

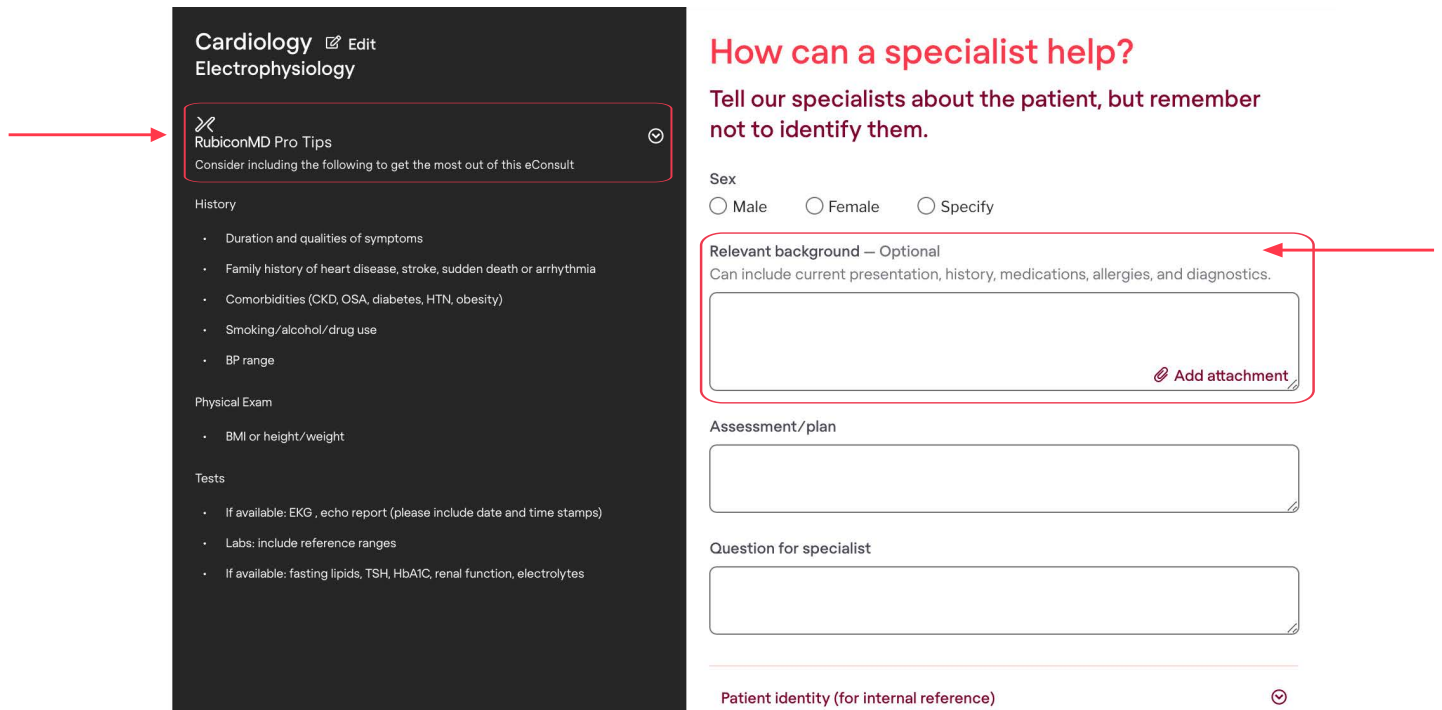
eConsult+ Successful Submissions Guidelines

Submitting a clear eConsult leads to a high-quality specialist response and an improved care plan for your patient.

Use the following guide to better understand how to submit a successful eConsult.

1 Patient background

- + Include relevant PMH, PSH, meds, allergies
- + Patient presenting complaints, symptoms, physical exam findings
- + Relevant diagnostics and photos (labs, imaging)
- + Social barriers (eg. cost, site of care, access to refrigeration, family support)



The screenshot displays the RubiconMD eConsult interface. On the left, a dark sidebar titled 'Cardiology' and 'Electrophysiology' features a 'RubiconMD Pro Tips' section, highlighted with a red box and an arrow. This section lists key information to include: duration and qualities of symptoms; family history of heart disease, stroke, sudden death, or arrhythmia; comorbidities (CKD, OSA, diabetes, HTN, obesity); smoking/alcohol/drug use; BP range; BMI or height/weight; and tests (EKG, echo report, labs with reference ranges, and fasting lipids, TSH, HbA1C, renal function, electrolytes). On the right, the main form area is titled 'How can a specialist help?' and includes instructions to 'Tell our specialists about the patient, but remember not to identify them.' The form contains fields for 'Sex' (Male, Female, Specify), 'Relevant background – Optional' (with an 'Add attachment' button), 'Assessment/plan', and 'Question for specialist'. A 'Patient identity (for internal reference)' field is at the bottom.

Full patient history, multiple progress notes, or past results are **not** necessary.

- + Use the Camera App to take photos (skin lesions, EKG, radiology imaging)
- + Refer to the Pro Tips on the left side of the screen for top specialties.
- + Sample submissions are also included in the appendix for reference.

eConsult+ Successful Submissions Guidelines



2 Assessment/Plan

- + Pending a specialist's response, what is your current assessment or plan for the patient?

3 Question for the specialist

- + Clear, concise question for the specialist.
- + The clearer the question, the better the specialist response.

How can a specialist help?

Tell our specialists about the patient, but remember not to identify them.

Sex

- Male Female Specify

Relevant background – Optional

Can include current presentation, history, medications, allergies, and diagnostics.

 Add attachment

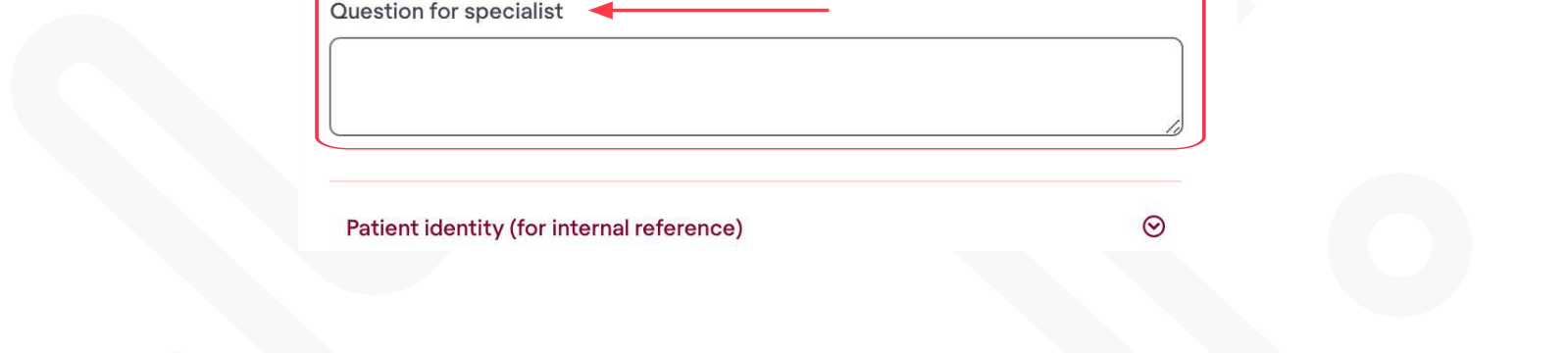
Assessment/plan ←



Question for specialist ←



Patient identity (for internal reference)



Examples of quality eConsult questions

Dermatology

Patient with chronic lesion on leg (photo attached).

What's your impression of the diagnosis, and suggested next steps?

Psychiatry

Patient with substance dependence on multiple medications and has been on Temazepam long-term.

What is the best way to wean her off Temazepam?

Cardiology

Frail patient with multiple comorbidities had recent EKG showing septal q waves; no old EKG available for comparison.

What are your recommendations for cardiac workup?

Endocrinology

Patient with uncontrolled diabetes on Levemir that is no longer covered by her insurance.

Is there a cost-effective alternative? If switching to Lantus, what is the optimal equivalent dosage?

Hematology

Patient with hx of DVT on Xarelto.

How long should he be anticoagulated and what additional workup do you recommend?

Clinical Pharmacy

Complex patient in long-term care facility with multiple comorbidities. List of medications attached.

Can you share any ideas for deprescribing?

Have additional questions?
Contact your RubiconMD resource or
email support@rubiconmd.com.