2) While every precaution is taken to secure patient data and maintain confidentiality, the nature of electronic appointments results in additional exposure to security breaches.
- 3) Telepsychiatry may not be suitable for certain illnesses that require higher levels of care.
- 4) Certain illnesses may not be adequately treated by telepsychiatry.
- 5) Due to law, controlled substance cannot be prescribed through telepsychiatry. These substances are subject to addiction, abuse, and illegal diversion. As such, safer and lawful alternatives can be considered.



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Safety and Alternate Treatment Options

As telepsychiatry is generally conducted remotely, safety protocols and alternate means of seeking help will be addressed in detail in your consultation. However, the following are generally accepted alternatives to treatment via telepsychiatry:

- 1) You may elect to seek treatment in a more traditional, in-office visit with us when you choose . Note that current evidence via rigorous studies has shown that treatment via telepsychiatry is equivalent to face-to-face visits with a provider.
- 2) Required Information at Every Visit
- 3) Name, location, and telephone number of the patient at time of session. This is to ensure that your provider is aware of alternative means of treatment should an emergency occur.
- 4) The patient understands that he/she is consenting to behavioral health evaluation and treatment via telepsychiatry.
- 5) The patient understands that they are able to ask questions about telepsychiatry or any aspects of the evaluation and treatment at any time.

I certify that I have read and understand the entirety of this document, titled “Telepsychiatry Contract and Informed Consent.” By signing below, I am agreeing with this document, put forward by A-1 behavioral Health services PLLC, and I am also authorizing A-1 Behavioral Health Services, PLLC, its staff and providers to use telepsychiatry for my evaluation and treatment.

Signature / Date:

Name (print)

Providers: Joy Ichie MSN, APRN, PHNP-BC
Pavan Pamadurthi, MD -Collaborating Psychiatrist