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Professional Counseling & Psychological Services
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Psychological Consultation for Pain Management Surgery

Why Do I Need This Evaluation?

Medical research has found that stress and emotional factors can often have significant effects on a person's response to pain and surgery for pain. Prior to undergoing pain management surgery your physician would like to have a better understanding of how these factors affect your health and how you might respond to the procedure. In this consultation you will see a counselor and/or psychologist to gain a better understanding of how your life has been affected by your pain, how you have tried to cope with this problem, and how it has influenced your life. The goal is to assess these factors and make recommendations that will improve the likelihood that you will have a positive outcome to the surgery.

What Will the Evaluation Include?

You will meet with a licensed health care professional who has specialized experience in evaluating the effects that stress and emotional factors have on a person's health. The evaluation includes the following:

- **First Visit:** You will meet with the therapist for a clinical interview. During the interview you will be asked about your medical history, how pain affects your life, ways that you have tried to better manage your pain, and your goals for this surgery. This interview will last about one hour. It will be very helpful to have a close family member available to participate in a portion of your interview.
- **Questionnaire:** You will also be asked to complete two questionnaires that will help gather additional information about your physical and emotional health. The questionnaires take about 90 minutes to complete. You may fill them out after your first visit or return to complete them at another time.
- **Medical Records Review:** You will be asked to provide our office with permission to gathering medical records about your past treatment for review prior to your second clinical interview. Please bring the names and telephone numbers of all the physicians, chiropractors, massage therapist and mental health professionals that you have seen for your pain problem.
- **Second Visit:** You will be requested to attend a second interview following completion of the questionnaire and a review of medical records has been conducted. In this interview additional issues may be discussed and you will be provided information about the questionnaire. We will also discuss any questions you may have and share our recommendations with you in that visit.

What Are the Fees For The Evaluation?

The cost of the evaluation is based on the amount of time needed to complete the interviews, score and interpret results from the questionnaire, review medical information, and prepare a written report for your physician. Please feel free to phone our office to discuss fees prior to your first session.

Will Insurance Cover This Service?

Most insurance companies will reimburse a portion of your fees if a Mental Health Diagnosis is established. In the absence of a diagnosis, insurance usually will not reimburse for this assessment. **Please remember, in most all cases, your insurance carrier has an agreement with you, not our office, to assist with payment of your healthcare costs. We strongly encourage you to contact your insurance carrier directly concerning your “out-patient mental health” benefits. The telephone number is usually on the back of your insurance card.**

A variety of payment options are available if you learn that your insurance does not cover this service. Please feel free to phone before your first appointment to discuss any financial concerns you may have.

Will Medicare or Medicaid Cover This Service?

Medicare: Our office does not accept Medicare assignment. However we will be happy to accept your payment for services after you sign a statement indicating that you understand that you may not attempt to seek reimbursement from Medicare after you have paid for services.

Medicaid: Our office can file for reimbursement with Carolina Access Medicaid if we have a physician referral for your evaluation. If you have plain Medicaid and live in Burke or Catawba County you may call Mental Health Partners at (828) 327-2595 to learn how you may use Medicaid for this service. Our office cannot file with plain Medicaid for reimbursement however we can accept payment directly from you.

What Should I Bring With Me?

- Names and telephone numbers of all the physicians, chiropractors, massage therapist and mental health professionals that you have seen in the past five years.
- Current Medication List
- Glasses
- Family Member
- Payment For Services

Please phone our office at (828) 485-2195 for assistance with any questions you may have.